

to live long and well. The fallacy that the only care growing boys and girls require is to be dosed and nursed through whooping-cough and measles must be eradicated before the mission of the sanitarian is fulfilled.

I have read somewhere that infant mortality in old London has decreased by one half since mortuary statistics were first compiled. So much for the progress and benefits of sanitary science. But the high rate of mortality among children yet found even in the most favored districts and countries is a disgrace to our civilization. Nations and politicians should be keenly exercised over the frightful facts revealed by these tables of mortality. It is difficult to estimate the pecuniary value to the nation of an average life. We know that before the American war the slave-dealer thought an able-bodied black worth from 1,500 to 2,000 dollars. Perhaps no one here would venture to estimate the millions of dollars lost to our country by preventable mortality; yet it would not be a long sum in addition to tell how much the Government spends annually in the only effective remedy, the diffusion of hygienic knowledge among the masses. I am a politician who believes it is the duty of our country to spend more money on preserving the lives we have and less on the importation of foreigners. Herbert Spencer truly writes: "To the tens of thousands that are killed and the hundreds of thousands that survive with feeble constitutions, add the millions that grow up with constitutions not so strong as they should be and you will have some idea of the curse inflicted on their offspring by parents ignorant of the laws of life. Consider but for a moment that the regimen to which children are subject is hourly telling upon them to their life-long injury or benefit, and you will have some idea of the enormous mischief that is almost everywhere inflicted by the thoughtless, haphazard system in common use." It is too true that few in middle life are in the enjoyment of continuous vigorous health, and could a thorough investigation be made it would most probably be found in respect to the majority of the others that the seeds of their disease or weakness were sown in childhood. How often do we see an apparently strong man succumb in the prime of life to some malady or epidemic to which others are equally exposed yet escape. The immediate cause of his death is charged to the disease, but who can say that the cause of inability to resist it does not date back as far as or further than his school-days.

Seeing, then, that such tremendous issues hang on the right preservation of the health, and the proper development of the strength of youth, it is fitting that this convention should give earnest consideration to the subject of school hygiene, which is second in importance to only one other subject that could occupy your attention—the hygiene of the nursery.

I have endeavored to make this paper supplementary to an able address on School Hygiene delivered by Dr. Oldwright before the Provincial Teachers' Association, which I hope may be printed in the Annual Report of the Board of Health, where it would be read by many who may not see the printed proceedings of the Teachers' Association.

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School Hygiene naturally admits of treatment under two classes of topics, one referring to the character and conditions of the school house and its appurtenances, the other to the exercises specially designed and practised to promote the health and develop the strength of the children. It is to the former class of topics