

*Text-Book.*—Ayres' Orethoepist.

*Words.*—Their uses and their construction.

*Language.*—Style ; errors in the use of words ; errors in construction.

*Text-Book.*—Ayres' Verbalist.

*For Reference.*—Hodgson's Errors in English ; White's Every Day English ; White's Words and their Uses.

### III.—HYGIENE.

(20 Lectures.)

*Introduction.*—Definition and objects. Results of attention and inattention to proper sanitary conditions.

*Air.*—The blood ; its circulation ; changes it undergoes ; the action of oxygen on it. The means by which oxygen is brought into contact with the blood. The lungs, their structure, mechanism, and chemistry of respiration. Impurities of air ; their sources and their effects. Amount of carbon dioxide in air normally ; amount which may be allowed, which results from respiration, fires, lights, and sickness. Amount of fresh air required, cubic space and hourly supply. Position and size of outlet and inlet openings. Natural ventilation in winter, in summer,—warming, artificial ventilation. Examination of the air, by senses, by simple chemical test ; thermometer, hygrometer, barometer.

*Climatology.*—Hygienic influences of soils, slopes, marshes, bodies of water. Prevailing winds. Sunlight. Location of school houses.

*Infection and Contagion.*—Theories and facts regarding their propagation. Description of infectious diseases ; period of incubation ; simple rules and precautions regarding them.

*Disinfection and Disinfectants.*—The more common disinfectants, and how to use them.

*Clothing.*—Purposes to be subserved by clothing ; properties of common materials ; effects of compression by clothing.

*Bathing.*—Structure and physiology of skin. Proper conditions for bathing, as to temperature, digestion, exercise, precaution ; resuscitation of the apparently drowned.

*Foods.*—Proximate principles, classes, purposes secured by each class.

*Organs of Digestion.*—Description, structure and physiological action of them, deductions.

*Alcohol.*—Not needed as food. Its effects on the tissues.

*Water.*—Its action and purposes in the human system, sources, contamination, examination, color, taste, smell ; simple chemical tests.

*Eye.*—Its structure, defects of vision explained, how remedied, how to preserve the sight.

*The Ear.*—Its structure. Care of the ear.

*School Furniture.*—Adaptation of seats and desks to the pupils. Deformities caused by neglect.