

trained otherwise, will put such things into their mouths, there is the greatest danger of disease germs reaching them. I cannot conceive of a custom more certain to spread communicable disease than is this, and I think it should be abandoned everywhere. Each child should have its own pencil, penholder and slate pencil, and should be forbidden to exchange. Each child should be warned not to put either into the mouth, and the teacher should be careful to stop anything of the kind at once. Moreover, the parents should carefully explain to the children the danger of the practice, and should not weary in the well-doing of explanation."

—FOOD AND BRAIN POWER.—Ribot in his "Diseases of Memory," quite unintentionally, probably, makes a strong plea for the proper feeding of school children. He quotes the words of Sir H. Holland in relation to his partial amnesia (loss of memory). "I descended on the same day two very deep mines in the Hartz Mountains, remaining some hours underground in each. While in the second mine, and exhausted both by fatigue and inanition, I felt the utter impossibility of talking longer with the German inspector who accompanied me. Every German word and phrase deserted my recollection; and it was not until I had taken food and wine, and been some time at rest, that I regained them again." It is a well known fact that severe illnesses have had similar effects upon the memory. In the case of Sir H. Holland, the lapse of memory was due to a low physical condition brought on by lack of fresh air and food. Are not the very same causes at work among school children producing a depressed physical condition which reacts in turn upon the mind, resulting in forgetfulness and inability to stand prolonged mental work? It is a fact worth noting that, in the case cited, memory was restored after the taking of a stimulant, nourishment and rest. The stimulant without the accompaniments of rest and food has but little value so far as the brain is concerned. Teachers should proclaim unceasingly the truth that the best heritage that parents can leave their children is a strong, healthy, well developed body, a good education, and an inspiring example.

—GIVE a wise man health and he will give himself every other thing.—*Colton.*