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" ONE SOURCE OF HARM TO ALL TEACHERS is the air they breathe. Shut up in our ill-ventilated school-rooms, breathing many times over, not only the air that has brought out the refuse from his own lungs, but that from fifty others, in all stages of health, is it a marvel that at night he is tired and cross, and complains of headache? This evil can be lessened by care in opening windows and doors at recess : but it can be removed only by new buildings, with apparatus for constantly changing the air. However, teachers can see that in their homes they breathe no refuse, and that they spend an hour each day in the pure air out of doors. 'I have no time for the out-of-doors,' did you say? Dismiss your pupils promptly at four-delinquents and all,-they need it as much as you, and spend the time from four to five in a brisk walk in the sun and air. The government will be easier on the morrow, because of the clearness of thought which the fresh air will give.

"The best possible preparation for brain-labor is red oxygenated blood, which can be produced only in pure air. Also, a healthy brain depends upon a healthy body, and that is impossible without a proper amount of exercise. Besides the need of these changes in the life of a teacher, his food demands attention. Scientists know so little about the permanent effects of different foods, that it is quite impossible to say what should be rejected. The thing which every person who wishes to make the most of his life must do, is to watch the effects of the various foods on himself and others, and refrain from using that which seems harmful. We can-

not afford, for the sake of a momentary gratification, to force the body to use its energy in disposing of waste material, or in overcoming the bad effects of that which is injurious. Our teachers sleep too little and not regularly, and their general habits often exhaust force, not add to it. Wholesome recreations may be found in so many and so varied directions that every teacher may find something to suit his individual tastes and needs."—Education.

SPAIN. A National Pedagogic Congress was held at Madrid, beginning May 28. At the opening Session the King and all the members of the foreign diplomatic corps were present, and the King made an address. More than a thousand teachers were in attendance. Thirty-three conclusions were affirmed by the Congress, among them the following relating to primary education: A special inspector of primary education should be appointed; primary instruction should have special representation in the Council of Public Instruction; primary instruction should be obligatory and gratuitous; manual labor should be introduced in the infant schools but not continued in the primaries; the Kindergarten presents superior advantages to other kinds of infant Schools; the salaries of female teachers should be equal to those of males.—Education.