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SCHOOL HYGIENE.*

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THERE are few subjects of as much importance in their bearing upon the welfare of the people of this Province in the near future as that of "School Hygiene." I am, therefore, glad that it is one of the subjects which you have selected for discussion at this meeting of your Association. I trust that the remarks which I have been requested to make will be taken as merely the opening of the discussion, that others will follow me, and that we shall have an earnest consideration of the questions taken up.

I suppose it is hardly necessary for me to prove that as a general rule,—not in exceptional instances merely,—boys and girls, as well as their teachers, are not improved in health by their school life; in other words, that there is plenty of room to struggle after the ideal hygienic conditions in connection therewith. Were it necessary to

prove this, I would do so by pointing to either teacher or pupil at the close of school term, and again at the close of vacation;—I need only point: you have seen the contrasting pictures often enough to be able to recall them to your mental vision.

Shall we not, then, inquire whether there are changes which we can help to bring about to improve the conditions of school life, and what they are? And shall we not, one and all, do our part and our best to bring them about? I feel that if any good is to come from a discussion of this subject, it must be by each one of us taking hold of it in this practical way; and I do believe that it will be so taken hold of.

One of the first things, then, that we shall inquire into, is the conditions of the AIR IN OUR SCHOOL. It is a well-known physiological fact that a healthy adult man exhales six-tenths of a cubic foot of carbonic acid per hour. It has also been proved by experiment

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