

aged to put forth every effort. They are stimulated by the approbation of friends, and the prospect of winning honours and carrying off prizes. The evenings at home are occupied with school studies, and the days are often spent in rooms very unfit, especially in Winter, when they are over-heated and poorly ventilated. There is danger in attempting to cram the memory, and in exercising the mind, at the expense of the body. Physical training should be part of the regular course of study at school, *and for girls as well as boys*. Whenever attention is paid to physical culture, it is generally in reference to boys alone; while the future wives and mothers of the country are not considered. The bodies of the one class require care as well as the other, and especially in the case of consumptive children.

#### OCCUPATION.

The choice of a trade or profession is of great importance. A man may, in general, follow almost any occupation with comparative safety, by taking proper precautions, and by strict attention to hygiene. But there are some especially injurious to any one with a tendency to consumption. Any of those practised in places where fine dust is floating in the air, as machinist, knife and scissors-grinding, etc.; the dust clogs up the small air-cells of the lungs, and hastens the advent of the dreadful disease. All trades that cramp the chest should be avoided, such as that of shoemaker and seamstress.—These not only hinder the free expansion of the lungs, but being from their nature sedentary, they become doubly injurious. The consumptive youth should avoid all sedentary occupations, such as clerkships, the ministry, or any other semi-literary employment, and should choose the more active occupations, which will call for bodily exercise in the open air. He should also avoid all manner of

#### EXCESSES;

whether mental or physical, of labour or pleasure. Excesses in the use of alcohol, apart from their general injurious effect, should be specially avoided by the consumptive. Its use drives the nervous system to insanity, permanent as well as temporary. stimulates the circulation to a more rapid flow, causing obstruction of internal organs, and various diseases, and besides, impairs digestion and destroys the appetite for wholesome food. It is a false idea that the person with a tubercular tendency will escape by the free use of liquors. He runs more risk of dying by consumption than if he kept sober, and the