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## *Original Contributions.*

### THE NECESSITY OF PHYSICAL HEALTH IN ACQUIRING AN EDUCATION.

BY ALEX. THOMPSON, M.D., STRATHROY.

*Mr. Chairman and Gentlemen.*—In complying with the request to read a paper on some hygienic subject that would be of interest to teachers, I do so with considerable hesitation, as I feel you would be more edified and I better satisfied, had one more in touch with school hygiene than I am, been asked to address this Section of the Ontario Teachers' Association on the importance of having and maintaining good health, especially when receiving scholastic instruction.

The children of to-day, preparing for the battle of life will be the men and women of to-morrow, to take our places when we are laid aside. Have we realized the responsibility resting on us if we neglect to so train them that they may become useful citizens, healthy in body and with cultivated mental faculties?

There is not so much danger to the boys, they are more in the open air enjoying the outdoor games and sports, and not so prone to a breakdown of the physical and nervous systems as girls are. They are weaker physically and more sedentary in their habits. Besides their desk work in school and their studies at home they devote more or less time daily practising on the piano or some other musical instrument. Need we be surprised if a number of them suffer from nerve tire or neurasthenia.

Sanitarians, oculists and educational authorities for the last number of years have been, and still are, warning the public against the unsanitary condition of a number of our schools and playgrounds, on the excessive amount of desk and home work, the short time spent on physical training, the injurious effect of overloading the immature brain with matter difficult to understand, and if understood part of it of very little practical use in after life.

A prominent physician and sanitarian has said, "A physical or