



A CLASS ROOM IN THE OPEN.

## A Children's School in the Forest

**Remarkable Results in Improved Bodies and Minds Achieved  
by the Toronto Board of Education.**

*Since the following description was written by Dr. W. E. Struthers, Chief Medical Officer of the Toronto Board of Education, the School has developed substantially. There are now two Institutions, placed in Victoria and High Parks.*

Nothing in the modern development of the public school has given more satisfaction than the "Forest School." From everywhere comes the report of the remarkable mental stimulus received by the child in its outdoor life, and the great improvement in its physical development. Such schools have proved to be an economy, not an expense. Children accomplish in half the school lesson-hours as much as their stronger fellows in the regular school. The other half of the lesson periods are given to nature study, play, gymnastic exercises and drill. Children are given three wholesome meals a day,

plenty of milk, and two hours' absolute rest and sleep every day. Such regularity of life in work, play, meals, and rest produces remarkable results in a very short time. I beg to report our own experience in Victoria Park last summer, with its most encouraging results. The Forest School opened on June 20th, and closed Sept. 20th. In all about seventy children were in attendance; the average daily attendance, however, fell somewhat below fifty, and in 1916 was 100. In this tentative effort to demonstrate the value of such open-air school work, we have had, of course, some difficulties, and a number of handicaps. The children had to learn that