

points which may be repeated here as embodying the views held by that important meeting. They recommend among other things,

1. The appointment of a School Physician-in-Chief, having consultative and deliberative functions with the Minister of Public Instruction.

2. The appointment of Local School Physicians, who should supervise certain districts set apart, containing not more than 1,000 pupils, and having consultative and deliberative functions with the school principals.

The duties of the Local School Physicians to be:

1. To regularly inspect school rooms, as to lighting, seating, ventilation, and heating, the condition of the school grounds, water supply, out-houses, and the manner of dealing with cases of contagious or infectious diseases.

2. In cases of the erection of new buildings, to give an opinion as to the sanitary conditions, and superintend during the erection, the methods of heating, ventilating, seating, disposal of excreta.

3. To measure pupils every six months, and place them at seats, or desks, conformable to the height of each.

4. To determine the condition of the refraction of eyes of pupils, and reduce the number of pupils where the light is imperfect.

5. He should be also consulted in the preparation of the programmes.

6. Every contagious malady that a pupil suffered from, should be communicated to the school physician. He should not grant permission to return to school, until he was satisfied that all danger of infection had disappeared.

7. To note in a register all interesting hygienic peculiarities of the school and notably the changes in vision of pupils. These registers to be sub-

mitted each year to the school physician-in-chief, who should publish an annual report on the hygienic condition of the schools under his control.

During school life and in college or university the tendency of the academic course, when physical health and training are neglected, is to impair the health of the close student. Hence in some instances young men predisposed to pulmonary diseases have entered a military college for the sake of the advantages which physical training gives.

The tendency to organic or constitutional disease may by such a course be checked, the chest developed, digestion improved and physical vigour attained. Pupils may, by proper methods of training suitable to each, gain good health, increased strength, and also correct physical defects of various kinds. Having this object in view, physical culture or the hygiene of education is now engaging public attention. This principle is now associated with the desire for industrial education. We are glad to be able to say that the Minister of Education has already taken steps to encourage this tendency of public sentiment in Ontario.

It may be urged that hard work, especially Canadian farm-work, prepares the young for mental labour. It truly does, under some circumstances, as experience has abundantly proved, by giving physical vigour. On the other hand, exhilarating outdoor sports and athletic or physical exercises directed on correct scientific principles, contribute to a more harmonious development of all the bodily organs, and in the case of the diligent student, are better adapted to supply the needs of mental fatigue. Consequently we have the Kindergarten system, and the gymnasia in connection with American colleges.

In Harvard, under Dr. Sargent, who takes charge of physical educa-