"3. Their Exercise. Well regulated exercise is also a preservative against constitutional diseases. . . . Exercises in the open air are specially useful to children. . . . Lymphatic children, and scrofulous ones with torpid temperaments are specially benefitted by these exercises. . . . It is certain that muscular exercises alone, have cured constitutional diseases when all medical means had completely failed. 4. The hours of study. Mental work, too prolonged, fatigues the organs of a child; it is hence very necessary that the arrangement of the hours of study should be as follows:— (1) That the lessons sould not be too long, and should not exceed a normal length, three-quarters of an hour for example. (2) That the instruction should be varied enough to avoid tiring the child's brain. (3) That recesses and physical exercises should alternate with the purely mental occupations. Children predisposed to consumption should do but little brain work. Up to the age of ten or twelve tuberculous manifestations prefer other organs than the lungs. That is why meningitis is so frequent at that age. These children, moreover, show more intellectual precocity, and great care must be taken not to have these too young brains, which infallibly inflame under repeated congestions, work beyond measure. Such are the hygienic means to employ in our schools to prevent the development of these facts should stimulate every city of the United States to similar work." (Med. and Surg. Journal, Oct. 27, '81.) "This will, of constitutional diseases. If these means are known, they are un-

fortunately too, little employed as yet." "For several years, the schools of Brussels, under the direction of the Board of Health, have largely used medical means (as well). Under its influence we have seen feeble children gain flesh, scrofulous affections of skin. eyes, &c., grow rapidly better, and rickets become less. Its use in the schools can not be too much encouraged." (See results in "Preventive Medicine.") These results have been so encouraging as to determine several cities of Belgium to mutate the Board of Health of Brussels. Out of 1163 sick children we have obtained 198 cures, and improved health in 731 (leaving only 234, 20% of the whole, unimproved). "Have not the Boards of Charity every interest in encouraging preventive medicine? It is evident that the number of the sick will dimmish if we prevent the evolution of those affections which are the despair of physicians and the rum of philanthropic institutions.

[FORMS OF BLANKS USED IN THEIR SYSTEM OF MEDICAL INSPECTION OF SCHOOLS IN THE CITY OF BRUSSELS.]

## STATISTICAL INFORMATION WITH REGARD TO PREMISES. School No.....

NUMBER OF NAME	NO. OF	DIMENSIONS OF ROOMS.			DINEXEIONS PER PUPIL		NO. OF WINDOWS ORIENTATION.				HETHODE OF WARNING AND		
OF CLASS ROOM.	CLASS-ROOM.	Length (A).	Breadth.	Height.	Sq. feet.	Cubic feet.	N. W.	N. E.	s. w.	S. E.	VENTILATION IN EACH ROOM.		
							•						
											Dimensions of court yards		
	<u></u>	(A) Perper	idicular to th	e wall facing	the master's	platform.	<u> </u>	<u> </u>	l		J		

## PREVENTIVE MEDICINE.

NAME OF PUPIL	AGE.	Height and Weight,	Circumfer- ence of Chest,	Date of beginning Treatment.	Physical Examination before Treatment. (a) Temperament. (b) Constitution. (c) Diagnesis.	Date of the Examination at the end of the year.	RESULTS OF THE TREATMENT AND ORSERVATIONS.			
							Table of the resul years, '78-9	ls oblair and '79	ed durin 30. (B.)	g the two
							DISEASE.	CURED.	BRITER.	No, treat'd
							Scrofulous disease Lymphatic "Rachitic "Araemia Chronic Bronchitis	72 34 9 77 8	156 263 57 251	296 366 34 406 21
							Total	198	731	1163

School No
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CATEGORY, A .- Indispositions at school, accidents, injuries, &c., noted or treated by the Teacher.

- B.—Contagious parasitic diseases, or others, causing temporary removal of the pupil by the physician.
- C .- Febrile diseases, eruptive, &c., necessitating prolonged treatment at home, and to which the rules of the circular of March 16, 1874, apply.

No. of Order.	Name of Pupil.	Class No.	Residence.	Character of Disease.	Category A, B or C.	 of Re-admission.	Special observations of Physician or Teacher with regard to each case, more especially with regard to those in Category C.
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