

it are the odors and vapors arising from repeated respiration; minute particles cast off by the activity of the skin, as well as exhalations proceeding from unclean bodies, ill-ordered mouths and dirty clothing. These latter evils too frequently accompany the cleanly pupil in his daily dask in the city school.

To properly ventilate rooms, and at the same time to preserve a uniform and wholesome temperature in them, is a problem that demands our most earnest attention.

### THE EYES OF SCHOOL CHILDREN.

The use of text books in our schools make the question of eyesight an important one. The alarming increase of near-sightedness found, ranging, as it does, from less than two per cent. in the primary grades to over twenty per cent. in the high school, points strongly to over-work during the years of most active bodily development.

The amount of light, the arrangement of desks, the color of the walls, the number of hours of close visual toil, and the size and form of the letters in our text-books, are factors in the development of myopia.

Cannot medical men, and especially ophthalmologists, do something along this line of preventive medicine, so that the beautiful face of childhood may not need the disfigurement of eyeglasses?

### DRAINAGE.

It will not alone insure health to the pupil to prepare for the proper heating and ventilation of the school room, nor for the care of their eyes, if we neglect so important an accessory as drainage.

A system of sewerage, therefore, presupposes the existence of decomposing and decomposable materials, or sanitary filth. If we use the term in its broadest sense, it should include, beside the contents of the sewers and drains, those of pig-sties, manure heaps, privies, cesspools, etc.

We know it is through the agency of specific germs that such a disease as diphtheria is caused, but it is filth that furnish-

es a favorable soil for their development.

Scarlet fever cannot be said to be a purely "filth disease," yet it does co-exist often mid unsanitary surroundings. These two diseases, more than any others, are the black flags that hang so often over our school houses, showing no mercy when their innocent victims are stricken. Should we not demand of those in authority that our school houses be kept in an aseptic condition?

### DISORDERS OF THE NERVOUS SYSTEM.

Those who have observed the effect of liberal education upon the masses for several generations, see presented many perplexing questions.

While it is certain that nervous diseases are on the increase, it is not so certain that our present methods of education are alone responsible therefor. How far these methods add to or detract from the nervous debility of an individual, is a question easily asked, but much less readily answered. The problem must be studied with reference to the class-room, the street; the home and places of entertainment.

That vague something called nervousness is more common among pupils than it should be in children of their age. Especially do we find this the case among girls in the high school, or after their graduation; weakened rather than strengthened during their school years.

If there be defects in our school system which produce these results, they must be discerned and remedied.

A certain number of children in every school have inherited a well marked neuropathic constitution, and are incapable of the high pressure common to the age. It is impossible for some of them to go through the full routine of school work. Many of them drop out early, before they even reach the high school. Others with feeble bodies and precocious minds, continue in school, and not infrequently are stimulated to overwork until the goal is reached, then finally sink into a condition of chronic invalidism. Such a condi-