

scarlet fever, measles,) as well as of diphtheria and whooping cough. The surveillance in this respect should be incessant, and the physician should give the principal of the school such instruction as will enable him to recognize severe diseases at their start, and thus remove in time all danger of contamination." (Such instruction is now part of their normal school course.) "No child that has been affected with a zymotic malady, an eruptive fever, a contagious skin disease, a spasmodic nervous affection, &c., will be readmitted except on presentation of a medical certificate stating that the cure is complete."

"With regard to non-contagious chronic or constitutional diseases, we believe that we do not go too far in saying that the school is destined to be the field where preventive medicine will give the most manifest proofs of its power and win its most glorious victories. If we justly consider the school as a normal agency which should help to depopulate the prisons and galleys, we can equally from our present point of view, regard it as destined to lighten the budget of the hospitals and almshouses. It is certain that at his home, the child of a laborer, if afflicted with a chronic disease that does not confine him to his bed, will but rarely be the object of that hygienic care indispensable to him; while in the class-room, under men both competent and devoted, he can be submitted to an incessant watching and an assiduous care, of which his cure will be very often the assured reward. To care for the children in school so that they shall not become good-for-nothings in the social workshop and in the ranks of the defenders of their country; so that they shall not contribute later to burden the budget of the official charity already too heavy; such is the goal assigned to the efforts of the devoted men who are sacrificing their time and more remunerative occupation, to secure to the young generation at school new elements of health, that is of riches and social prosperity. "Health is wealth" as Franklin said. Health is the unity that gives value to all the zeros of life, and even education is but a zero, if health does not give the means of using it for the profit of the individual and of society; without health, knowledge is like a precious tree that bears no fruit." "The Board of Health, convinced of the immense utility of preventive medicine, * * * has resolutely undertaken the work of preventing, by the many resources of therapeutics as far as possible the progressive decay which is menacing a notable part of our future generation. Its attempts to improve the health of feeble children, predisposed to scrofula, consumption &c., have been seconded by the board in charge of the hospitals. ("Food medicines" were thus supplied to such as needed them, and were indigent at an annual expense of about \$250. These were administered under the eye of a teacher, with results as given subsequently.) "In our city the medical service of the schools and of the general health are in the same hands (i. e. the Board of Health) and are mutually helpful. They have thus been able to render incalculable service to the public health. No other proof of this is needed beyond this, that it has been duly established, that for six years, no Zymotic disease has reached the extent of an epidemic in Brussels, while other cities large and small but less protected in this respect than the Capital have been cruelly scourged." "Brothers and sisters of children sent home because of the severe contagious diseases (measles, scarlet fever, small-pox, diphtheria, &c.) are not allowed to attend school, for though not themselves infected, they may become vehicles of contagion." The medical inspector "In case of an epidemic, should insist on proper cleanliness in school, and should have the air of the class rooms frequently renewed, for thorough airing is always the best of disinfectants. * * * This will be the time to give some advice to children old enough to understand it, with regard to preventive hygiene. This method, well applied will certainly aid in making many useful notions of prophylaxis, penetrate the minds of the parents, and these will be better received, coming by way of the children." (As a result of this it is found that opposition to preventive measures e.g. vaccination &c. is rapidly diminishing in Brussels.) "Having reached the end of our task, may we be permitted to express a hope, the realization of which will contribute largely to the improvement of future generations. * * * May we see, in a future not distant, every state of Europe and America give a legal sanction to the appointment of medical inspectors of schools, and all large cities follow in the way so resolutely entered upon by Brussels and by Paris." (J.)

"The physical education of childhood is becoming more and more a subject of grave concern for physicians, for philosophers, and for statesmen. The progress of physiology is now lifting day by day, the veil which conceals the mysteries of life from us, and showing us likewise the causes that are making mankind degenerate in pro-

portion as he becomes civilized. The exigencies of our times are so great that unless we take care the number of those who come out victors from the strife, will be very small indeed. Most parents give themselves very little care about having their children vigorous, handsome and well-built. They are early submitted to toil excessive and beyond their strength. They are taught as soon as possible to read, to reckon, to translate certain phrases of Greek and Latin. They are put under a hot-house régime; they are forced just like early fruits, to bear flowers and fruit in haste. Fruits bitter indeed, for soon there is left nothing of the plant that gives them. Health and happiness are pitilessly sacrificed to the need of creating as soon as possible a brilliant and above all a lucrative career for oneself. But as for this steep-chase, at the goal of which they see fortune and fame, those who reach it are winded, many are dead on the road, worn out by the too great fatigue of an excessive toil; some few only, and these are rare exceptions, reach the goal without being used up. It is proper then, to draw the attention of wise men to the preventive medicine to prescribe in school and especially in the infant and primary schools where the large majority of the nation is forming. * * * The system comprises a number of measures applicable to all the constitutional maladies of children who are born in different conditions of health. Some, born of parents already tainted with an organic disease, have a predisposition to acquire the same disease later. A large number of such enter our schools with the seeds of scrofula or consumption, the evolution of which will come later." But "Heredity is not indispensable to their development. A child placed in unhealthy surroundings, deprived of air and light, can contract the germs which another has received by inheritance. Much more certainly, may a healthy child become anaemic, lymphatic, and even step by step arrive at scrofula or consumption after some years passed in like surroundings. Whether the diseases of which we have been speaking be hereditary or acquired, it is none the less true that they are only the definite expression of a constitutional failure. Any debilitating cause may make it fatal. During his early years man possesses but little resistance. He yields infallibly to the influence of the medium in which he lives." "The child should consequently be the object of the most lively solicitude of the authorities with a view both of preserving and of developing his health. The measures to be taken are of two sorts; hygienic and medicinal. The child should find in the school the air and the light without which he cannot live, and the most favorable temperature that can be given him. The surroundings in which he passes the early years of his life, should be such as to aid in his development, instead of hindering it as is the case with a large number of schools where the most elementary rules of hygiene are sacrificed. The Boards worry usually about many things in the structure of the schools, but never about the children who are to pass a part of their lives there." "It is high time to be done with that absurd system which makes of most schools, pestilential foci, or sombre caverns in which the children become slowly enfeebled and emaciated." "The School Physician should carefully see that all the rules of hygiene are faithfully respected. He should begin by registering the name, age, height, weight, circumference of the chest, &c. of the children; should make special observations among which heredity and the condition of the organs (e.g. of vision) should find a place. Nothing will be more easy than class the sick pupils according to the diseases previously noted. There will then be the groups predisposed to consumption, to scrofula, to lymphatic disease, to rickets, to anaemia, which will be the objects of all the solicitude of both teacher and physician, so long as they remain in school." "The following points should receive special attention from both teacher and physician. 1. *The clothing of the children.* The population of our schools, especially in the north is too little or poorly clothed. The clothing does not retain the bodily heat, the skin is submitted to too rapid changes of temperature. The trouble that results therefrom in the functions of the skin, determines attacks of bronchitis or pneumonia which are too often only the starting point of consumption in predisposed subjects." 2. *Cleanliness at school.* Most of our scholars have skins dirty and often covered with grease which interferes with their proper functions. Moreover, scrofulous diseases of the skin are common in the schools, besides, children who are not kept clean, are much more predisposed to all the accidents of the constitutional diseases cited above." "Trial has been made in this line at Brussels. The pupils of School No. 7 have been sent in turn to St. Peter's Hospital where they are properly bathed (the school is in one of the poorest quarters of the city). The experiment is giving the best promises, &c., that with further trial, the results will be marvellous, we are convinced." (B.)