

proper and insufficient food for the mothers and the children; faulty conditions in the education, often including badly ventilated schools, long hours without recreation, unnecessary exposure to infections; lack of personal hygiene and cleanliness; the inattention to proper exercises, games and amusements during school life, and the instruction of teachers in these matters; and, lastly, the evil effects of drinking, especially among women.

On this latter point, it is a matter for congratulation that a very strong committee, consisting of such well-known physicians and surgeons as Elizabeth Garrett Anderson, Sir Thomas Barlow, Sir William Broadbent, Sir Lauder Brunton, William Carter, Professor John Chiene, Andrew Clark, T. S. Clouston, Professor Cunningham, A. Pearce Gould, T. D. Griffiths, Sir Victor Horsley, Sir Henry Littlejohn, Jordan Lloyd, Sir William Macewen, Sir John W. Moore, A. W. Mayo Robson, Robert Saundby, Sir Henry Thompson, Sir William Turner, John Tweedy, Sir Samuel Wilks, Dawson Williams, Professor Sims Woodhead, and others, have been appointed. This committee has drawn up a form of petition for signature by the members of the medical profession, asking that the teaching of temperance and hygiene be made compulsory in the schools of Great Britain and Ireland. The committee refer with pleasure to the fact that this is done in all the Provinces of the Dominion of Canada, except Quebec and Prince Edward Island, in which provinces the teaching of temperance is optional, but very general.

Happily, some of the conditions that are telling so severely against the health of the British people do not exist in this country to the same extent. Nevertheless, there is need for constant attention to the subjects of hygiene and temperance, and the conditions surrounding the school life of the children. At a recent convention of educationists in Toronto, much attention was given to the important question of drill and gymnastics for the children. This is a matter well worthy of the best thought of those who have charge over the youth of this country. We would quote the words of Professor Clifford Allbutt, to the effect that, "for a physically degenerated civilization there is nothing but extinction, whereas for the sturdy barbarian there may be a great future."

The general condition of the health of the people of this country is, upon the whole, in a very satisfactory condition, but there is room for improvement. It is one of the hopeful signs of the times to see prominent educationists, scientists, physicians and publicists, taking an active interest in the furthering of the cause of the health of the people, and especially along the broad lines of the value of a wide-spread knowledge of hygiene and temperance.