

competition is not likely to be so keen and where a closer supervision may be had over them. Should they not be able to afford this it might be just as much to their future benefit if the time is devoted to domestic duties, which are nowadays too much neglected.

Another source of injury to body and mind in both boys and girls is the spending of their spare time in reading sensational and trashy novels. Often, too, the necessary hours for sleep are encroached upon in order that the interesting novel may be finished.

One of the most frequent and evident signs of the injurious effects of school life is the deterioration produced in the eyesight. It is found that at the beginning of school attendance, say at seven years of age, the proportion of those who have defective sight is only about five per cent., and by the time they reach the college it is in the neighborhood of fifty per cent.

Whether this acquired defect will to any extent be transmitted to their offspring may perhaps be questioned, but we very much fear that it may. We well know that errors of refraction are to be met with in some families more than in others, and it may be that an acquired defect will, to some extent become hereditary.

In order to minimize, as far as possible, this danger to the sight, careful attention should be given to the proper lighting of school rooms and the use of fine print in the school books should be prohibited. Also it is very important that at least once a year an examination of all school children should be made, in order that any defect in their eyesight may be remedied by glasses.

This is now being more or less done in the large cities, and the custom should be adopted everywhere.

Very great injury must necessarily be done to the young, as well as also to those of more mature age, by the spending of a large part of their time in the stuffy and heated rooms of our factories and we would in consequence expect to find the general physique and health at a lower plane in localities where much manufacturing is carried on. Indeed it is found that in the city of Manchester, England, only about twenty per cent. of those who apply for admission to the military service are able to pass the medical examination.

The obvious remedy for this is the prevention of the employment of children in these establishments and shortening the hours of work for adults.

Again a very serious injury to the human race is, as we all too well know, done by the abuse of stimulants and sexual immorality. These vices are very much in evidence, especially in city life, and must be left largely to our moral reformers to correct, merely remarking that it seems