

nervous system, penetrating deeply by its roots, into the cerebrospinal axis, and its fibres conducted to and from the viscera, along the course of the blood vessels. The peripheral ganglia, are dominated by a still higher regulating centre, in the medulla oblongata, in relation with the vaso-motor nerves. The sympathetic nervous system, is beyond doubt, to the front, as a central motive power. Gastro-intestinal debility, like every other source of weakness, has an initial stage of development. As a rule, it is slow, and progressive in character, but in time it makes its mark in an unmistakeable manner. How frequently the child attending school, has the morning appetite destroyed by unhygienic surroundings. Robert Hunter (*Literary Digest*, July 10, 1909) states, that 70,000 children were found in New York schools underfed, and a much more numerous class of children chronically underfed, from food insufficient in quantity, poor in quality, and lacking in nutriment. John Spargo, in his "*Bitter Cry of the Children*," after careful investigation states, that in New York, Philadelphia, Buffalo, and Chicago, of 40,746 children,—12,121 or 34.65 per cent. had gone to school breakfastless, or nothing more than bread, and tea, or coffee, a poor outfit for a day's work. Foreign nations, and the English in particular, have frequently debated on the *underfed* school child. In April, 1905, Sir John Gorst applied to the British Government the words of the Apostle: "*They are ever learning and never come to a knowledge of the truth.*"

Royal Commissions, and departmental committees on such social problems, cannot be favorably impressed with the practical results. Poverty, or want of food, is not the real trouble, but generally the personal, or domiciliary hygiene of the poorer classes, careless mothers, unclean bedrooms, close and illy-ventilated, late retiring hours, unsuitable dinners, neglect of *the morning bath*, hurried off to school, badly cared for, and frequently with an empty digestive organ. Such faults are not uncommon, and should be carefully guarded against. As to tuberculosis in child life, an important statement of Dr. Philip, of Edinburgh, at recent meeting of the British Medical Association, Belfast, that of groups of school children, from 6 to 14 years of age, no fewer than 30 per cent. presented stigmata of tuberculosis, and that it is especially *in childhood* that *the tuberculosis seed* is sown, and the ratio of increase is greatest about the time the child *enters school life*. The relatively airless condition of the home, and the school, are important etiological factors in the development of the White Plague. Aero-Therapy is a measure of widest applicability in tuberculosis, both from a curative and preventive aspect, and we are only becoming alive to the vast importance of the great cleansing and vitalizing principle, which as a therapeutic measure is attended by remarkable results, the outcome of one of nature's *chief elementary products*. In the period of youth, the corner stones of future strength,