

floor space, and the distance of the desk most remote from the window should not be more than one and one-half times the height of the top of the window from the floor. (5) The height of a class room should never exceed fourteen feet. (6) The provisions for ventilation should be such as to provide for each person in a class room not less than thirty cubic feet of fresh air per minute, which amount must be introduced and thoroughly distributed without creating unpleasant draughts or causing any two parts of the room to differ in temperature more than 2° F., or the maximum temperature to exceed 70° F. This means that for a class room to contain fifty-six pupils, twenty-eight cubic feet of air per second should be continuously furnished, distributed and removed during school hours. The velocity of the incoming air should not exceed two feet per second at any point where it is liable to strike on the person. (7) The heating of the fresh air should be effected either by hot water or by low pressure steam. (8) The fresh air should be admitted near the windows; the foul air should be removed by flues in the opposite wall. (9) Water-closet accommodation for the pupils should be provided for on each floor. (10) The building should not occupy more than half the lot.

EFFECTS OF COFFEE.—Dr. Richardson, the eminent English scientist, in respect to the popular notion that coffee is an unhealthy beverage, that it keeps up a constant irritation of the stomach, and brings on depression of spirits, etc. There was a great deal of truth in that statement, says the doctor, as coffee cannot be taken in excess without producing dyspepsia and irritation, *but moderately used it is an invigorating, healthful, and wholesome drink, bringing a man's best energies into play.* The quantity taken, however, must not be large, and should be good.

Dr. Broek, of Leipsic, another celebrated scientist, says: "The nervousness and peevishness of our times are chiefly attributable to tea and coffee; the digestive organs of confirmed coffee drinkers are in a state of chronic derangement, which reacts on the brain, producing fretful and lachrymose moods. Fine ladies addicted to strong coffee have a characteristic temper, which I might describe as a mania for acting the persecuted saint. Cocoa and chocolate is neutral in its physic effects, and is really the most harmless of our fashionable drinks.