

copies of a pamphlet on the subject, recently issued by the Provincial Board of Health, I will ask each member of your Association to take one, and read such parts of it as will apply to his own locality. And I would especially call the attention of School Inspectors, Principals, and Trustees to pages 6, 7, and 17. If they will not adopt in full the suggestions there laid down, I would at least ask this: That if they have in the past been so thoughtless as to subject to disgust and inconvenience those who cannot, from motives of sensitiveness, allude to the matter themselves, they will, now that their attention is called to it, provide a remedy, and save in this respect much suffering and seeds of future ailments.

In regard to drinking water there is not much to be said under the head of School Hygiene that will not equally apply to hygiene in general. One thing, however, the teacher should look after for himself and the pupils, the condition of the filter. Filters are often used for months and even years without a change of their solid contents, except by the addition of a large amount of organic matter retained in the filter, and which becomes a source of danger.

I believe that in very many instances, teachers and other school authorities are doing their best to battle against the spread of contagious diseases. And I feel sure that many of you are often annoyed and made anxious by accidentally finding out that some hidden source of danger has been lurking unknown to you in the midst of your little community. The only remedy for this will be based upon the carrying out of the provisions of the Public Health Act of 1882. By that Act, it is incumbent on every householder, and on every physician under whose charge has come a case of infectious disease, dangerous to the public health, to report the same

at once to the health officers. When there is no specially appointed Board of Health, the members of the Municipal Council are the health officers. But many of these latter would not know what to make of it if they found disease reports coming in to them; hence, it is no wonder that the reporting of contagious diseases is largely disregarded. Many of our municipalities are, however, waking up; and in several the law is strictly complied with. The Provincial Board is endeavoring to have a Local Board established for every municipality or group of municipalities, and it trusts that you will lend your educating assistance and influence in that direction.

A greater discrimination should be made by some in regard to the exclusion of persons associated with cases of contagious disease. I have known instances where the brothers of typhoid patients have been excluded from school—a proceeding quite unnecessary; whilst, on the other hand, the brothers of scarlet fever patients, and even the patients themselves, have returned before the peeling off of the skin has been completed. Do not let any person or thing associated with a scarlet fever patient return to the school till you have the certificate of the medical attendant that all necessary conditions and precautions connected with disinfection have obtained.

A few words now regarding

PHYSICAL EXERCISE:

I fear that into the schools the tendency has crept down from the colleges to run athletics mad. I have seen children with weakly organizations tempted by the incentive of a prize to risk their safety in a race or other athletic contest, and I have felt sorry for their little pale faces and fluttering hearts.

I noticed a year or two ago that in the schools of Lindsay the ten minutes' recess was abolished, or to be abol-