

cold mean? It is a perfectly intelligible expression, but one for which the doctors have not yet found a scientific equivalent. We usually associate it with a draught, but the draught is in reality the least important factor in the process. Perhaps we can come nearest an understanding of it by comparing the body to a furnace with a number of chimneys. If one chimney becomes clogged, there will necessarily be an extra amount of smoke in the others. In our human furnace, let a draught of cold air strike some part of the skin and chill it. Nature wishes to preserve a uniform heat throughout the body, and in order to protect the structures under the exposed part she contracts the little muscles controlling the blood supply and to some extent shuts it off. This contraction causes the "gooseflesh" we are all familiar with. It is evident that with a lessened blood supply in one place (one chimney closed, as it were), there must be an increased blood supply somewhere else. Wherever this increased blood-rush occurs,—and for certain reasons, climatic and physiological, it generally occurs in the air passages,—if the little blood-vessels are not healthy and elastic enough to stretch sufficiently, they burst, and we have an inflammation (which is essentially a bursting of capillaries and an escape of blood into the flesh), and the unlucky individual has "caught cold."

Now let us come back to our mouth-breathing child. His nose has been more or less completely blocked for months or years, and what is the result? The bones of the face have failed to develop properly, his mouth and throat are sore, and the secretions of his nose are decomposed. His teeth are decayed for two reasons: firstly, his saliva is altered in composition so as to form a breeding ground for those modern demons, bacteria; and secondly, the roof of his mouth is grown too arched, because the nasal and palatal bones have not developed properly owing to lack of use, and there is not

room for all his teeth. He is "pigeon-breasted," because of the extra labor involved in breathing, and the use of muscles for that purpose which are intended for something else. His parents will tell you that he snores and has nightmares. Lastly, and to the teacher perhaps worst of all, he not only looks, but he actually *is* stupid, for the circulation through the brain is much interfered with. This is not a list of symptoms from a patent medicine advertisement, it is a perfectly true, though by no means complete picture of the results of mouth-breathing in a growing child.

Thus we see something of the causes and results of mouth-breathing in children. The next question is,—What ought the teacher to do about it? His efforts must evidently be directed toward preventing mouth-breathing, with its train of dire consequences, and a consideration of its causes will enable him to act intelligently. In a word, he must prevent his children from taking cold. How? Since he cannot shield them from draughts, he must see that they are strong enough not to be injured by draughts. He must look to the predisposing causes. Let us see what they are again:

*Heredity.*—Since we cannot control a child's parentage, we can here do nothing. Josh. Billings says we ought to envy the healthy fool, and he is right, but the teacher may have to do with many a fool who is not healthy, and he must even make the best of it.

*Clothing.*—Try to see that their feet are warm and dry. Do not let them wear rubbers in school. This is, perhaps, as far as the teacher can go, though parents should know that wool is better than cotton next the body throughout the whole Canadian school year. That clothing should be loose and comfortable goes without saying.

*Food.*—Many children bolt their food. This can be prevented by compelling them to eat without drinking. The teachers could do something in