whom but 23,000 in spite of their anxiety to learn, quitted the school as ignorantly as they entered; whereas 800,000 have made considerable progress in knowledge

"Calculate the accession of industrial power thus gained in a few months, the progress of trade being in proportion to that of general instruction. Contrary to the usual course of events this movement has begun from the lower strata of society. The people inspired by a few brief and energetic words of the Emperor, have crowded to these new schools Thirteen thousand teachers have given their time and energy gratuitously to these schools, nine thousand of whom have spent 235,000 franes of their small salaries on the good work; ten thousand municipal councils have made it a point of honor to subscribe a sum nearly amounting to two millions francs (\$80,000) towards the necessary expenses.

"To prove the severe investigations which have resulted in the above statistics, M. Duray read an official report of what had taken place in one department. A competitive examination of the adult classes took place on the 5th of March, 1865, the subject for composition having been enclosed in a sealed envelope and forwarded to each teacher. The presence of the mayors, curates and delegates from surrounding districts guaranteed the honesty with which the conditions imposed by the board had been fulfilled. One thousand two hundred and sixty seven compositions were sent in to the Inspector; 317 of these were written without a single fault. On the 11th of February, 1866, the number of competitors was trebled, and numbered 4,880; 900 compositions were sent up without a single In 1867, on the 27th February, 5,159 adults error. entered the lists, all either labourers or mechanics; the result was 1,409 faultless compositions-the writing, spelling and moral sense of the compositions being equally admirable.

"The most touching instances of anxiety for in-struction are recorded. A little girl, for instance, ten years of age, herself brought her mother to the night school, and there taught her herself to read. A sick workmen wrote the exercises for the night school while confined to his bed, while another paid a friend to replace him at his factory during the school hour. In the South, where the passions are violent, and where quarrels are more frequent than in cooler northern districts, the moral benefit derived by these night schools has been so great that in one instance, when illness prevented the teacher from giving his lessons, a young curate volunteered to replace him—a service which necessitated a fatiguing journey on foot across' a moun-tain and through a wood of considerable extent. He never could reach home before half-past eleven at night. During four months the young priest was punctual to his self-imposed task, for which he received no reward save the gratification of having continued the good work begun by one as poor as At Creuzot drunkenness and quarrelling himself. are unknown in the founderies, where ten thousand workmen are employed-a result attributed by the president of the Corps Legislatif to the night schools."

Steam Rollers, weighing twenty tons and driven by engines of twelve horse power, are used in Hyde Park for solidifying and smoothing the carriage ways.

## THE REGULATION OF TEMPERATURE AND MOISTURE.

All extremes of heat and cold, moisture and dryness, are injurious, but for short periods the human system can easily resist an influence from which injurious effects are experienced after a protracted exposure. Thus the workmen around furnaces never experience from an intermittent exposure the injurious effects to which men are subjected who work on hot summer days in the continuous radiation of the sun and sometimes fall victims to sunstroke.

Short exposure to cold will not produce that injury to a healthy person which follows when portions of the body are thoroughly cooled off and the natural perspiration checked for some time. It is an error to think it better to cool off gradually than to go from a hot fire at once into the cold. On the contrary, when before going out on a very cold day we warm up well before a good fire, and immediately wrap up in a coat or shawl, we find that we can resist the cold much better and longer than when we cool off before going out. It must be noted, however, when we remain in a place which is very warm so long that our perspiration becomes as free as it naturally is in the summer season, and then at once go out into the cold, there is danger of taking cold by the sudden check produced in a perspiration which was too free for the winter season. The artificial heating must therefore be moderate, or if too strong, must be of short dura-A thorough cooling off of the body below a tion. certain standard of temperature (which is sometimes different for different individuals) will surely produce disease, which also will be different in its nature according to the different predispositions of the individuals; thus, by the same exposure to cold one will get a catarrh in the head, another become hoarse in the throat, another will have his respiratory or digestive apparatus disturbed, still another will be visited by rheumatism or neuralgia, etc., and it is one of the duties to be attended to during our material existence here on earth to know ourselves in this respect also, in order to guard against the weak points in our constitution.

As healthy as is wet and moisture, when we are exposed to it for a very short period of time (witness the use of baths, etc.), just as injurious is it when protracted beyond reasonable limits. Even when the moisture is only in the air in great excess, it is injurious to live in this air, as is proved by the unhealthfulness of low, damp localities, whether in a temperate or hot climate : such a damp air will always be a continuous check to the perspiration, as it does not absorb the invisible moisture which is always passing off the whole surface of the body, and which is so readily removed by dry air. Besides this, a damp atmosphere is very favorable to the generation and development of the fever-producing miasma.

But the most dangerous enemy we have to contend with in our climate is the extreme dryness of the air in the winter season. Cold air has much less capacity for absorbing moisture than warm air, while the general evaporation of course supplies less moisture for the atmosphere to absorb in winter than in summer. Now when we heat this cold dry air in our rooms in winter, we increase its capacity for watery vapour, and consequently