

Sanitary Returns in Our Schools.

The following paper on "The Necessity of Proper Sanitary Conditions in our Public Schools" was read by Dr. D. N. Merriam, of Oxford, N. S., at the meeting of the Medical Society of Nova Scotia at Amherst on July 14th, 1910.

Having been requested to write a short paper for this meeting I was forcibly impressed with the importance of the subject under consideration.

It must be obvious to the most casual observer that the health of our school children is seriously endangered for want of the application of sanitary precautions.

The communicability of contagious disease from one child to another is beyond doubt, and as they grow up to be men and women the hereditary taint of the disease is transmitted from one generation to another.

The inference to be drawn from what I have said thus far is that the sanitary condition of our public schools is not up to the standard of excellence.

In selecting a site for a school building a healthy location is of primary importance. The neighborhood of ponds, dampness and miasmata should be avoided.

Every school house with plan and arrangement of the building. Ventilation and heating. Drainage and outouses. Water supply.

In the last thing attended to. This is a part of school hygiene that is in a deplorable condition. I am absolutely certain that the sanitary state of the out-houses in connection with a number of our public schools is a menace to the health of the children both physically and morally.

There is little need to enforce by arguments the necessity for careful supervision in preventing the spread of contagious disease in schools. Our school regulations and municipal authorities are alive as to the urgent need of taking preventive measures on the subject.

In some cases the character of the social elements materially affects the health of a certain class of pupils. It would not be amiss to mention that sundry superfluities of dress and light lacing is not favorable to the proper physical development.

Now as a corollary to all that has been said, it is worthy of the attention of this society to consider how the serious mistakes in school hygiene can best be corrected and the facts can be made operative in and upon our public schools.

I would suggest as a remedy the solicitation of the government to appoint a committee consisting of the Provincial Board of Health and an equal number from among the leading educationalists of the province to consider in full the matter of public school sanitation and after mature deliberation on the subject on the part of said committee to empower them to write a short manual on school hygiene which might be conveniently used as a supplement to the present health reader.

Every tone of a child in the home or a school ought to be supervised precisely as every phrase ought to be supervised, because in only in this way that a child can be trained to the point where, without self-consciousness, it speaks musically and speaks correctly.

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One Dose Hood's Pills. "Pain the throat. When your head aches, your eyes are sore, your nose runs, and you feel hot and tired, just buy a package of Hood's Pills."

The Act of a Hero.

(Sydney C. B. Herald, Aug. 1.) George Campbell, aged 16, was heroically rescued from one of the most horrible deaths imaginable, that of being burned to ashes in a roaring furnace of flames at the Gregory mill, Grand Bay, N. B., the other day.

There should be taken not for the purpose of a rest from their labor, whatever the circumstances, so long as they can find anything to do, they work with great satisfaction, as if everything else was a sin.

When it becomes necessary to procure a new churn for the dairy, get one with a marked capacity at least one-half larger than the quantity of cream that is expected to be churned.

It is said there is a raking thrash in every barn, and yet that none would exchange their stables for the heart of a corn field.

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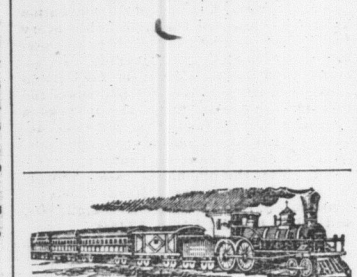
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