

In order to impart a proper knowledge of hygiene, it is necessary that the teacher himself have sound and correct ideas of the principles underlying the science. Yet what do we find? That nine-tenths of our teachers have never had instruction in this subject, and that they take their cue from a book which makes hygiene almost entirely subservient to one branch, namely, the ill effects of alcohol and tobacco upon the human system.

All right-thinking people now admit that the taking of alcohol is seldom useful, and often may be very injurious; but it should be remembered that there are other health laws, and that the abuse of alcohol is but a single one of many broken laws. Others there are, and they should be taught in our schools.

Doubtless, opinions will differ as to what should be included in the instruction on hygiene in our schools. Is it necessary or advisable to teach physiology and as much anatomy as will explain the functions of the organs? The authors of our text books on hygiene evidently think so, but the wisdom of it may be doubted. I have known children to get the most absurd notions of these subjects, and indeed it is not fair to expect otherwise, for how can the subject be understood without deliberate or careful preparation. To ask children to appreciate a question on the chemical composition of muscles is not fair, and must be very confusing to the young mind. I opened the book on Elementary Anatomy, Physiology and Hygiene, used in the high schools, and the first question that caught my eye was: "Where do you find the crypts of Lieberkuhn? Describe them." How many high school teachers or inspectors understand anything of these glands? And if they do, where is the advantage? It must be dreadfully confusing to children, and in my opinion it is very unfair to burden their minds with matter they cannot understand and which is of no practical value to them.

A hasty glance over the books used for seniors and juniors conveys to me the impression that certain subjects, already referred to, are given undue prominence, and that a revision of these books would be in the public interest. I fear the enthusiasm of the authors has led them to make statements which are capable of being termed exaggerated. For instance, alcohol is treated in such a way that children must get the idea that anyone using it is not a fit person to be at large. Yet as these children grow