

tion to the beneficial results of the regular and careful brushing of the teeth by the children under the Nurse-teeth by the children under the Nurse's guidance. At the close of the school the mouths of these pupils were practically in every case models of cleanliness. If the same regular care that was practiced in the Forest School could be carried out in all our Public Schools it would revolutionize the mouth conditions among children."

#### *Gain in Weight.*

During the first week the Forest School was open, all but three chil-

to note the bright eye and quickened movements; to see the natural interest in everything that surrounds a child evidencing a developing mind.

#### *Teaching Manners.*

But even this quickened mentality is not the only result, for the child has learned something in deportment: to lift his hat to a lady, to smile back "Thank you" for a service rendered, to eat and drink decently at the table, to appreciate the beauty of a few wild flowers, the lure of the open woods, the majesty of the rolling sea, to recognize his Creator in the things of Nature. There has been an up-



REST HOUR IN THE WOODS.

dren gained in weight. The gain varied from one-half to four and a half pounds. Naturally that gain did not continue at the same rate in the weeks to follow. But to judge the benefit accruing to these children from the point of view of the gain in weight only would not be fair. The gain in weight is important, for it should indicate increased vitality and strength. But this is not the only result. Children came to the school dull, stupid, unresponsive, with but little evidence of developing mentality. It was a great pleasure to watch the awakening and quickening intelligence; to see apathy and dullness and stupidity replaced by intelligent alertness and activity;

lift to his whole moral being, the effect of which, I believe, will never pass away. I know of nothing that would be a greater blessing to the children of this city, that would do as much to produce and maintain that vigorous physical health so essential to mental development and moral well-being. I know of nothing that will do so much to prevent debility, consumption, and all wasting diseases, that will do as much to restore vitality and produce the physical and mental development that means efficiency and usefulness to the city and to the state. The Forest School means a preventorium; means a wholesome and vigorous body, a quickened and disciplined