

says His Lordship Bishop Lafleche, "the hygiene of the body should follow that of the soul, the health of those two constituent elements being man's most valuable possession in this world."

It is important, then, to understand well that hygiene and morality, which are so intimately connected, constitute the real basis of all true education.

The object which I have had in view in writing this little catechism is a simple one, and may be summed up in a few words; viz.: to point out whatever might prove beneficial to the pupil's health; for it is essential that the child going to school should not find in it conditions calculated to foment his morbid tendencies, to weaken his constitution and to contract deformities; in a word, to expose himself to disease and death. The child's morals and character should, therefore, if bad, be corrected, and he himself taught to contract habits of order and cleanliness; his surroundings, too, should be in strict conformity with all hygienic requirements; in fine, it is hygiene, as applied to schools, which codifies all nature's precepts by promoting the child's physical, mental and moral development.