

The following general rule concerning breathing exercises should always be remembered : Commence with the easier exercises and do not begin with the more difficult ones until the former are completely mastered. For healthy school children I would suggest to take from six to nine deep respiratory exercises, either of one kind or the other, every hour.

A second general rule is never to take these exercises when tired, and never to continue them so long as to become tired. It is, of course, self-understood that these exercises should always be taken in an atmosphere as pure, fresh and free from dust as possible, and that no restricting garments around the waist or neck should be worn. You as teachers should know that constricting the chest or abdomen will often leave lasting injuries to the vital organs incased in the thoracic and abdominal cavities.

Mouth-breathing in children, and sometimes in adults, is often caused by certain growths in the throat (adenoid vegetation), by enlarged tonsils, or by growth in the nose (polypi, etc.) The removal of these obstruction by surgical aid is perhaps the only rational method to assure natural breathing. Incidentally, we may be permitted to say that these operations are not at all dangerous ; but by the presence of these vegetations in the throat (retropharynx) the hearing and the intellectual and bodily development of the child may become seriously impaired. The early removal of such growths should be earnestly recommended. If you observe among your pupils a chronic mouth-breather call the attention of the school physician or the parents to the child's condition, and explain to the parents the danger of neglect in this matter. The respiratory exercises just described are particularly useful for such children after operation, otherwise they often retain the habit of imperfect breathing which they had acquired.

In teaching the children under your charge how to breathe, sit, stand, and walk properly, you teachers do perhaps more toward the prevention of tuberculosis than all we physicians together. I would love to see singing and outdoor recitations at proper seasons incorporated in the curriculum of every school in city or country, and city schools should have commodious roof-gardens for the purpose. Wherever there is a play ground it should be kept clean, as free from dust as possible, and be daily strewn with clean sand or gravel. Children should be warned not to expectorate on the playground, and adults should be severely punished by law for so doing.

The breathing exercises at school should, of course, be supervised by teachers. Modern school hygiene is far superior to what it has been in the past, yet there is still room for improvement, so far as the prevention of tuberculosis is concerned, permit me to suggest to you the advisability of giving the children leaflets of instruction. I know this practice to be vogue in some schools in this and other States, but those I have seen seemed rather incomplete. Let me give you here a tentative leaflet which I have written with the particular view of preventing consumption.

Every child and adult can help to fight consumption. School children can be helpful by complying with the following rules :

Do not spit, except in a spittoon or a piece of cloth or a handkerchief used for that purpose alone. On your return home have the cloth burned by your mother, or the handkerchief put in water until ready for the wash.

Never spit on a slate, floor, sidewalk or playground.

Do not put your fingers into your mouth.

Do not pick your nose or wipe it on your hand or sleeve.

Do not wet your finger in your mouth when turning the leaves of books.

Do not put pencils into your mouth or wet them with your lips.

Do not hold money in your mouth.

Do not put pins in your mouth.

Do not put anything into your mouth except food and drink.

Do not swap apple cores, candy, chewing gum, half eaten food, whistles, bean blowers or anything that is put in the mouth.

Peel or wash your fruit before eating it.

Never cough nor sneeze in a person's face. Turn your face to one side and hold a handkerchief before your mouth.

Keep your face and hands and finger-nails clean ; wash your hands with soap and water before each meal.

When you don't feel well, have cut yourself, or have been hurt by others, do not be afraid to report to the teacher.