

present. What we do for the child of to-day is something done for the adult of to-morrow. Every healthy child indicates a healthy man or woman. Over twenty-five millions of youth in the United States—what a leverage for good! These minds filled with right ideas in regard to health, would be an unmeasured power whose expanding influence would be felt in ages to come.

Our schools are the corner stone of the nation; to them with their four hundred thousand teachers must we look for the forces that are to save the strength of the people. There should the pupils be taught the laws of health by word and deed. The members of the School Board should be men of intelligence, interested in the children's welfare and impressed with the fact that the lives and health of fourteen millions of school children are of vital importance to the nation. The selection of sites, building and furnishing of school houses and engaging of teachers should not be controlled by money consideration.

The rights of our school children should be recognized in all ways that will protect and develop the mental, moral and physical health. The play grounds should be large and free from dampness; the buildings should be examples of scientific sanitation; the rooms warm and comfortable, light and airy, free from draughts and poisonous gases, furnishing two hundred cubic feet of pure air to each pupil, and everything should be clean and sweet. The walls of the room should be slightly tinted blue or green that they may be restful to the eye, and there should be the best of blackboards. Care should be taken to have desks so made and placed that they will tend to straighten, instead of deforming the child. The microbe-breeding slate should be discarded and paper especially prepared used in its place. The pencils should be disinfected daily. The school books made of suitable paper, with the printing plain and legible, should

be owned and furnished by the district, thus preventing the carrying of books back and forth from families infected with disease, and also the sale of second-hand school books, coming as they often do, from houses where disease has run riot. The use should be forbidden of the open bucket, in which, through the medium of the drinking cup, the water becomes contaminated with spittle from the mouths of disease-infected children. There should be provided a place where the clothing can be warmed and dried. Children from homes saturated with germs of disease should not be allowed to endanger the lives of those from homes clean and pure.

A competent expert in the science of hygiene should carefully inspect the school and its surroundings, and thoroughly disinfect the building and its contents periodically. He should examine teachers, pupils and employees for contagious diseases, test the eyes of the pupils, see that all members of the school have been properly vaccinated, examine into suspected cases of sickness and infectious disease in families whose children attend the school. He should advise with regard to the amount of work pupils are physically able to undertake and also the kind of exercise needed by different children. He should report any needed changes in the buildings, and should lecture to the teachers and older scholars on the principles of hygiene.

The educators of our youth should be selected with the greatest care, for upon them rests a great responsibility; they are at the head of the institutions that indicate a nation's civilization; they are the developers of our citizens. Teachers are born, not made. They should have sound minds and bodies, should love their work and be in sympathetic touch with their pupils, studying their nature. They should have a facility to impart knowledge and at all times bear in mind that there is to be a