

way that ingenuity suggests. But the common drinking cup in railroad trains and in hotels and restaurants is a thing that is doomed, and it is to the credit of Kansas that it is the first place on this continent that outlawed this common carrier of disease.

School Desks.

In discussing school sanitation in the British Local Government Review, December, Meredith Young writes that school desks are undoubtedly the most important items in school furniture. He says that "both desk and attached seat must be properly proportioned to the build of the body and to each other. Faultily constructed desks and seats almost irresistibly induce their occupants to assume positions which conduce to deformity and eye disease and cause improper pressure on the important organs in the chest and abdomen. In sitting, the body is kept upright chiefly by the action of certain muscles of the thighs; unless these have a proper *point d'appui* strain first of all ensues and later the muscles give way and the pupil leans forward and rests on his shoulder and elbow; when these become fatigued the weight of the whole upper portion of his body is thrown on to the edge of the desk and a horribly unphysiological attitude results. These ill results can be avoided very largely by supplying adequate support at the points where it is needed. To commence with, the seat of a desk should be just high enough to enable the whole sole of the scholar's foot to rest squarely on the ground when the thigh and lower leg are at right angles. This will be the case with most children when the height of the seat above the floor is about two-sevenths the height of the child. The seat should be deep enough from front to back to support the nates and four-fifths of the length of the thighs (i.e., a distance about equal to one-fifth of the height of the average child in the class). The seat should be slightly hollowed out and sloped gently backward with the front edge slightly rounded, i.e., like an italic *f* placed horizontally; this prevents sliding forward when the pupil is sitting upright. The back of the seat should extend upwards to the shoulder-blades; the lower portion of the seat ought to rise nearly perpendicularly for about one-third of the total height

and the remaining two-thirds should be very gently sloped backwards. The most important parts of the body to support are the "small of the back" and that portion from the seat to the top of the hip-bones.

"As regards the desk, if it be too far away from the seat it involves leaning forward, if too low it necessitates stooping, and if too high the scholar must artificially, and with a certain amount of strain and distortion of the spine, raise his elbow and shoulder to reach up. The edge of the desk should therefore come well over the seat, i.e., a vertical line drawn from the edge of the desk should pass through the seat. From what has been already said it will be clear that the size of the desk and seat must be apportioned to the size of the pupil.

"Girls are relatively longer in the body and shorter in the limbs than boys, and allowance should be made for this in their desks and seats; about three-quarters of an inch is the average distance. The top of the desk should not be absolutely horizontal but should be given a very slight slope towards the scholar. If the head has to be bent down too much or the eyes turned down excessively, unnecessary strain will be produced resulting in early fatigue. If seats with adjustable backs can be obtained any intelligent teacher can apply the above principles. Where non-adjustable furniture alone is available several sizes of desks should be obtained and the pupils arranged in them, not according to their mental proficiency but according to the size of their bodies. Lockers and book receptacles forming parts of desks are not to be commended as they usually collect dirt and are not easy to keep clean."

Man's Redemption of Man.

Two notable articles appear in the periodicals for the first month of the new year, both dealing with the subject of germs. One is by Dr. William Osler, in the American, on "Preventive Medicine," and the other is by an editorial writer in American Medicine, on "Bacteriophobia." Dr. Osler grows deservedly eloquent on the triumphs of experimental and preventive medicine during the last quarter or half century and calls attention to the fact that the man who conquered cholera, Dr. Robert