

THE DEPARTMENT OF CHILD HYGIENE
OF THE RUSSELL SAGE
FOUNDATION

ACTIVITIES AND PUBLICATIONS



PUBLISHED BY THE
DEPARTMENT OF CHILD HYGIENE OF THE
RUSSELL SAGE FOUNDATION
400 METROPOLITAN TOWER, NEW YORK CITY

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The Russell Sage Foundation

The Russell Sage Foundation was incorporated under the laws of the State of New York in April, 1907. The endowment consists of the sum of \$10,000,000 donated by Mrs. Russell Sage. The purpose of the Foundation, as stated in its charter, is "the improvement of social and living conditions in the United States."

The offices of the Foundation are at 105 East Twenty-second Street, New York, N. Y.

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Department of Child Hygiene

The Department of Child Hygiene is one of several departments of the Foundation.

LUTHER H. GULICK, M.D., Director.

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in charge of the Division of Recreation.

LEONARD P. AYRES, PH.D., Associate Director,
in charge of the Division of Education.

Offices: 400 Metropolitan Tower, New York, N. Y.

The Department of Child Hygiene of the Russell Sage Foundation was established to promote activities favorable to the physical, moral, and intellectual welfare of children through research, publication and organization.

The Department has two divisions, the Division of Recreation and the Division of Education. The first was begun as the Playground Extension Committee of the Foundation, and was organized in October, 1907 for the purpose of advancing the cause of playgrounds. The second grew out of the Backward Children Investigation, which was begun in November, 1907 for the purpose of studying the problems of backwardness among school children in New York City and the reasons why children drop out of school without completing the elementary course. These two lines of work, gradually taking on new phases, were continued independently of each other until November, 1909 when they were combined in the present Department of Child Hygiene.

The fundamental principles which have guided the Department in its various activities are

(1) **Research.** To provide a sound basis for action it is necessary to make a thorough, impartial search into the conditions underlying each proposed activity, and to obtain a clear understanding of their mutual relations to other social tasks.

(2) **Securing community action.** This involves bringing the facts to the attention of those who are responsible for action

in any community; stimulating in that community the adoption of various forms of social betterment especially related to the welfare of children; and advising as to methods of procedure.

Activities

Public Recreation

Society has been accustomed to think of recreation as a matter of individual concern. It is now coming to realize that the amount of free time that people have to use, and the way in which they use it, are matters of vital importance to the community. How may this social influence be properly guided? The efforts of the Division of Recreation are being directed toward the solution of this problem.

Playgrounds

The promotion of properly administered facilities for children's play was the first work undertaken by this Division. In this we have co-operated closely with the Playground and Recreation Association of America in carrying on field work, establishing normal courses in play, developing exhibits of models, pictures and lantern slides, studying problems of organization, administration and equipment, conducting institutes of playground workers, and in other ways.

Athletics and Folk Dancing

Special attention is being given to organized athletics for boys and girls, individually and in groups; also to folk dancing for both children and adults. This work has been carried on through the organization of public schools athletic leagues and in connection with playgrounds and recreation centers.

Festivals and Celebrations

A campaign for a "Safe and Sane" Fourth of July has been conducted not merely to restrict the dangers of the old form of celebration, but to provide acceptable and wholesome substitutes for the undesirable features. Plans for patriotic exercises, athletic meets, pageants, folk dancing, and public displays of fire works have been developed and put into use; moving picture plays have been utilized and printed matter provided for distribution. Suggestions for May Day celebrations have also been prepared and

the Division is now working out suggestions for appropriate exercises and activities for other national holidays.

Wider Use of the School Plant

Many communities have begun to realize that public school buildings and grounds may be of increased service to the community through their wider use as a center for evening and vacation classes, recreation and social centers, playgrounds, lecture courses, entertainments, etc. A careful study of the whole situation has been made, and through books, pamphlets, lantern slides, addresses and conferences the best plans for such activities are being made available.

Recreation Organizations

Special assistance has been given to the organization and development of the Boy Scouts of America and similar efforts for the girls. This Division is also co-operating with the county secretaries of the Y. M. C. A. in arranging athletic activities for the children in district schools and in working out plans for rural play festivals.

Industrial Recreation

An investigation of the facilities for recreation provided by industrial establishments for their employees is being made with a view to extending and improving what is now being done.

Commercialized Recreation

The Division has assisted in making studies of motion picture shows and theatres, and in investigating dance hall conditions for the purpose of bringing about their proper regulation and inspection.

Legislation Affecting Recreation

State laws and city ordinances dealing with matters of public recreation have received considerable attention. Those interested in the enactment and revision of such measures are assisted by the collection and classification of existing laws and by suggestions for improvements.

Measuring Educational Processes by Results

The chief object of the work of the Division of Education has been the development of methods for measuring educational

processes and evaluating educational results. In this connection, several extensive studies have been made of the causes, extent and degree of retardation and elimination among school children in city school systems. Special attention is given to interpreting data gathered by school superintendents, and to developing forms and methods for improving the administrative phases of public education.

Medical Inspection of Schools

The medical inspection of school children has been the second most important activity of the Division, and includes the gathering, from time to time, of data concerning the progress of the movement here and abroad, the most valuable developments in administration and record keeping and the compilation of legal enactments in different localities. Monographs and reprints issued from time to time give information on these subjects.

Open Air Schools

In connection with the work of medical inspection, a vigorous campaign has been waged in behalf of open-air schools for sub-normal children.

Bureau of Education

The Division of Education has long realized the importance of a central "clearing house" of educational information, which would make available to all the latest discoveries, plans and experiments of the school world, and has actively pushed plans for securing increased support for the Federal Bureau of Education at Washington. For the past two years the efforts have been concentrated on trying to secure an additional appropriation from the Government of \$75,000 for a field force of ten consulting specialists.

Other Activities

Our lines of major activities have naturally led us into related pieces of work. Among these may be mentioned inquiries into the status of school hygiene and schoolhouse sanitation, work in behalf of sub-normal children, investigation of school feeding, study of schoolhouse ventilation, and surveys to test the efficiency of certain parts of work of city school systems.

Means of Co-operation

Printed matter in limited amounts will be furnished for distribution at conventions, and quantities for use in local campaigns supplied at cost.

Lantern slides are loaned for use at meetings. Expressage is the only charge.

Upon request, counsel is given and suggestions are made by correspondence or in personal visits. Plans that have proved successful are thus made available.

Speakers are furnished or recommended whenever possible.

Press material is furnished and plans suggested for local campaigns.

Pamphlets

The following pamphlets have been issued by the Department. Copies may be obtained at five cents each, except where otherwise specified; the prices in each case covering merely the cost of printing. In quantities of 100 or more, the price is \$2.50 per hundred.

The pamphlets which are starred (*) have been published since the last edition of this bulletin. The numbers omitted are now out of print.

Recreation

76. EXERCISE AND REST. Luther H. Gulick, M.D.

The necessity for making one's exercise enjoyable and for varying it with proper rest. 7 pp.

84. THE EXPLOITATION OF PLEASURE. (A Study of Commercialized Recreation.) Michael M. Davis, Jr.

A statistical study of various commercial recreations in New York City. 61 pp. 10 cents.

87. RECREATION THE BASIS OF ASSOCIATION BETWEEN PARENTS AND TEACHERS. Clarence A. Perry.

The value of using the school building as a recreation center after school hours, and suggestions for bringing parents and teachers together. 13 pp.

- *104. **THE UNUSED RECREATIONAL RESOURCES OF THE AVERAGE COMMUNITY.** Clarence A. Perry.

Suggests many ways in which communities may have organized recreation at small cost. 14 pp.

- *106. **RECREATION LEGISLATION.** Compiled by Lee F. Hanmer.

This pamphlet contains typical state laws and city ordinances dealing with matters of public recreation. All of this material has been verified by proper authorities. PRICE 20¢

Playgrounds

(For printed matter and lantern slides exclusively on playgrounds, application should be made to the Playground and Recreation Association of America, 1 Madison Avenue, New York City.)

Folk Dancing

28. **FOLK AND NATIONAL DANCES.** Luther H. Gulick, M.D.

A descriptive list of various folk dances and a discussion of the significance of folk dancing. 16 pp. Illustrated.

Athletics

36. **ATHLETICS FOR BOYS.** (Committee Report)

A paper giving an annotated list of games for boys of different ages, with the discussion following the report. Bibliography. 25 pp.

37. **ATHLETICS FOR GIRLS.** (Committee Report)

Two papers; one dealing with the need for supervised games for girls, the other showing the dangers of violent athletics for girls and giving lists of recommended and condemned activities. 14 pp.

47. **PUBLIC SCHOOLS ATHLETIC LEAGUE OF NEW YORK CITY.**

General George W. Wingate.

President's address (1909). A report upon the Public Schools Athletic League and the Girls' Branch. 7 pp.

50. **INTER-HIGH SCHOOL ATHLETICS.** Earl Cline.

A study of the influence of high school athletics upon the scholarship, moral character and social standards of pupils. 10 pp.

58. **THE FUNCTION OF COLLEGE ATHLETICS.**

Chancellor James R. Day.

A study of college athletics in relation to scholarship and the development of moral ideals. 10 pp.

63. **THE LAW OF AMATEURISM.** Clark W. Hetherington, et al.

A report dealing with the function of athletics, the general problem of amateurism, and the laws governing amateur athletics. 16 pp.

69. **HISTORY OF THE ADMINISTRATION OF INTER-COLLEGIATE ATHLETICS IN THE UNITED STATES.**

D. A. Sargent, M.D.

This paper includes a statement of the regulations governing amateur athletics. 10 pp.

72. **ATHLETICS IN THE PUBLIC SCHOOLS.** Lee F. Hanmer.

A review of the development of athletics in the elementary and secondary schools and a description of the organization of the public schools athletic leagues in various cities. Bibliography. 36 pp.

86. **ORGANIZED ATHLETICS, GAMES AND FOLK DANCING.**

Clarence A. Perry.

A detailed account of the activities conducted under the Public Schools Athletic League. 43 pp.

95. **CLASS ATHLETICS (Post Card Bulletin).**

A detailed description of a form of competition in which a record is made by a whole class instead of by an individual. 3 pp. 2 cents.

109. **THE ATHLETIC BADGE TEST (Post Card Bulletin).**

A detailed description of a form of athletics in which an opportunity is given to every boy to win by bringing himself up to a prescribed physical standard. 3 pp. 2 cents.

Festivals and Celebrations

31. **A SAFER, SANER FOURTH OF JULY.**

Plan approved by the Municipal Conference of the Playground Congress for celebrating Independence Day. 29 pp. Illustrated.

60. **A SAFE AND PATRIOTIC FOURTH.** Mrs. Isaac L. Rice.

A series of letters from Governors of States and Mayors of cities advocating the movement for a safer celebration of the Fourth of July. 20 pp.

62. **FOURTH OF JULY INJURIES AND TETANUS.**

A statistical report upon Fourth of July casualties, prepared by the Journal of the American Medical Association. 27 pp.

70. INDEPENDENCE DAY CELEBRATIONS.

Gulick, Orr, Gardner and Hanmer.

Five papers giving practical suggestions for celebrating Independence Day safely and sanely. 32 pp.

97. A SAFE AND PATRIOTIC FOURTH OF JULY.

Practical detailed suggestions for celebrations of Independence Day. Prepared by a committee of the New Jersey State Federation of Women's Clubs. 24 pp.

53. MAY DAY CELEBRATIONS. Miss Elizabeth Burchenal.

The historical origin of "May Day" and suggestions for organizing May festivals. Bibliography and list of appropriate songs. 14 pp.

***105. HOW THE FOURTH WAS CELEBRATED IN 1911.**

Lee F. Hanmer.

For the use of the committees preparing programs for the next Fourth of July celebration, the best features of all the celebrations of 1911 have been put together for publication. Typical ordinances and state laws are also included.

Wider Use of the School Plant**52. PUBLIC LECTURES IN SCHOOL BUILDINGS.**

Clarence A. Perry.

A description of evening lecture courses given in school buildings in various cities, with a list of suggested lectures and lecturers; also a list of organizations using the lecture platform. 57 pp.

56. VACATION SCHOOLS. Clarence A. Perry.

The summer use of the schoolhouse for teaching manual and domestic training. Brief bibliography. 32 pp. Illustrated.

75. SCHOOL GARDENS. Mrs. A. L. Livermore.

The history, educational value and practical operation of school gardens. Gives expense of equipment and brief bibliography. 31 pp. Illustrated.

83. THE COMMUNITY-USED SCHOOLHOUSE. Clarence A. Perry.

Use of the schoolhouse to promote public health, civic efficiency, and social solidarity in the community. 9 pp.

85. EVENING RECREATION CENTERS. Clarence A. Perry.

A description of various recreation centers in this country and a brief survey of the movement in England. Brief bibliography. 32 pp.

Medical Inspection of Schools

54. THE ARGUMENT FOR MEDICAL INSPECTION OF SCHOOLS AND SOME SIGNIFICANT FACTS.

Reprinted from Medical Inspection of Schools, by Gulick and Ayres. 9 pp.

- *99. MEDICAL INSPECTION LEGISLATION.

Compiled by Leonard P. Ayres, Ph.D.

Contains map showing present status of medical inspection legislation in America; a tabular presentation of principal features of laws now in force; an abstract of the different laws; suggestions as to what a model law should include; and, finally, each law verbatim. 53 pp. Price 20 cents.

Hygiene and Health

4. THE HEALTH OF SCHOOL CHILDREN.

Luther H. Gulick, M.D.

A statement of the endeavors of the New York Board of Education to conserve the health of children under its care. 28 pp.

29. THE PLAYGROUND AS A FACTOR IN SCHOOL HYGIENE.

George E. Johnson.

A statement of the need of conserving the physical health of school children and the function of the playground in helping to meet this need. 20 pp.

48. HEALTH, MORALITY, AND THE PLAYGROUND.

Elmer E. Brown, Ph.D., LL.D.

A leaflet. A plea for playgrounds. 2 pp.

71. OPEN AIR SCHOOLS. Leonard P. Ayres, Ph.D.

The origin, development and effectiveness of the open air school. 13 pp. Illustrated.

- *96. THE NEW ATTITUDE OF THE SCHOOL TOWARD THE HEALTH OF THE CHILD. Leonard P. Ayres, Ph.D.

An account of the transformation of American educational thought and practice during the past decade, together with a prophecy of its significance for the future. 7 pp.

***101. WHAT AMERICAN CITIES ARE DOING FOR THE HEALTH OF SCHOOL CHILDREN.**

A report covering conditions in 1038 cities. Gives data about medical inspection, salaries of doctors and nurses, schoolhouse sanitation, hygiene instruction, etc. 44 pp. Price 15 cents.

Bureau of Education

74. A PLAN TO PROMOTE EDUCATIONAL PROGRESS THROUGH THE UNITED STATES BUREAU OF EDUCATION.

An 8 page leaflet setting forth a plan to secure increased appropriations and wider scope for the United States Bureau of Education.

***90. THE FIGHT FOR THE BUREAU OF EDUCATION.**

Glen Edwards.

A review of the campaign for an increase in the appropriation of the United States Bureau of Education. 11 pp.

Measurements in Education

61. THE RELATION OF PHYSICAL DEFECTS TO SCHOOL PROGRESS. Leonard P. Ayres, Ph.D.

A statistical study based on 7,608 cases. 9 pp.

77. WHY 250,000 CHILDREN QUIT SCHOOL.

Luther H. Gulick, M.D.

An account of an investigation of the reasons why so large a proportion of children fail to complete the school course. 30 pp.

***94. MEASUREMENTS AS APPLIED TO SCHOOL HYGIENE.**

Luther H. Gulick, M.D.

A presentation of the need for measuring the results of our present school processes. 7 pp.

***107. THE BINET-SIMON MEASURING SCALE FOR INTELLIGENCE: SOME CRITICISMS AND SUGGESTIONS.**

Leonard P. Ayres, Ph.D.

A critical study of these tests as used in American schools, and suggestions as to their adaptation to our conditions.

***108. THE IDENTIFICATION OF THE MISFIT CHILD.**

Leonard P. Ayres, Ph.D.

Data from a study of the age and progress records of school children in twenty-nine cities.

- *110. **THE RELATIVE RESPONSIBILITY OF SCHOOL AND SOCIETY FOR THE OVER-AGE CHILD.** Leonard P. Ayres, Ph.D.
Data from a study of the age and progress records of school children in twenty-nine cities showing the number of children over-age because of late entrance, slow progress, and both causes combined.
- *111. **MONEY COST OF REPETITION VERSUS MONEY SAVING THROUGH ACCELERATION.** Leonard P. Ayres, Ph.D.
Further results of the study of the age and progress records of school children in twenty-nine cities computing the money saved through rapid progress and that lost through slow progress.
- *112. **THE RELATION BETWEEN ENTERING AGE AND SUBSEQUENT PROGRESS AMONG SCHOOL CHILDREN.**
Leonard P. Ayres, Ph.D.
The evidence from three investigations bearing on the problem "What is the best age to send a child to school?"

Miscellaneous

57. **GENERAL PAMPHLET OF THE DEPARTMENT OF CHILD HYGIENE.**
66. **LANTERN SLIDES FOR LOANING.**
An annotated list of the lantern slides which the Department loans for use at meetings. 20 pp.

Books

The following are books of the Department of Child Hygiene published by the Russell Sage Foundation.

Medical Inspection of Schools. Luther H. Gulick, M.D., and Leonard P. Ayres, Ph.D. 276 pages. Price, postpaid, \$1.00. Charities Publication Committee, 105 East 22nd Street, New York.

This book gives in convenient form for easy reference, information concerning the historical, educational, administrative, and legal phases of the work of medical inspection of school children. The most extensive bibliography on the subject yet compiled is added. This book has run into four editions.

Laggards in Our Schools. Leonard P. Ayres, Ph.D. 236 pages. Price, postpaid, \$1.50. Charities Publication Committee, 105 East 22nd Street, New York.

This volume is a study of the over-age child, the child who repeats grades, and the falling out of school of pupils before the completion of the course in American city school systems. It is illustrated with some forty charts and diagrams, and its intercity comparisons are set forth in nearly one hundred tables. Three editions have been printed.

Wider Use of the School Plant. Clarence Arthur Perry. Introduction by Luther Halsey Gulick, M.D. 423 pages. Price, postpaid, \$1.25. Charities Publication Committee, 105 East 22nd Street, New York.

All the activities, from evening schools to social centers, now carried on after class-hours in school buildings, are described in this book. It shows them in actual operation, outlines the various forms of administration and gives pertinent details as to cost, development, and the social amelioration which they are effecting. Fully illustrated and helpfully indexed.

Seven Great Foundations. Leonard P. Ayres, Ph.D. 79 pages. Price, postpaid, 30 cents. Department of Child Hygiene, 400 Metropolitan Building, New York.

Information concerning the origin, purposes, activities and history of the following foundations: Peabody Education Fund, John F. Slater Fund for the Education of Freedmen, Carnegie Institution of Washington, The General Education Board, Carnegie Foundation for the Advancement of Teaching, Russell Sage Foundation and the Anna T. Jeanes Foundation.

OTHER BOOKS PREPARED BY THE DEPARTMENT OF CHILD HYGIENE

Open Air Schools. Leonard P. Ayres, Ph.D. 171 pages. Price, \$1.20 (postage, 12 cents). Doubleday, Page & Co., New York.

This volume gives the important and significant American and foreign material with respect to outdoor schools. It describes the English, German and American types, gives the results and furnishes definite information with respect to clothing, food, cost, administration, etc. It has more than 70 pages of illustrations and diagrams. Bibliography.

The Healthful Art of Dancing. Luther H. Gulick, M.D.
273 pages. Price, \$1.40 (postage, 14 cents). Doubleday,
Page & Co., New York.

This study treats of the origin, development, and philosophy of the ancient art of folk-dancing, with especial reference to its value and adaptability to American life as a physiological, educational, and social factor. It gives the results of experiments in the introduction of dancing into the public schools and playgrounds of New York and other large cities, and includes an appendix giving a classified list of folk-dances suitable for various classes and occasions. The book contains a generous number of photographs.

Other Publications of the Russell Sage Foundation

Published by the Charities Publication Committee, 105 East 22d Street, New York City

The Pittsburgh Survey. Price per set, \$9 net; by express prepaid, \$10; per volume, \$1.50 net.

WOMEN AND THE TRADES. By Elizabeth Beardsley Butler. Price, \$1.50; by mail, \$1.72.

WORK-ACCIDENTS AND THE LAW. By Crystal Eastman. Price, \$1.50; by mail, \$1.71.

THE STEEL WORKERS. By John A. Fitch. Price, \$1.50; by mail, \$1.73.

HOMESTEAD: THE HOUSEHOLDS OF A MILL TOWN. By Margaret F. Byington. Price, \$1.50; by mail, \$1.70.

THE PITTSBURGH DISTRICT. Symposium by John R. Commons, Robert A. Woods, Florence Kelley, Charles Mulford Robinson and others. (In preparation.)

PITTSBURGH: THE GIST OF THE SURVEY. By Paul U. Kellogg. (In preparation.)

Correction and Prevention. Four volumes prepared for the Eighth International Prison Congress. Edited by CHARLES RICHMOND HENDERSON, Ph.D. Price per set, \$10 net; per volume, \$2.50 net.

PRISON REFORM. By Chas. R. Henderson, F. B. Sanborn, F. H. Wines and others. **AND CRIMINAL LAW IN THE UNITED STATES.** By Eugene Smith. Illustrated. 320 pages. Price, \$2.50; by mail, \$2.67.

PENAL AND REFORMATORY INSTITUTIONS. By Sixteen Leading Authorities. Illustrated. 346 pages. Price, \$2.50; by mail, \$2.70.

PREVENTIVE AGENCIES AND METHODS. By Charles Richmond Henderson, Ph.D. 440 pages. Price, \$2.50; by mail, \$2.68.

PREVENTIVE TREATMENT OF NEGLECTED CHILDREN. By Hastings H. Hart, LL.D. Illustrated. 420 pages. Price, \$2.50; by mail, \$2.70.

Two Practical Books on Housing.

HOUSING REFORM. A Handbook for Use in American Cities. By LAWRENCE VEILLER. 220 pages. 5 schedules. Price, \$1.25.

A MODEL TENEMENT HOUSE LAW. Giving such a law section by section, with comment. By LAWRENCE VEILLER. 130 pages. Price, \$1.25.

Cottage and Congregate Institutions. By HASTINGS H. HART. Illustrated. 136 pages. Price, \$1.10, cloth. 50 cents, paper.

Juvenile Court Laws in the United States Summarized. Edited by HASTINGS H. HART, LL.D. 160 pages. Price, \$1.50; by mail, \$1.60.

The Delinquent Child and the Home. By SOPHONISBA P. BRECKENRIDGE and EDITH ABBOTT. (In preparation.)

Among School Gardens. By M. LOUISE GREENE, M.Pd., Ph.D. Illustrated. 380 pages. Second Edition. Price, \$1.25.

Alms-house Construction and Management. By ALEXANDER JOHNSON. Illustrated. 263 pages. Price, \$1.25.

Homeless Men. A Study of 1000 cases. By ALICE WILLARD SOLENBERGER. 374 pages. Price, \$1.25.

Handbook of Settlements. By ROBERT A. WOODS. 326 pages. Price, \$1.50.

The Standard of Living Among Workingmen's Families in New York City. By ROBERT COIT CHAPIN, Ph.D. 388 pages. 131 tables. 16 diagrams. Price, \$2.00.

Workingmen's Insurance in Europe. By LEE K. FRANKEL and MILES M. DAWSON, with the co-operation of LOUIS I. DUBLIN. 450 pages. 145 tables. Price, \$2.50; by mail, \$2.70.

Civic Bibliography for Greater New York. Edited by JAMES BRONSON REYNOLDS, for the New York Research Council. Large 8vo. 312 pages. Price, \$1.50.

Report on the Desirability of Establishing an Employment Bureau in the City of New York. By EDWARD T. DEVINE, Ph.D., LL.D. 238 pages. Paper. Price, \$1.00.