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An Analysis Of The Content Of Available Health Textbooks

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AN ANALYSIS OF THE CONTENT OF AVAILABLE
HEALTH TEXTBOOKS



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An Analysis of the Content of Available Health Textbooks

A Thesis

Presented to

The Faculty of the Graduate School

Prairie View Agricultural and Mechanical College

Prairie View, Texas

In Partial Fulfillment

of the Requirements for the Degree

Masters of Science

by

Lillian L. Bigsby Brown

August, 1963

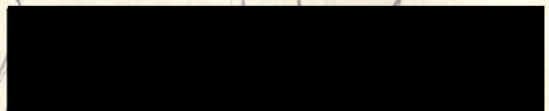
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An Analysis of the Content of Available Health Textbooks

by

Lillian L. Bibsby Brown

Approved By:



Adviser

Head of Department

8/12/63

Date

DEDICATION

This Thesis is dedicated to my husband, J. C. Brown, Jr., our daughters Vicki and Jari, My sister, Mrs. Weldon C. Williams, Jr., and My parents, Mr. and Mrs. E. F. Bigsby and Mr. and Mrs. J. C. Brown, Sr. for their devotion and inspiration in making this study possible.

ACKNOWLEDGEMENTS

To Dr. N. J. Johnson, Dr. C. A. Wood and Dr. G. R. Ragland for their kind guidance and patience through this study.

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CHAPTER I
INTRODUCTION

There has not been much research done as to the analysis of health textbooks on the secondary level mostly due to the fact that there was little instruction of health on this level.

Simultaneously, emphasis upon college and vocational preparation coupled with the incursion upon the basic curriculum by numerous other subjects and activities have managed to preclude the offerings of well planned and complete courses of health instruction for all boys and girls. While the importance of the first mention of these factors--college and vocation preparation--cannot be denied. Capitulation to the demands of the latter to the point of denial of health instruction, has been and remains, inexcusable.¹

Because there are few special trained teachers in health as to the varied problems of the student at this stage of life. (secondary level) There should be an adequate textbook to serve as a guide to the teacher and student, to give health the importance

¹Robert E. Schneider, Methods and Materials of Health Education (Philadelphia: W. B. Saunders Co., 1958), p. 109.

of the other or equal importance to other courses and to give the student knowledge and motivation of his problems.

The investigator is pursuing this study because she feels the students at this level many times terminate their education at the high school level, leaving being unprepared in the knowledge of health for adulthood. If there are adequate textbooks to help them with their problems of the transition from adolescent to adulthood they would be happier individuals thus a happier world.

With more investigation in health education in the schools, health can be placed equal with the other courses as it should be. The investigator hopes this analysis will be a factor in other investigations.

Statement of Problem

To analyze textbooks used in teaching of health and determine what contributions they make to solving or attacking health problems, of the basic health needs of an individual.

Purpose

To see if the textbooks are adequate for the teaching of health on the secondary level.

Definition of Terms

Health, is the state of complete physical, mental, and social well being.

School Health Education is the process of providing learning experience for the purpose of influencing knowledge, attitudes, or conduct relating to individuals and community health.

Health Instruction is the formal approach to health education. It is classroom activity which is developed under the same conditions and along the same lines as is instruction in other areas of the general school curriculum.

Textbook - A book containing a presentation of the principles of a subject, intended to be studied by the pupils and used as a basis of instruction by the teacher.

Supplementary text - A textbook used in instruction by the teachers and used by the students to add to or complete certain sequence of the content.

Reference Material - An additional source for completing the content of the textbook.

Secondary level - The writer's uses of this term are for the 7-9 and 10-12 grade level.

Point - Refers to the physical format and the scope and sequence of the content of the textbooks.

CHAPTER II

REVIEW OF THE LITERATURE

The many problems in health of the high school student have brought about investigation of the adequacy of the textbooks used. In view of the textbook in our scheme of education, it is apparent that one of the most effective ways for improving the content and method of instruction is to place better textbooks in the hands of teachers and pupils.²

Materials will here be presented relative to the importance of textbooks, health textbooks, their content and their physical format.

Textbooks are basic devices used to facilitate the teacher and the pupil in the learning process. Being such an important factor in this process, great consideration should be given to its importance in every way.

Bagley says:

In the mastery of such items of knowledge and skill as are still regarded as essential one would expect that assignments and recitations based on the textbook materials would by this time be giving place to one or another of the various types of self-instruction that lend themselves to group study and discussion, one

²The Textbook In American Education, Thirtieth Yearbook of the National Society for the Study of Education, Part II (Bloomington, Illinois: Public School Publishing Company, 1931) p. 146.

would expect the class exercise to take with increasing frequency the form of the socialized recitation.³

Several authors have pointed out pertinent factors relative to the importance of textbooks.

Rice says:

Textbooks still constitute most of the instructional material used in our schools.⁴

Nolen and Goetz are of the opinion that:

Today's textbooks are a basic tool for both teachers and pupils.⁵

A view point as stated in a report of the National Education Association:

Wisely selected textbooks and reference books, as well as pamphlets and magazines, provide a wealth of accurate information, arouse students interest in scientific matters, help to make meanings clear, and provide them with a growing understanding of how and where to find answers to the ever recurring questions.⁶

As cited in a report by the Overview Journal:

The textbooks themselves influence the curriculum in a given classroom since they to represent some of the country's best thinking on content and method.⁷

³William C. Bagley, The Textbook and Methods of Teaching, Thirtieth Yearbook of the National Society for the Study of Education, Part II (Bloomington, Ill.: Public School Publishing Company, 1931) p. 120.

⁴Author H. Rice (ed.), "A New Outlook for Textbooks," The Nations Schools, 65:55, March, 1960.

⁵Nolen and Goetz, Writer's Handbook for the Development of Educational Material, United States Department of Health Education, and Welfare Office of Education, p. 40.

⁶Health Education, National Education Association of the United States, Fourth Edition (Washington 6, D. C., p.233

⁷"The Printed Word," Overview, 1:40, April, 1960.

Jesse F. Williams and Clifford Brownell states:

Direct teaching may or may not involve the use of textbooks. There should be printed materials for children to read and good textbooks afford the best and most economical way of providing scientific content.⁸

Health textbooks take their place in the curriculum as a method of instruction. Applied in giving to the students information and motivation of their need for complete physical, mental and social well-being.

There are varied opinions as to the effect of the textbook as a method of teaching health.

Schneider says:

The textbook method, when used in combination with other methods, contributed generously to health instruction in secondary schools. In most instances, it provides the chief source of health information in an area of study which suffers a deprivation of time and is frequently marked by discussion of generalities.⁹

In speaking of the health textbook Schifferes states:

A textbook is only one part, and often the smallest part of a successful course of study.¹⁰

Grout's view point in reference to the textbook:

The power of the printed word has long been recognized in the field of education. Ideas in writing have a convincing quality seldom matched in the spoken word. This fact makes printed material a forceful tool

⁸Jesse Feiring Williams and Clifford L. Brownell, The Administration of Health and Physical Education (Philadelphia: W. B. Saunders Company, 1946), p. 197.

⁹Robert E. Schneider, Methods and Materials of Health Education, (Philadelphia: W. B. Saunders Company, 1960) p. 144.

¹⁰Justus J. Schifferes, Healthier Living (New York: John Wiley & Sons, Inc., 1954) p. 20.

in a health education program; it also makes it a potentially harmful tool when the information contained is unsound or misleading.¹¹

Health education is as broad as life itself for it includes all its human relationships--personal, family, community, national, worldwide. In planning to meet these needs of the child, health education has developed a comprehensive program which embraces every available contact and measure that may contribute to better health and citizenship.¹²

James, Humphrey and Johnson feel that one problem of the content of the health course is the overlapping at the high school level.¹³

Williams and Brownell states:

Methods employed in the modern textbook are in accord with the procedures used in textbooks in other fields.¹⁴

Schneider's view point concerning the content of instruction of health on the secondary level is a more extensive program based largely on the problem of

¹¹Ruth E. Grout, Health Teaching in Schools (Philadelphia: W. B. Saunders Company, 1958) p. 39.

¹²Kathleen Wilkinson Wooten, A Health Education Workbook (New York: A. S. Barnes and Company, 1941) p. ix.

¹³Leslie W. Irwin, James H. Humphrey, and Warren R. Johnson, Methods and Materials in School Health Education (St. Louis: The C. V. Mosby Company, 1956), p. 56

¹⁴Williams and Brownell, loc. cit.

emotional adjustment which are characteristics of this transition period and the problems of mental and social hygiene that are accompanied by the usual problems of physical or general health.¹⁵

Grout says:

Health teaching in junior and senior years should stress the student's adjustments to himself and others, and his preparation for adulthood, both as a member of a family and of the community.¹⁶

Oberteuffer says:

The content of the book should be based upon health needs and problems of the age group for which it is written. The major emphasis of the text should be upon problems crucial to the pupils and important to the community in which the book is used.¹⁷

The physical format is an important part of a textbook.

Nolen and Goetz states:

The balance of the text and margins, the use of decorations, can have a function value. The right design can rest the eyes and make it easier to understand the meaning of the text. Color may be very important for the same reason, not merely as a decoration beauty is not a frill. Cartoons help to interpret a guide.¹⁸

Tinker says:

In order to achieve most readable print factors such as size of type, length of line and leading must be co-ordinated.¹⁹

¹⁵Schneider, op. Cit., p. 109

¹⁶Grout, op. cit., p. 267

¹⁷Delbert Oberteuffer, School Health Education (New York: Harper and Brothers Publishers, 1954) p. 89.

¹⁸Nolen and Goetz, op. cit., p. 37

¹⁹Miles A. Tinker, "Print for Children's Textbooks," Education, 80:20, 1960.

Schneider's views are:

The textbook should be written in an interesting style.²⁰

Oberteuffer says:

The book should be written in an interesting and readable style with the vocabulary on the comprehension level of the pupils who use it. The charts, graphs and tables contained in the book should be meaningful to the pupils. The illustrations should be attractive and up to date. The paper and print should be of a quality and size which will minimize eyestrain.²¹

Nolen and Goetz further states:

Illustrations should arouse and hold children's interest and extend their experience and understanding in matters beyond the limits of their classrooms, home and community.²²

Titles should suggest the scope of the subject, the approach, the age of the reader and they should arouse interest.²³

²⁰Schneider, op. cit., p. 231

²¹Delbert Oberteuffer, loc. cit.

²²Nolen and Goetz, op. cit., p. 159

²³Ibid., p. 128

Leo J. Alilunas in his analysis of Social Studies content in the middle grades, analyzed nine sixth grade social studies textbooks. An examination of these social studies textbooks pointed up the fact that sixth grade social studies content program was too jammed. In light of this study, it was found that the sixth grade textbook situation calls for a fundamental curriculum reorganization - better content selection to rescue sixth graders from the social studies textbook whirl.²⁴

Albert Piltz made a review of ten major science text series commonly used in elementary schools to see how much can be expected of textbooks by students and teachers in the science enterprise. It was found that the use of the text depends on the teachers and students ability to utilize them effectively.²⁵

²⁴"Analysis of Social Studies content in the Middle Grades," L. J. Alilunas bibliography-Social Studies, Volume 52:210-18, November, 1961.

²⁵"Review of Science Textbooks currently used in Elementary Schools", A. Piltz. School Science and Mathematics, Volume 61:368, May, 1961.

CHAPTER III

ANALYSIS OF DATA

It has been established that textbooks, if information is adequate, sound and not misleading should serve as a basic tool of instruction for the teacher and student. Because Health Education is so broad, including all human relationships-personal, family and community and to reach every available contact and measure, reference books, pamphlets and magazines should be used for up-to-dateness, to arouse students interest in scientific matters help make meanings clear, and provide them with a growing understanding of how and where to find answers to the ever-recurring questions.

In determining if the information contained in textbooks are adequate and sound for the teaching of health, the textbooks were analyzed from the content set in the Texas Curriculum Studies. The content as it appears in the Texas Curriculum Studies follows.

I. Scope and Sequence for Grades, 7-9

A. Personal Health Instruction

1. Care of skin
2. Adequate grooming
3. Sleep and rest
4. Scheduling of time
5. Rules of Conduct
6. Personal cleanliness
7. Body mechanics (postural difficulties)
8. Work and play interest

B. Nutritional Health

1. Caloric requirement
2. Choosing a balanced diet
3. Diet control

C. Mental and Emotional

1. Problems of growing up
2. Boy-girl relationships
3. Family relationships
4. Getting along with others

D. The Body its structure and action

1. Growth in Height and Weight
2. Elimination
3. Eyes and Ears
4. Teeth
5. Sex Change

6. Sex Attitudes and Adjustments
 7. Body Control (nerves, muscles, nervous system)
 8. Respiration
 9. Glands
 10. Circulation and Blood
 11. Cells and Tissues
 - E. Health Fads and Fallacies
 1. Consumer Education
 2. Misconceptions
 - F. Common (non-communicable, and communicable diseases and their control)
 1. Germs
 2. How to treat infections
 3. How to Immunize
 - G. First Aid and Safety
 - H. Vocation of Education Health requirements to pursue various vocations
 - I. Alcohol, tobacco narcotics
 - J. Community Health
 1. The pupils role
 2. Community health agencies
 3. Whom to consult (medical specialists, etc.)
- II. Scope and Sequence for Grades 10-12
- A. Alcohol, tobacco, and habit-forming drugs
 - B. Biological bases for Health - further expansion of the Anatomy and Physiology
 - C. Preparation for Marriage and Family life

- D. Common Diseases and Disorders
 - 1. Common cold
 - 2. Influenzia
 - 3. Tuberculosis
 - 4. Diabetes
 - 5. Cancer
 - 6. Heart Disease
 - 7. Mental disorders
 - 8. Poliomyelitis
 - 9. Venereal diseases
 - 10. Cerebral palsy
 - 11. Epilepsy
 - 12. Others
- E. Home, School, and Community Health and Sanitary conditions.
- F. Consumer Health
- G. Health Status (pupil's)
- H. Personal Appearance - Health appraisal and Medical examination
- I. Nutrition
 - 1. Need for regular meals and balanced diet
 - 2. Selection of foods
 - 3. Preparation of foods
 - 4. Meal planning
- J. Sleep, rest, recreation and work
- K. Mental health and personality
 - 1. Relationship with family

2. Getting along with family
 3. Self-understanding
 4. Code of behavior
 5. Emotional control
- L. Community health - Health services in community
- M. Health careers
- N. Safety, first aid, home nursing²⁶

To determine the status of the physical format as it aids in a better understanding of the textbooks.

Inspections were made on the following aspects.

1. How satisfactory is text in:
 - a. size
 - b. durability of binding
 - c. quality of printing
 - d. spacing of print on page
 - e. width of margin
 - f. quality of paper
 - g. type, size and legibility

²⁶Texas Education Agency, Texas Curriculum Studies. Report of the Commission of Health and Physical Education - Health Education. Report No. 8, July, 1959.

To determine the status of the physical format as it aids in a better understanding of the content.

Inspections were made on the following aspects:

1. How satisfactory is the text in:
 - a. size
 - b. durability of binding
 - c. quality of printing
 - d. spacing of print on page
 - e. width of margin
 - f. quality of paper
 - g. type, size and legibility
2. How usable is each of the following parts of the texts
 - a. table of contents
 - b. index
 - c. illustrations
 - d. graphic devices

The textbooks were classified as:

Satisfactory status - If the point under consideration was complete.

Intermediate status - If the point under consideration was contained in part.

Unsatisfactory - If there was no information on the point under consideration.

Understanding Health

Hallock Gold Berger

In the analysis of the physical format the writer found the contents to be of intermediate status. The scope and sequence of the content of satisfactory status are: Health Fads and Fallacies - First Aid and Safety - Alcohol, Tobacco and Habit Forming Drugs - Biological bases for Health - Further Expansion of the Anatomy and Physiology of the Body - Home, School and Community Health and Sanitary Conditions - Nutrition and Safety, First Aid and Home Nursing.

Modern Health

Otto, James H.

The physical format was satisfactory content in all areas except, Health Fads and Fallacies - Vocation of Education - Health Requirements to Pursue Various Vocations, Community Health - Rules of Conduct and Sex Change.

Health and Safety for You

Diehl, Harold

The contents of this book in regard to the physical format is of intermediate status. The satisfactory sequence of the content are: Nutritional Health - Common Diseases - First Aid and Safety - Mental and Emotional Health - Vocation of Education - Health Requirements to Pursue Various Vocations - Alcohol, Tobacco and Narcotics.

Health and Fitness

Meredith, Florence L.

The illustrations and graphic devices of the physical format are of intermediate status. The scope and sequence of the content are of intermediate status were Personal Health Improvement, Health Status (pupil's) and Personal Appearance.

Your Health and You

Burkard, William E.

The type, size and legibility, the table of content, illustrations and graphic devices of the physical format

are of intermediate status. The satisfactory status of this books' contents include: Nutritional Health, Consumer Education, Mental and Emotional Health and The Body, its structure and actions.

The New Healthy Living

Willow, Charles

The quality of paper, content, illustrations and graphic devices of the physical format are of intermediate status. The scope and sequence of sections; First Aid and Safety and Community have satisfactory status.

Growing Up Healthily

Charles, W. W.

The contents, illustrations and graphic devices of the physical format are of intermediate status. There is only one section of the scope and sequence that is satisfactory. The section on Nutritional Health.

Life and Health

Wilson, Charles

The illustrations and graphic devices of the physical format are of intermediate status. The scope and sequence

of the content. Nutrition is of satisfactory status.

Meredith's Science of Health

Meredith, Florence

The physical format is of satisfactory status. Nutritional Health, Mental and Emotional Health, Health Fads and Fallacies, Consumer Health and Alcohol, tobacco and habit forming drugs are of satisfactory status in regard to the scope and sequence of the content.

Building Health

Williams, Dorothea

The illustrations and graphic devices as they relate to the physical format are of intermediate status. Health Status (pupil's), mental health and personality, and Preparation for Marriage and Family Life are sections of satisfactory status as they relate to the scope and sequence of the content.

Health for Effective Living

Crisp, Katherine

The physical format is of satisfactory status. The scope and sequence of the sections on: Nutritional health - Health Status (pupil's) Sleep, Rest, Recreation and Work - Personal Appearance - (Health Appraisal and Medical Examination) and Community Health are of satisfactory status.

Elements of Healthful Living

Diehl, Harold

The contents in relation to the physical format are of intermediate status. The satisfactory rank of the scope and sequence sections are: Alcohol, tobacco and narcotics - Common Diseases and Disorders - Home, School and Community Health Sanitary conditions-Health status (pupil's) - Community Health - Biological bases for Health - Further expansion of the Anatomy and Physiology of the Body and Preparation for Marriage and Family life.

Life and Health

Wilson, Charles

The physical format in relation to the content

is satisfactory. The satisfactory sections on the scope and sequence of the content are: Personal Appearance - Health Appraisal and Medical Examinations - Nutrition - Common Diseases and their control - First Aid and Safety - Community Health - Common Diseases and disorders and Home, School and Community Health and Sanitary conditions.

Home and Community Hygiene

Broadhurst, Jean

The quality of paper, type, size and legibility, the table of contents, illustrations and graphic devices are of intermediate status as they relate to the physical format. The contents as it relates to the scope and sequence and rank of satisfactory are: Personal Health instruction, Consumer Health and Nutrition.

Individual and Community Health

Williams, Stiles

The type, size and legibility, illustrations, and graphic devices are of intermediate status as they relate to the physical format. This book could be used as a reference tool for sections of the content on Health careers and Safety, First Aid and Home Nursing.

Your Health

Smiley, Dean F.

The content as it relates to the physical format is of intermediate status. Preparation for Marriage and Family Life, Common (non-communicable, and communicable) diseases and their control, Vocation of Education - Health Requirements to pursue various vocations, Nutritional Health, Personal Health instruction and Sleep, Rest, Recreation and Work are of satisfactory rank as they relate to the scope and sequence of the content.

Effective Living

Turner, C. E.

Illustrations and graphic devices are of intermediate rank as it relates to the physical format.

Community Health - Health Services in Community, Personal Health Instruction and Mental Health and Personality are of satisfactory rank as related to the content.

Teen - Agers

Jenkins, Gladys

The intermediate status of the physical format

is in type, size and illustrations. Teen-Agers has the status of satisfactory only in Mental Health and Personality, Community Health Nutrition, and vocation of Education - Health Requirements to pursue various vocations.

Your Health and Safety

Clemensen, Jessie Williams

The physical format was satisfactory in all points under consideration. This book could be used as a junior high textbook with supplementary materials for the scope and sequence of: Boy and Girl Relationships, Sex Change, Health Fads and Fallacies, Vocation of Education, Health Requirements to pursue various vocations and Community Health.

Health and Human Welfare

Burkard, William

The physical format was of intermediate status in quality of paper, content, illustrations and graphic devices. This book could be used as a reference for sections on: Health fads and fallacies and Alcohol, tobacco, narcotics.

Health for Better Living

Eherhardt, Charles J.

The contents, illustrations and graphic devices are usable at an intermediate status. This textbook could be used as a reference for sections: Biological Bases for Health, Home and Sanitary conditions, Nutrition and Safety, First Aid, Home Nursing on the secondary level.

Being Alive

Brownell, Clifford

In the analysis of the physical format the quality of paper is of intermediate status. There are only two sections on the scope and sequence that rank satisfactorily, they are: Nutritional Health and Common (non-communicable and communicable) diseases and their control.

A Sound Body

Charters, W. W.

The physical format is of satisfactory status. The scope and sequence of the contents are poor. There are only two sections that can be used as reference, the Health Fads and Fallacies and the common (non-communicable and communicable) disease and their control.

Personal Hygiene

Turner, C. E.

The quality of paper, illustrations and graphic devices are of intermediate status as they relate to the physical format.

Nutritional Health, The Body, its Structure and Action and Sleep, Rest, Recreation and Work are of satisfactory rank as they relate to the sequence of the content.

Your Health Today

Bauer, W. W.

The table of contents, illustrations, and graphic devices are of intermediate rank as related to the physical format. The satisfactory rank for the scope and sequence of the content are: Personal Health Instruction, Health Status (pupil's) and Sleep, Rest and Recreation and Work. This book could be used as a supplement text for its content is of satisfactory rank.

Health for Effective Living

Edwards, Johns

The table of contents, illustrations, and graphic

devices are of intermediate status as they relate to the physical format. The satisfactory rank for the scope and sequence of the content are: Preparation for Marriage and Family Life, Nutritional Health, Health Fads and Fallacies, Mental Health and Personality, Sleep, Rest, Recreation and Work, Community and Consumer Health. This book could be used as textbook with supplementary texts and reference tool.

Enjoying Health

Jones, Evelyn

The table of contents are of intermediate status as it relates to the physical format. Mental and Emotional Health, Personal Health instruction, Personal Appearance and Sleep, Rest, Recreation and Work are satisfactorily ranked as related to the scope and sequence of the content.

The Building and Care of the Body

Millard, Columbus

The size, table of contents, illustrations and graphic devices are of intermediate rank as they relate to physical format. Nutritional Health, The Body, its structure and action and Sleep, Rest, Recreation and Work are satisfactorily ranked as to the scope and sequence of content. This book could not be used as a textbook.

Good Health

Walker, Nelson

The illustrations and graphic devices are of intermediate status as they relate to the physical format. Most of the content as related to the scope and sequence are satisfactorily ranked. This book could be used as a textbook on the secondary level and a reference for Junior High level with the help from supplementary text for the Home, School and Community Health and Sanitary Conditions, Health Status (pupil's) Common Diseases and Their Control, First Aid and Safety, Alcohol, Tobacco, and Habit Forming Drugs, Biological Bases for Health, Further Expansion of the Anatomy and Physiology of the Body, and Preparation for Marriage and Family Life.

Textbook of Healthful Living

Diehl, Harold

The size, content and illustrations are of intermediate status as they relate to physical format. The book has a satisfactory status in this area of the scope and sequence of the content, Community Health, Nutrition, Sleep, Rest, Recreation and Work, and Health Services in the Community. This book's content in reference to the intermediate and low status.

Data On Supplementary Text

To enrich the scope and sequence of the contents, supplementary textbooks are needed. Supplementary texts can be used for that part of the content of intermediate, low and completely unsatisfactory in the master text.

Mental Health and Human Relations in Education

Kaplan, Louise
Harper and Brothers, Publishers

This book could be effectively used by the teacher as a supplement to the scope and sequence of Mental Health.

Personality and The Family

Hart, Hornell
D. C. Health & Company
Boston, 1941

This book could be effectively used by the teacher as a supplement to the scope and sequence of Preparation for Marriage and Family Life on the secondary level.

The Human Body

Best, Charles H.
New York, Holt

This book can be used effectively as a supplementary text for the sequence, Biological Bases for Health.

Mental Hygiene in Public Health

Lenkau, Paul V.
McGraw - Hill Book Co., Inc.
New York, 1949

This book could be effectively used by the teacher as a supplement to the Mental and Emotional Health sequence.

Being Alive

Brownell, Clifford
Cincinnati American Book Co.

This book could be used effectively by the students as a supplement for the sequence, Biological Bases for Health Sanitation.

The Human Body and Its Enemies

Hartman, Carl
New York World Book Co.

This book can be used as a supplement for the sequence, Sanitation.

Healthful Eating

Gaines, Thomas
New York, J. T. Wagner, Inc.

Development in Adolescence

Jones, Harold

This book can serve as a supplementary text for the sequence on Mental and Emotional Health.

Adolescence and Youth

Landis, Paul Henry

This book can be used as a supplementary for the sequence on self-understanding.

Struggles of the Male Adolescent

Read, Charles Stanford

This book can be used effectively by the student as supplement to the sequence on self-understanding.

For Young Adults Only

Richardson, Frank

This book is a discussion of adolescence personal problems and could be used as a supplementary text for the sequence on self-understanding.

Adolescence and Discipline

Wittenberg, Rudolph M.

This book is a mental hygiene primer and can be effectively used by the students for the sequence on Code of Behavior.

First Aid Text-Book

Red Cross, United States
American National Red Cross

This book could be used effectively as a supplementary text for the sequence on, First Aid.

First Aid in the Laboratory and Workshop

Eldrige, Authur A.

This book can be effectively used for a supplementary text for the sequence on Safety and First Aid.

Accident Prevention

American Public Health Assoc.

This book can be effectively used as a supplementary text for the sequence on Safety.

Safety for the Household

Owens, S.

This book can be effectively used as a supplementary text for the sequence on Safety.

Education for Safe Living

Stack, Herbert James

This book can be effectively used as a supplementary text for the sequence on Safety.

Education High School Series, Bulletin

National Commission on Safety

This book can be used as a supplementary text for the sequence on Safety.

Philosophy of Recreation and Leisure

Nash, Joy Bryan

This book can be used as a supplementary text on the sequence on Sleep, Rest, Recreation and Work.

Leisure and Recreation

Meumeyer, Marin Henry

This book can be used as a supplementary text for sequence on Recreation.

Smoking and Health

Royal College of Physicians of
London

This book is a summary and report on smoking in

relation to cancer of the lungs and other diseases. It can be effectively used in the sequence on Alcohol, tobacco, and habit-forming drugs.

Selected Reference on the Health of Women in Industry
United States Women's Bureau

This book can be effectively used as a supplementary text with the sequences on Health requirements to pursue various vocations.

Home Health and Nursing

Long, Alama Irene

This book can be used effectively as a supplementary text for the sequence on Home Nursing at the secondary level.

Children's Diseases for Nurses

Lucas, William Palmer

This book can be used effectively as a supplementary text for the sequence on Common diseases and their control.

REFERENCE MATERIALS

In the intermediate grades the main emphasis should be placed on formal instruction covering planned, progressive material. Children at this age level are beginning to ask "why and the wherefores" of some of his habits and routines that were introduced in the primary grades. This necessitates more formal instruction. This formal instruction should be utilized to the fullest. Besides textbooks or written courses of study journals and periodicals should be used to give account of current problems and transactions, the following periodicals were found to be helpful reference material in enriching the health content of the textbooks.

The Journal of Home Economics is published monthly from September to June by the American Home Economics Association, 1600 20th Street, N. W., Washington 9, D. C. This journal with it's emphasis on the home and family life, nutrition, grooming, consumer education, preparation for marriage and home nursing can add to the instructional program of health.

The Journal of Personality is published quarterly by Duck University Press, Box 6697, College Station, Durham, North Carolina. This journal with it's emphasis

on personality, getting along with others, self understanding and problems of "growing up" could be effectively used with the sequence of the content on mental and emotional health.

The Journal of School Health is published monthly from September to June by the American School Health Association, A. O. De Weese, Secretary, 515E Main Street, Kent, Ohio. This journal with it's emphasis of those experiences encountered within the school or under the direction of the school personnel and relations to the health of the individual. This could add to the complete instructional program of Health.

The Journal of Secondary Education is published monthly from October to May by the Journal of Secondary Education, 1705 Mierchison Drive, Burlingame, California. This journal has it's emphasis on the problems of instruction on the secondary level. Some of the problems that are encountered are related to health. As they relate to health they add to the instructional program.

The N. E. A. Journal is published monthly from September to May by the National Educational Association of the United States, 1201 16th Street N. W., Washington D. C. This journal presents current articles and news in education, as these articles relate to health they can make the contents more meaningful to students.

The National Association of Secondary School Principals Bulletin is published Quarterly by the National Education Association, 1201 16th Street N. W. Washington 6, D. C. This Bulletin has articles dealing with subject areas in the curriculum. This would be useful as they relate to health.

The National Association of women deans and counselors journal is published by the National Association of Women Deans and Counselors, 1201 16th Street N.W. Washington 6, D. C. It is published quarterly. This journal has articles that relate to problems of women as codes of behavior, self-understanding and changes the body makes. Articles such as these can enrich the program of health.

The National Elementary Principal is published monthly by the department of elementary schools principals, National Education Association, 1201 16th Street N.W., Washington 6, D. C. This periodical deals with current problems and news of the elementary level. This may be used as the current problems relate to health.

The Nation's School is published monthly by the National Schools, Circulation Department, 1050 Merchandise Mart, Chicago 54, Illinois. This periodical emphasizes current news and problems of the nation as they relate to the school. Since health would come under this broad

area there are articles that can be used to enrich the health program.

Overview is published monthly by the Overview Publishing Company, 470 Park Avenue South, New York 16, New York. This periodical generalizes it's information and in this generalization articles appear on current health news that can be useful to the instructor.

The Parent Teacher Association magazine, 700 N. Rush Street, Chicago, Illinois. This magazine has it's emphasis on current news for parents and teachers as they relate to children and could be used to emphasize areas of the content of health.

Practical Home Economics is published monthly from September to May by Practical Home Economics, 33 W. 42 Street, New York 36, New York. This is concerned with news in areas of grooming, preparing meals, planning, selection and consumer education in the relation to health content.

Religious Education is published monthly from July to May by the Religious Education Association, 545 W. 111th Street, New York 25, New York. This periodical enriches the health program through its articles on the improvement of the community.

Safety Education is published monthly from September to May by the National Safety Council, 425 N. Michigan Avenue, Chicago 11, Illinois. This

periodical contains articles in relation to health content as safety relates to the individual, community and public.

School and Community is published monthly from September to May by the Missouri State Teachers Association, Columbus, Missouri. The current news in this periodical having to do with sanitation and the pupils role in community health agencies can enrich the instructors of health.

School and Society is published monthly from September to June by the Society for the advancement of Education Inc., 1834 Broadway, New York 23, New York. This periodical with articles relating to the code of behavior and relationship with others correlates with the instruction of health.

School Life is published quarterly by School Life, Superintendent of Documents Government Printing Office, Washington 25, D. C. This periodical relates events of the school or activities enriching the schools program.

Science and Education is published monthly by Science Education Inc., C. M. Pruitt, University of Tampa, Tampa, Florida. This periodical relates to health through its current news on the body and it's structure and action.

Social Education is published monthly from October to May by Social Education, 1201 16th Street N. W., Washington 6, D. C. This periodical can add to the instruction of health through current news, offering students answers to problems of growing up.

The Journal of School Health is published monthly from September to June by the American School Health Association, A. O. DeWeese, Secretary, 815 E. Main Street, Kent, Ohio. This journal enriches the health instruction program through current news on school sanitation conditions, health status of teachers and students and a healthful school environment.

American Association for Health, Physical Education and Recreation Research Quarterly is published quarterly by the American Association for Health, Physical Education and Recreation National Education Association, 1201 16th Street N. W., Washington 6, D. C. This quarterly enriches the instruction of the health content through current news on body mechanics, work and play interest, personal appearance, common diseases and nutritional health.

The American Biology Teacher is published monthly from October to May by the National Association of Biology Teachers, Temple University, Philadelphia 22, Pennsylvania. This periodical correlates with the development of health instruction as it relates through

current news on biological basis for health.

The American Journal for Mental Deficiency is published monthly by the American Association on Mental Health, P. O. Box 96, Williamantic, Connecticut. This journal has current articles on mental illness. This would help to give the student in-sight into mental and emotional health.

Athletic Journal is published monthly from September to June by the Athletic Journal Publishing Company, 1719 Howard Street, Evanston, Illinois. This journal with current issues on the structure and action of the body in activity, how the body's condition effect his participation will add to the health instructional program.

Childhood Education is published monthly from September to May by the Association of Childhood Association International, 3615 Wisconsin Avenue N. W., Washington 16, D. C. This publication presents current news on the child and the things that affect him. Because the problem of growing up effects the child and is so indicated in the program of health, the childhood publication would add to the health instructional program.

Children is published monthly from September to July by the Superintendent of Documents, Government Printing Office, Washington 25, D. C. This periodical

is concerned with the activities involved around the child. The things affecting him mentally, emotionally and socially would involve health. Children can enrich the instructional program of health.

The Clearing House is published monthly by the Clearing House, 205 Lexington Avenue, Sweet Spring Missouri. The Clearing House covers wide areas of education and the educational curriculum. Health being included in the area, many articles are related to its instructional program.

The Education Digest is published monthly from September to May by the Education Digest, 416 Longshore Drive, Ann Arbor, Michigan. This publication makes studies of instruction, training, principles and practices of teaching and learning of the activities and courses of study; From these studies the health program can be made more meaningful.

Grade Teacher is published monthly from September to June by the Grade Teacher, Leroy Avenue, Darien, Connecticut. The section of the Grade Teacher on teaching aids for course of study are aids to the instructor of health.

Journal of Applied Psychology is published monthly by the American Psychological Association, 1333 16th Street, N. W., Washington 6, D. C. This journal presents knowledge and investigations of traits, feelings,

and actions as they attribute collectively of the mind. This would relate to the sequence of health on self-understanding, code of behavior and emotional control, thus adding to the health program.

Journal of Counseling Psychology is published monthly from October to April by Boston University, School of Education, 332 Bay State Road, Boston 15, Massachusetts. This journal presents an account of events of experiences that contribute to the development of the child, as this development relates to good health, behavior and the development of self direction and attitudes which point to good health practices, this journal enriches the health program.

The Journal of Educational Psychology is published monthly from October to April by the Boston University, School of Education 332 Bay State Road, Boston 15, Massachusetts. This journal is concerned with instruction and training in knowledge of behavior. It enriches the health program sequence on mental and emotional health.

The Journal of Educational Sociology is published monthly from September to May by Payne Educational Sociology Foundation, Inc., New York University, Washington Square, New York 3, New York. This journal is concerned with studies, principles and practices of human groups. This relates to health in the sequence

of the content, getting along with others, boy and girl relationship, and relationship with the family.

Journal of Health, Physical Education and Recreation is published monthly from September to May by the American Association of Health Education Association, 1201 16th Street N. W., Washington 6, D. C. This journal can be very effectively used in the instruction program of health because it's presentations are all related to health.

Consumer Bulletin is published by Consumers Union of U. S. Inc., 256 Washington Street, Mt. Vernon, New York. This periodical announces to the public information on their use of food, clothes, and other items. This would be meaningful to the sequence of the content on consumer health and health fads and fallacies.

Recreation is published monthly from September to June by the National Recreation Association, 8 West 8th Street, New York 11, New York. This publication can help enrich the health program through it's account of work and play interest.

Summary and Conclusion

The purpose of this study was to determine if the content of health textbooks are adequate for the teaching of health. The data collected presents the following findings:

*

1. The physical format of the textbooks were of intermediate status and lend understanding to the health content.
2. The content of the health textbooks were incomplete.
3. Supplementary text add to the enrichments for the content of study.
4. Periodicals used to give accounts of current problems and transaction are helpful to the health content.

*Textbooks should be used as a basic tool of instruction.

Conclusion

It was assumed by the writer that textbooks for health on the secondary level are inadequate for meeting the health needs of the adolescent. In order to verify this, the analysis indicated that the content of health textbooks were incomplete. On the basis of this analysis it can be said that health textbooks on the secondary level are inadequate for meeting the health needs of the adolescent.

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