

Should your schoolroom become dirty, or the outbuildings and premises be in an unsanitary condition, through the neglect of the trustees or those in charge, do not fail to report to your Inspector at once.

NOTES ON "HEALTH RULES FOR PUPILS."

The following brief notes are given so that the teacher can explain and apply the rules more intelligently.

The germs which cause tuberculosis (consumption), pneumonia, la grippe, diphtheria and many other diseases, are found in the saliva, especially when mixed with secretions or discharges from the nose, throat or lungs. It is not uncommon for these diseases to exist in so mild a form that the child is hardly sick and yet such cases are capable of spreading the disease. The spit mixes with the dust on the floor, becomes dry, the germs are set free, rise in the air, enter the lungs and cause the disease.

Children are not careful as to what they handle and their chances of acquiring disease are much increased by putting their fingers into their mouths.

The long passage from the nose to the lungs gives off and is constantly wet with a sticky secretion, the object of which is to strain the dust, disease germs and other foreign substances from the air before it reaches the lungs. It will be readily understood that this secretion, even from a healthy person, might contain disease germs.

Both paper money and coins are capable of carrying dangerous germs. Remembering that money is frequently handled by persons affected with the most loathsome diseases, the necessity of this rule will be at once understood.

The intelligent teacher will be able to apply the principles given above to all the rules, and show the pupils the great necessity of observing them.

CHILDREN SHOULD BE TAUGHT.

to wash the hands and face often, and keep their persons and clothing clean; for if one should then be taken down with a communicable disease there will be less danger of infecting other pupils or things.