

**CHILDHOOD AND
YOUTH SERIES. THE
HIGH-SCHOOL AGE**

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Childhood and Youth Series. The High-School Age by Irving King & M. V. O'shea

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IRVING KING & M. V. O'SHEA

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YOUTH SERIES. THE
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THE HIGH-SCHOOL AGE

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THE SOCIAL ASPECTS OF EDUCATION

EDUCATION FOR SOCIAL EFFICIENCY



Girls in their Early Teens are Often Taller than Boys the Same Age or Even Older. Both these Children are Fourteen Years Old.

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THE HIGH-SCHOOL AGE

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CHILDHOOD AND YOUTH SERIES

EDITED BY M. V. O'SHEA

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EDITOR'S INTRODUCTION

Probably most people appreciate that a human being in his progress from birth to maturity passes through certain ages or epochs, each characterized by peculiar tendencies and activities. If one should ask a man whose business it is to study human nature for practical reasons which of these epochs is of the greatest importance, he would undoubtedly say the period of the teens. He would probably declare that during this period the individual is being molded into final form in body and mind, and that whatever impressions can be made upon him at this time will be likely to be permanent. People are beginning to take this view; for during the last few years much has been said by observers and investigators respecting the chief characteristics of this period. All have noted the appearance of new interests and activities, and the development of extreme sensitiveness to various influences which have been practically unnoticed up until this time. The views of the practical man of affairs and the scientific student of mental development have been in accord with the views of the poets, who never tire of describing the freshness and enthusiasm and abounding vigor, as well as the excesses and the strains and stresses of this age.

In planning the series on *Childhood and Youth*, it was provided that much attention should be given to a practical discussion of the epoch covered substantially by the high-school period. The present volume is devoted wholly to an exposition of the characteristics and needs of the high-school age. Professor King has presented in simple, straightforward language most of the more important re-

EDITOR'S INTRODUCTION

sults of modern investigations regarding the physical changes which take place during the early teens, and the intellectual and emotional developments which occur parallel with the physical changes, or follow after them very closely. He has also discussed questions pertaining to the development of fundamental impulses in both boys and girls, and the educational problems which issue therefrom. He has considered questions of health and school work, and practical matters pertaining to the conservation of the energies of high-school pupils, and making their work in the school more efficient than it has been in the past. He has introduced a considerable amount of new and concrete material which bears directly upon the every-day life of the high-school pupil, in respect alike to his studies and to his conduct within and without the school. He has dwelt especially upon the development of the self during the teens, and he has shown that in effect the individual has a sort of new birth during this epoch—the birth of the spirit which is as important as the first birth of the body. An appreciation of this vital transformation during the teens will aid the teacher and the parent to understand and deal the more wisely with the boy or the girl who is passing rapidly from childhood to maturity.

There is probably no period in the individual's development when he has so many conflicts with adults as during the early teens. When he is changing so rapidly in body and mind, his individuality suddenly looms up in home and school; and it often arouses antagonism in parents and teachers. The reading of this volume should help any one charged with the training of youth to see what activities of either the boy or the girl are normal during this