

all causes. It was compiled by Dr. Oldwright, of Toronto, and used at the International Congress of School Hygiene, held in London, England, in August, 1907.

OCCUPATIONS.	1000 DEATHS.
	Die from consumption.
Of Clergymen . . . . .	121
Physicians and Surgeons . . . . .	128
Lawyers . . . . .	136
Farmers, Planters, and Overseers . . . . .	139
Policemen and Watchmen . . . . .	167
Saloon Keepers and Bartenders . . . . .	268
Barbers and Hair Dressers . . . . .	385
Dressmakers and Seamstresses . . . . .	385
Stonecutters . . . . .	391
Female Teachers in Schools . . . . .	396
Printers and Pressmen . . . . .	398

If this table teaches anything, it teaches us that people who follow an indoor occupation are much more likely to catch consumption than those who live much in sunshine and fresh air.

Young people, therefore, should pay some regard to the healthfulness or harmfulness of the occupation which they intend to follow. If they deliberately choose an unhealthy one, they should try to counteract its bad effects by working shorter hours, and afterwards keeping out as much as possible in the fresh air and bright sunshine.

Rapid changes from heat to cold, especially if accompanied by rain, are also powerful influences in the way of injuring the health; but these may generally be guarded against by the use of proper clothing, if people are at all careful. I come back, therefore, to the point which I have already made, namely, that of all influences affecting human life food is perhaps the most important. Good food if properly cooked, has more to do with promoting health and strength in growing boys and girls than any other influence. Of course, pure air and sunshine and adequate rest and sleep are important; so also is exercise, either in the form of work or play: but all these influences—air, sunshine, clothing, rest, are subordinate compared with food and exercise. The reasons for considering food so very important will be made clear in some of the addresses which are to follow. Before talking to you about food, however, I must first tell you something about the work of the blood.

THE WORK OF THE BLOOD.

Your body, as a whole, is a most wonderful machine, about which you know a good deal already. It is covered with skin. Underneath this, lie flesh, blood, bones, nerves and muscles. In your skull you have a brain; and running down from the brain inside of the back bone you have a spinal cord which sends out and receives nerve threads from every part of the body. Within the chest lie the heart and lungs: within the abdomen are the stomach, liver and bowels.