

ond reason. The air is too still and too uniform in temperature. Hill proved that still air is harmful; Pflugge's pupils that air uniform in temperature is harmful.

The teacher can watch the temperature and humidity of the room with profit to herself and with no material increase in her trouble. Let there be a wet and dry bulb thermometer in each schoolroom. Make it the duty of one student to make an hourly reading of each. From these readings the humidity can be determined by the chart, which is a part of the hygrometer equipment. The temperature of the schoolroom must not be allowed to rise above 70. The humidity must not be allowed to fall below 50.

How these requirements are to be met is the problem of the engineer, not the teacher. But if she will be insistent enough that these requirements are met she will be able to teach with far less effort than now. In addition, from time to time, let the rooms be aired and the temperature lowered by opening the windows. The blowing that is good for sick air is the blowing that can be felt.

These are easy and worth while things. The doing of them adds but little to the teacher's burdens. On the other hand, when they are successfully done, they lighten the teacher's load. Attended to, 3 o'clock comes earlier in the day, Saturday gets nearer Monday, and June gets in speaking distance of October.

Of course, in time the entire method of school ventilation must be made over from cellar to garret. The hygienists must lay down new standards and the ventilating engineers must meet them.

Health Through Right Thinking.

The mind furnishes the model; the mental attitude is the pattern which is woven into the life web. So says Orison Swett Marden in *Nautilus*. Picture health as vividly as possible continually. Think of yourself as strong, vigorous. Never allow yourself to carry a mental image of weakness. Thrust out the disease picture as you would thrust a thief out of the house. Think health, vigor, strength perpetually.

If you carry an image of yourself as complete, as a magnificent specimen of

humanity, think of yourself as the perfected image of your Creator, as made by perfection hence perfect in the truth of your being, you would be amazed to see what an uplift will come into your life. You will become more robust.

We can not rise physically higher than our mental picture of ourselves. Whatever picture you carry of yourself physically, mentally, morally, that you tend to become. Act health just as an actor acts the part he impersonates, and think health vigorously; carry an ideal picture of your physical self. Refuse to see anything else but yourself in an ideal condition. Your life will soon follow your thought, pattern after your mental attitude. There are multitudes of people who are the slaves or victims of their belittling, weak, sickly pictures of themselves. No one can be robust without a healthy and vigorous image of himself perpetually in his mind.

Many people carry a sickly mental attitude. They picture weakness, poor health. They are always holding unfortunate pictures of disease, or some ill-health image. It is like one who is trying to succeed thinking in terms of failure and holding failure images in his mind. It is fatal to what one is trying to accomplish.

If you wish health, think health, visualize images of health, carry in your imagination picture of robustness, strength, physical wholeness, completeness and not the opposite.

Health and Hygiene.

To the popular mind this title may suggest a cool verandah, a palm leaf fan, and plenty of ice water. But a greater degree of comfort may be obtained by the observance of these simple rules, given in the *Bulletin of the North Carolina State Board of Health* than by using any amount of iced drinks.

First, use plenty of water. Drink all the cool water you wish, but avoid ice water. It is really an enemy in disguise, as it retards digestion.

One of your best friends during this season is the bathtub. Frequent baths are necessary for removing the excretions of the skin and keeping the pores open. Surf bathing is excellent, but those who cannot indulge in it will find an occasional sea