

TESTIMONIAL.

It gives me pleasure to acknowledge the receipt of this small pamphlet. The work is really a credit to its author whose name is so modestly concealed under the designation of "Teacher."

The very first page shows how the writer understands the importance of the study of Hygiene, as part of a child's education. "It was asked of Agesilaus how children should be instructed. Teach them what they must do, when they are men," answered the King.

Following this advice we must teach you, dear pupils, what you ought to do when each of you may be "mistress of a household."

"Mayhap you have been told that home was the cradle of hygienical science; that the family was the source whence the stream of health should flow." This great truth embodies man's whole existence; his health and life result from his formation in childhood.

This treatise comprises the following hygienic topics: "Hygiene of a lodging;—Hygiene of breathing;—Hygiene of alimentation;—of drinks;—of condiments;—Hygiene of the organs of motion and exercise;—Hygiene of sleep;—Hygiene of the skin;—Hygiene of the senses;—Conclusion.

The work is scientifically correct. We wish it every possible success.

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