

older they almost invariably find near relations and friends using alcohol, and they fail to see much difference between the user and abstainer. The inevitable result must be to shake the confidence reposed in statements once accepted as absolute. We all recognize the terrible curse of the abuse of alcohol, and admire those strong enough to entirely abstain for the sake of giving good example; but there are a great number not blessed with such a noble, self-denying spirit, and it is not right or just to condemn them wholesale. Tell the simple truth—which is bad enough, goodness knows—but do not lose the confidence of the young by exaggeration.

Our books on school hygiene take up the anatomy and physiology of the organs of respiration, but the need for pure air and the methods for obtaining it may be included without obtaining such knowledge. Useful and interesting object-lessons are at hand in every schoolroom and school building—the arrangements of the fresh air and foul air ducts, with a visit to the furnace, if one is in use; methods of ventilation; the composition, temperature and humidity of the air, and a measurement of its carbonic acid by a very simple and interesting method could be made pleasing; illustrated lessons by an intelligent and interested teacher would serve the purpose of firmly fixing in the minds of children the essential features of heating and ventilating and the necessity for pure air.

The nature of the skin, with but brief reference to its structure and function, could introduce a lesson on personal cleanliness, including bathing and clothing.

The boys would be specially interested in instruction for resuscitating the apparently drowned, which could be illustrated by two or three willing pupils.

The necessity for, the purposes and right way of exercising, could be dwelt upon in a manner that would point to the calisthenic exercises which should be practised daily in our schools, and the need for continuing the physical exercises in adult life be impressed on the children.

When some unfortunate pupil is stricken with a contagious disease, the whole subject of its germ production, the manner of its communication, the necessity for isolation and disinfection and cleanliness, could be so presented as to make a lasting impression