

and unclean cities, from 25 to 30 babies die out of every 100, especially in hot weather.

Another fact. In the United States and Canada, taken together, no less than 150,000 persons die every year from consumption.

Surely these terrible facts will make you young people bestir yourselves when you become men and women. Many of these deaths are preventable. If you go to work with a will, you will save thousands of lives. First learn Nature's laws yourselves, then obey them, and afterwards try to get other people to obey them. Every child of ten years of age can easily learn the laws of health, and understand them; and, what is equally important, every child can help to spread a knowledge of these laws amongst other people. If only these two things were done—learning the laws and teaching them to others—for a few years, it would soon come about that diseases like consumption and diphtheria would be almost banished from off the face of the earth.

Some of the laws of health you know already, others will be explained to you as we go on in our studies.

CARE OF THE EYES.

Have you ever noticed how hard it is to read the names of the books in a book case, when the front of the case is covered with glass; or to see the figures in a picture when its face is covered with glass. Or, have you noticed how hard it is to see some parts of a blackboard in a school-room?

In all these cases, a person, if he wishes to see things clearly, must wiggle from side to side in his seat, or move from one part of a room to another. Of course, in some school-rooms, the blackboards are so good that every boy and girl in the room can see clearly every word that is written upon them. This is because no part of the board is smooth and shiny, but every part of it is a plain dull black.

Some blackboards are all right for a while after they have had a coat of dull black paint, but after the pupils and teachers have used the board for some weeks or months, it slowly gets smooth and shiny again, so that words or drawings placed upon it cannot be seen by pupils in some parts of the room. When this happens, it is very bad for the eyes, and the blackboard should get another coat of paint so as to make it all a dull black again.

But some blackboards are better than others. Some are made of ground glass, some of large slabs of slate; some of wooden boards, or of wall plaster that has been painted black. It does not matter much what a blackboard is made of; the great thing is that it should not be smooth and shiny.

Slate boards and ground glass boards cost a great deal of money, and last a very long time indeed; but sometimes they are smooth and shiny when first put into the school, and if they are, they are bad for the eyes and should not be kept in the school. For this same reason, shiny leaves in copy books, reading book, or note books, are bad for the eyes.

You should try to find out how the glass over a book-case, or over a picture, or how the faces of some blackboards shine and glisten and bother the