

mental wreck is a depressing sight at any period of life, but a breakdown at the very threshold, when foresight on the part of others might have prevented it, is sad indeed." Previous to the last fifteen years or so, physical training was sadly neglected in our Public Schools, and is yet in a number of them, especially in the rural districts. Nearly the whole of the time of the pupil (except the infant class) from 9 a.m. until 4 p.m., with the exception of the noon hour and fifteen minutes for intermission in the forenoon and the same time in the afternoon—about five hours daily—taken up in cramming the young brain with a large quantity of matter on different subjects, besides an hour or two at home worrying and wrestling over problems, memorizing, etc. And all that time spent and lessons studied, in too many cases, in unsanitary school-rooms, and probably in more unhealthy surroundings at home.

Need it be a surprise to us that a number of delicate and some robust children break down under such a strain with the nervous system shattered, the muscular system enfeebled, the sight defective from eye-strain—the internal organs, if not organically diseased, are functionally disordered, as evidenced by dyspepsia, torpidity of the liver, derangement of the intestinal canal, palpitation of the heart, headaches and other functional disturbances, too numerous to mention here. We see them to-day grown-up men and women physical and mental wrecks.

The old adage, "a sound mind in a sound body," is priceless. Education is necessary to success in life, but if acquired at the expense of that more precious gift, good health, it is worthless.

According to the report of the Director of Physical Training in the Public Schools of Washington, after stating the beneficial results of systematic daily exercises, he says: "It is impossible to test the full measure of success or failure of our efforts. It is in the remote future with school days long past, that the lasting influence of such work will be felt by the individual child."

It is gratifying now to learn that so many of the parents are realizing the injurious effects of over-study, unhealthy and overcrowded school-rooms, etc., and appreciating the beneficial results to both mind and body acquired by the means adopted to promote good health.

Another authority says: "The more rational mode of educating the young appear to be that of so training the body and mind that both advance as far as possible at an equal rate. Thus, if a child is of a weak constitution, but possessed of unusual mental capacity, it should be the aim of the teacher to strengthen the physical powers; and until that object is accomplished, to let the mind take care of itself. On the other hand, if the reverse is the case, to adopt contrary methods. The pupils should be studied separately, and children should not be lumped together in a body and put through the same course without regard to their different temperaments, dispositions and constitutions."

The first essentials of school hygiene are the site, the building, and the furnishings.