

recommendation to the governing bodies of our schools to appoint medical men whose duties shall be to advise regarding the healthiness of the schoolrooms—the duration of the hours of study and physical exercise—to classify the children according to their physical or mental ability for study—to point out the correct position when writing—to see that all are properly vaccinated—to detect incipient cases of chorea-defect in vision and contagious diseases, and examine and remedy the defects in the teeth of the children. In fact to protect the health of the scholars. For while education is a great boon, it should not be forced at the sacrifice of health. As Lord Beaconsfield has wisely said, : “The public health is the foundation on which repose the happiness of the people and the power of a nation.”

It will not be disputed that the location of a schoolhouse, its sewerage, its ventilation and heating, and the cubic floor space allotted to each child, are subjects of vital importance, and observation teaches us that they receive scant consideration. It may be asked who can classify the children according to their ability for study and apportion the exercise suited to each so well as one who has made physiology and psychology a study? A child enters school having been well fed and full of bodily and mental vigor, another of the same age, poorly fed and weak in body and mind; both are placed in the same class, the one learns his lesson readily, while the other cannot do so; he plods over it at home, dreams of it, returns in the morning jaded and worried; this continues, and ultimately his health breaks down because he is forced beyond his ability. It is notorious that many children, particularly girls, leave school with lateral curvature of the spine, and it is claimed by those who have studied that the position assumed when writing a sloping or slanting hand is largely the cause. The following directions support this claim: Turn your left side to the desk, press the left arm close to the side, place your left hand on the copy book, press your right elbow to your side, point your pen towards your right ear, grasp the pen firmly and write. A better position could not be devised to distort the muscles of the body, the spinal column and the eye. Vertical writing, with the spinal column in its natural position, and the muscles of the body and eye unrestrained, is the common sense remedy. None but a medical man can give a safe opinion as to the quality of vaccination, incipient disease of the eye, or upon the contagious character of an ailment. Another trouble connected with the hygiene of school life may be named St. Vitus dance, a disease frequently caused by mental strain, advancing insidiously, preceded by restlessness, irritability of temper which is too often attributed to carelessness, for which the