

HEALTH IN SCHOOL.

A Subject That is Yearly Receiving More Attention.

Many people who are scrupulously careful of the health of their children in the home are strangely indifferent to the conditions prevailing in the school. Hygiene in the public schools is a subject that is yearly receiving more and more attention with the result that new school buildings in the larger towns and the cities conform generally to the sanitary standards, but this is not true of many of the old buildings and of many schoolrooms in small places. It is the duty of all parents to know how far they fall short, and why, and what is needed to make them healthy.

The rules as to contagious diseases should be more strict, or rather strictly enforced, and parents should remember that danger may lurk in complaints of a common cold, or slight impotence, Whooping-cough, for instance, is thought by many people to be an unimportant and necessary trouble of childhood when it is better to get over and have out of the way. They do not know, or they forget, that while whooping-cough is not a dangerous disease for older children, it is dangerous and often fatal to very young children, and is easily carried by the children attending school to the babies in the nursery.

Too much attention cannot be paid to the question of light in the school-room. Many children are made premature wrecks from unrecognized eye-strain, and school visitors may often see small, helpless children sitting blinking in the sunlight which streams through a large window in front of them, making frowning efforts through the glare to read from a blackboard, and sitting up in a few hours the nerve force of a week. Light should be abundant and should come from the left side, so that no shadow is thrown on the desk or books, as is the case when the light comes from behind or from the right.

Another most important matter is the properly constructed desk, which will prevent undue stooping, contortions, or impediment to correct breathing.

In considering the subject of ventilation, there should, of course, be some system in every school house by which air can be introduced from outside and then allowed to escape without using the windows, which cannot always be depended upon on account of drafts and storms. These and many other points should be insisted upon by parents.—*Youth's Companion.*

Vestibuled Limited Trains
DOUBLE DAILY SERVICE

Between New York, Tampa, Atlanta, New Orleans and Points South and West.

IN EFFORT DAILY, 1901.

SOUTHWARD		
City	Time	Time
New York	7:30 am	12:30 pm
Philadelphia	8:30 am	1:30 pm
Baltimore	9:30 am	2:30 pm
Washington, D.C.	10:30 am	3:30 pm
Richmond	11:30 am	4:30 pm
Roanoke	12:30 pm	5:30 pm
Norfolk	1:30 pm	6:30 pm
Hampton	2:30 pm	7:30 pm
Charleston	3:30 pm	8:30 pm
Savannah	4:30 pm	9:30 pm
Augusta	5:30 pm	10:30 pm
Columbus, Ga.	6:30 pm	11:30 pm
Mobile	7:30 pm	12:30 am
Birmingham	8:30 pm	1:30 am
Atlanta	9:30 pm	2:30 am
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