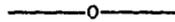


not only so, but by particular attention being paid to securing a full inflation of the lungs in breathing, which can only be secured by a correct position of the body, another dread—that of consumption—is effectually held at bay.

It may appear unnecessary to enlarge so much on this subject, but I have felt it a duty to endeavour to arouse parents from the apathy which they display upon a matter of such vital importance to their children. Some, I am sorry to say, are prevented from sending their children by the small fee required, and yet these same people would, if their child's life was visibly in peril, spend a fortune to save it; but from most unaccountable blindness they plead the numerous demands upon their purse for various educational items, as a reason why their children "cannot take gymnastics," as they phrase it. To such I would say that in no possible way could they better invest a few dollars yearly, than in securing the present and future physical welfare of their children.

To those parents who have never witnessed these exercises, I extend an invitation to visit my classes, which commence in October. And in conclusion I would say that it is no mere matter of business which urges me to impress upon the public the claims of physical education; but a deep conviction which determined me to devote my life to developing it into as complete a system as possible, and to seek for my reward in witnessing a restoration of that standard of physical excellence, which the exigencies of modern civilization have tended so much to deteriorate.



NOTES ON HOUSEHOLD SANITARY MATTERS.

BY JAS. H. SPRINGLE, ARCHITECT AND CIVIL ENGINEER.

(Continued from page 49.)

NOTE 2.

In the August number of the HEALTH JOURNAL I explained the nature of the risks incurred by the introduction of water-closets into dwellings, and the dangers arising from the disgraceful and unworkmanlike manner in which such works are most