

state of development. Making out of dietary standards as influenced by occupation, age, weight, size, income, and various diseased conditions. Preparing meals to meet these conditions. Food in relation to disease, kinds of diet, invalid cookery, and preparation of trays. Reference work.

One laboratory period and two lecture periods a week, first three quarters.

(b) *Home Nursing.* A correct method of home care of the sick. Care of patient and room, baths and bathing, sick-room methods, contagion and disinfection, first symptoms of diseases, relief in emergencies, first aid to the injured, and bandaging.

Two lecture periods a week during the last quarter

#### *Description of Courses in Domestic Art*

*Domestic Art I.*—(a) Instruction and practice in hand and machine sewing; the use of sewing machine and its attachments use of commercial patterns, patching and darning.

Four laboratory periods a week.

(b) Lectures and discussion upon history and development of textile industries, the names, widths, and prices of textile fabrics; the use and value of cotton, wool, silk, and linen.

One lecture period a week.

*Domestic Art II.*—(a) Instruction and practice in pattern drafting; the cutting, fitting, and making of tailored waist, lingerie waist, simple one-piece dress, and afternoon dress.

Four laboratory periods a week.

(b) Lectures on costumes of all periods, evolution and development of various parts of costumes.

One lecture period a week.

*Domestic Art III.*—(a) Modeling and designing foundation patterns in paper and crinoline, the making of a lined blouse and a simple evening dress.

Two laboratory periods a week.

(b) Lectures and demonstrations. Lectures by a tailor

One lecture period a week.

(c) Practice in making and covering of frames, the preparation of bindings, milliner's folds, bows, ribbon flowers, etc., making and trimming at least one hat.

Two laboratory periods a week.

## VI. PHYSICAL EDUCATION

The building of the body, its training for both utility and grace, and its protection from disease and weakness, make the department of Physical Education one of the greatest importance. The new gymnasium, the swimming pool, the tennis courts, the basket-ball and hockey fields provide ample equipment for conducting this important work. The swimming pool, twenty-three by fifty feet, is constructed of white tile, and equipped in most modern fashion for convenience and sanitation. Physical training is given free of charge to boarding students, and is required of them for at least two periods a week in every year. A thorough examination is given each boarding student at the beginning of the session. Measurements are taken and a careful record made of the condition of the individual. From this record each student is advised as to when to take exercise, and the kind and amount best suited to her needs. All work is done under expert supervision.

The work of this school includes the various phases of Physical Education. Practical gymnastics, gymnastic games, folk dances and games, and fencing form an important part of the indoor work. The value of aesthetic dancing as a means of acquiring grace and bodily poise has been recognized of late years; hence, it is included in the course. Another and very important branch embraces practical work in outdoor games, basket ball, hockey, and field sports. Because of the greater hygienic value of outdoor exercise, fully two-thirds of the work is done in the open. Frequent opportunities are afforded for horseback riding. Throughout the department the exercises are suited to the precise needs of the individual pupil, and the constant aim is to bring each girl nearer the physical ideal.

The required work consists of two class lessons per week in Physical Training. Six class lessons in swimming are required of all students who do not swim. Fencing and æsthetic dancing are elective.