

pathy for those afflicted. She will suit requirements to the needs of special pupils; she will lighten the burdens of those who are not able to bear them. I remember in visiting a kindergarten recently to have noticed specially one boy of about five years who was literally starved to death so far as his nervous system was concerned. He bore all the evidences of one who was not properly nourished; the cheeks were thin instead of round and plump as they should be; the region about the eyes was sunken and blue, the limbs were not plump and solid, the eyes lacked flush and lustre, and the skin was sal-low. The boy was exceedingly nervous, being unable to control accurately many of his movements. The kindergartner told me that he was the most backward child in the class; and upon inquiry I found that there was nervous disease in the family. Here, then, was a type of nerve starvation with all the accompanying phenomena; it was not the only case in the kindergarten, which, by the way, was located in one of the poorer districts of Buffalo. Upon consultation with the kindergartner I learned that with no exception the children who plainly showed signs of imperfect nourishment were the ones who were giving her trouble in various ways. I found upon inquiry that some of these children were not only expected to eat the same food as was prepared for the father in the home, who was engaged in some form of manual labor, but what was worse they habitually drank strong tea and coffee, which must sooner or later undermine the nervous constitution of any child.

CHILDREN OF DIFFERENT NATIONALITIES.

The children of different nationalities differ greatly in this matter of fatigue. Italian children seem to be

nervous degenerates; that is they inherit more or less unstable nervous systems. German children are the most stolid and healthy, and are least liable to suffer from overstrain in the class room. In the city of Buffalo the American children are more nearly like the Italians than the Germans;—they are highly organized, nervous, and show all the signs of overstimulation. Measurements made upon a number of them by an expert physical trainer revealed the fact that comparatively few American children have well-formed physiques. They oftentimes do not have perfect control of themselves, the results of defective brain conditions. This emphasizes the necessity for teachers of American children to arrange the work of the class-room in order to avoid so far as possible the occasions for brain fatigue; and I shall make some suggestions upon this subject later.

THE MOST SERIOUS CAUSES OF DEFECTIVE NUTRITION.

Before leaving the matter of proper nutrition, there is still another type of child that should be spoken of, one in which, because of pathological conditions in the system, the elements needed to nourish the brain are not taken up from his food. I have known a family through which this condition has run for two or three generations. Such people will exhibit all the phenomena of fatigue just as though they did not get enough to eat. A mother whom I know said to me recently that sometime ago her two children were giving her a great deal of trouble and anxiety because of their irritability and continual dissatisfaction with everything that was being done for them. They slept very poorly; and after a half day at school would come home so unstable that the slightest thing which crossed their paths would