

THE DAILY EXAMINER

MARCH 3, 1900

HYGIENE FOR SCHOOL CHILDREN.

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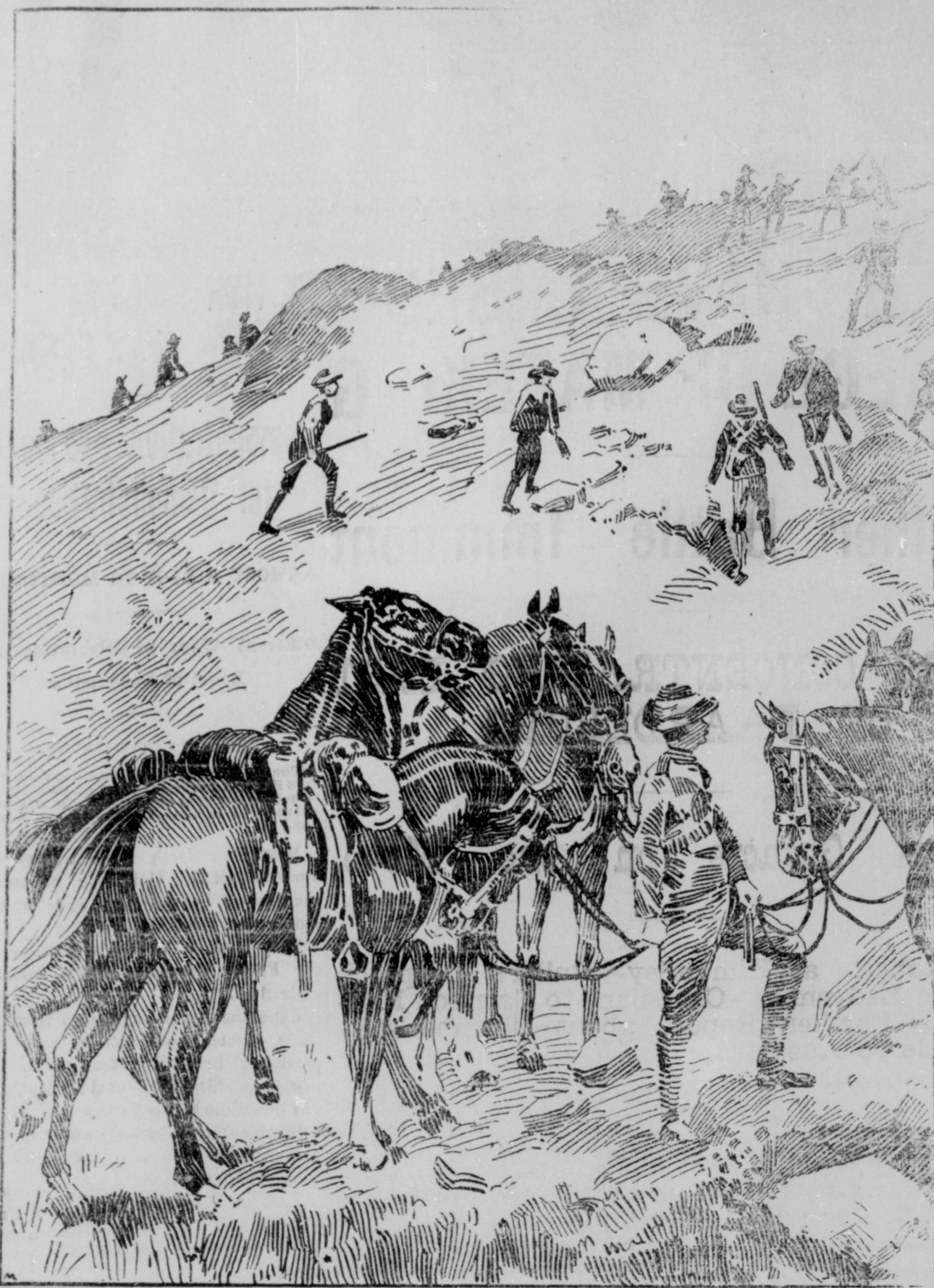
As my practice is largely among school children and young girls, my attention has been drawn to the condition of their school life, for it is in the school that a large part of the young life of the present day is lived. The generations now growing up are coming towards an age of large desires and most uncertain issues, and with them, the clear eye, the sound mind, the right judgment, must all be backed by the healthy body, or they will not come under the head of "the fittest" who survive. I take it, that in education they need the power of "knowledge making" rather than the knowledge itself. It were a vain task to try to give all knowledge in an age of specialism like this. Give the knowledge making power; the power of putting two and two together; the power of evolving an idea from known facts; the power of generalizing, and back it up with a healthy body, and we have the man or woman best equipped for the struggle of life.

But what do we find? Education, in our schools, has come to mean largely a cramming of the mind of the child with facts, a large part of which it cannot remember, and which would be of no earthly use to it if it did. In striving to give knowledge, which is so vast and varied, there is no time left to train the mind; to teach the child how to find out things for itself, how to use its judgment, and how to gain self-control. I do not cry out against the imparting of knowledge within a reasonable limit, but it ought not to be allowed to use up so many precious hours of a child's life.

Then the physical training of the child is deplorably neglected. It is true, there may be gymnasium exercises, but they are not in any way elevated to the importance of the mental exercises. Physical training is considered only as a side issue in school life, if it is considered at all, and to it is given the lowest seat in the synagogue. While we are often called upon to witness the ease with which the school-children solve a mathematical problem, or recite an incident in history, the teacher is rare who could call our attention to the fine physical condition of her pupils, the result of their gymnastic training. Yet this lack in their training might be remedied by the simple measure of shortening school hours, and giving the children more time out of doors. But from morning until night they are in the school room. Then there are lessons to prepare for the next day, so that there is only an hour or two of each school day spent out of doors.

Yet, in the adult, eight hours of steady brain work is felt to be trying. How much more so must it be to the sensitive, quick-growing brain of the child. Such an amount of time spent by the child in brain work must be injurious. It is true that children, as a general rule, resemble Old King Cole, in that they "scorn the fetters of the four and twenty letters," and that they may not spend all their time in study. In that case they are wasting time indoors which ought to be spent outside. Girls particularly are reprehensibly treated in this respect. Between the ages of twelve and sixteen "when the vital energies are absorbed in the rapid development of the body" they are often cooped in a close school room six hours of the day, in addition to spending several hours at home in study preparing for the next day's work. The natural result is a bright mind and an enfeebled body. To give an instance among my patients there is a young girl of fifteen. She is very tall and very light, a delicate anemic girl. She rises at eight a. m. and gets to school by one, where she remains, with the exception of the dinner hour, until four o'clock. It she has any recreation it is between that time and six o'clock. After tea she studies until ten, eleven and sometimes twelve. There is an old quotation which says "Death has many doors to let life out," and I sometimes think a modern school door one of these. The present system of education may give to the world large numbers of well read men and women, but it also sows the seeds of consumption, hysteria, neurasthenia and insanity; in addition to such minor affections as eye strain and nervous headaches.

Eye strain among school children may result from over-heating, poor lighting and bad ventilation. The seeds of consumption may be sown through lack of knowledge on the part of those in charge as to the manner in which it is spread, through poor ventilation, lack of sufficient outdoor exercise, and im-



BRITISH SCOUTS RECONNOITERING

[Boston Glob.]

TO THE NATIONS

BY ALFRED H. LOUIS.

Rise to your need, ye nations! ye peoples, rise to your need!
For your vision is shot with blood, while the blood of your hearts grown thin
The fruits of the Life ye reject, on husks with the swinefolk feed.
So ye cumber ye with the flesh, reckon not of decay within.

Ye array for the world-wide slaughter, ye prate of the world-wide peace;
Ye halt 'twixt the poison-cup and the cup of the sacrament wine.
Ye hold the soul immortal as though on a moment's lease,
And fain would a compact seal 'tween Demoniac and Divine!

Surely, O Nations of Men, ye are clad in rags outworn,
Crouching in Fear unfaithful, father of ruthless deeds.
The glories that strain to the birth ye will not that they be born;
The soil ye suffer to thirst, the flowers to be choked with weeds.

Yet they are straws that bind ye, shadows that hold in thrall;
One stroke of the hand Almighty, they vanish, they break, ye are free!
The Almighty Hearing awaits! One deep, strong, agonized call,
And your dreams shall have blood in the veins, take glorious Form, and Be.

One splendid and selfless cry—such cry as Motherhood makes
When the babe's breast quivers and pants, clutches the failing breath!—
Lo, the gates of the Heavens fly open, the New Day rapturous breaks,
And Life is a hundredfold Life, and Death is no longer Death!

Behold, O Nations of Men, I set in your Thought's foreground
All that hath holiest claim ye trample in dust and forget—
Clasping of soft sweet arms, murmurs of passionate sound,
When the eyes find home in the eyes, and the hearts with the hearts are met.

Cast them with scorn away—your purse fed panoplied pride,
Hideous cries of the mart, rattlings of weapons that slay!
'Tis the spirit that calls with these—the Mother, the Babe, and the Bride,
And the household Angel great—demanding absolute sway.

With their cry, 'tis the cry going up to the yearning, listening skies
Of Prophet, of Poet, of Sage, by the age-long fierceness crashed!
'Tis the cleaving power that appeals of their age-long agonized sighs,
That the storming of Conflict at last be shamed and forever hushed.

Ah! Ye will hear! They shall break—the ruthless words that have slain!
There shall be no sword to pierce save the sword of the Spirit alone!
Healed is the wound ancestral, cleansed the ancestral stain.
Descend from your crosses and live! From the graves roll every stone!

considered a more important thing than common sense and self control. Her mental attitude toward others has never been questioned. She has not been taught that there is sufficient pain in everyone's life without trying to simulate it, and that the pity and sympathy so gained are of no value. But what teacher of young girls would consider such a lesson necessary? I venture to say not one, though the value of it would be beyond compare.

That the site, heating, and ventilation should all be carefully considered, in building the school room, ought to go without saying. That numbered among the school commissioners should be a physician, is also a necessity. Besides this, I would advocate that there should be a health inspector of schools—a physician, paid to inspect the schools, and endowed with power sufficient to perfect the sanitary ar-

rangements of them, and to see that right hygienic conditions prevailed, so that the generations now growing up shall become healthy men and women, well fitted physically and mentally for the battle of life.

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