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"In Essentials, Unity; in Non-Essentials, Liberty; in all things, Charity."

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FRIDAY MORNING
BY
J. A. STEWART,

Village Directory.
Churches.

St. Mary's Episcopal Church
Methodist Church of Canada
Presbyterian Church of Canada
Roman Catholic Church

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Richmond L. O. L. No. 778
Richmond Hill Temple, No. 465
The Methodist Sabbath School
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Schoolroom Hygiene

Substance of an address at the North York Teachers' Association, by D. Fotheringham, P. S. I., Nov. 4th, 1881.

(Published by request of the Association.)

To secure good air without those frequent attendants, requires both great skill and considerable expense. In my opinion, furnaces with sufficient capacity, supplied with outside, fresh air, throwing in a constant supply of this heated (not scorched) air, with proper ventilation at the ceiling and floor for the escape of impure air, is within the reach of all School Sections.

4. Its Temperature.—The temperature of the School-room has much to do with its success and comfort. In fixing the degree of temperature, several matters should be considered:—The flow of air into and out of the room, the quantity of air the rest or motion of the children, their clothing, the state of their health, their proximity or remoteness from the stove, &c., &c.

or should be constantly moving, and is usually in a more elevated position, can be comfortable in a lower temperature than children sitting at their desks. Then, too, some are thinly clad, and poorly fed, and some are delicate; so that you should consider what is best for the whole, and not risky for any I should say a temperature of about 70 degrees where a thermometer is usually hung—behind the teacher—would not be much out of the way, especially if the house is a comfortable one.

If you are obliged to heat your stove like a smelting furnace in such a house, have screens around the stove, to protect those who must sit near it. Many a child has been made ill by this half-roasting, half-freezing process.

Next to the atmosphere, one of the most potent influences affecting school-room hygiene is

II. LIGHT.
The influence of light on the health is largely overlooked. Yet its silent, gentle, constant power, is vastly important.

1. Its color.—Pure, prismatic colors, in the right proportion, should always be secured. The light admitted through frosted or stained glass is usually deprived of some of its constituents, and distresses the eye, and injures the health to some extent.

2. Its Intensity.—Men can labor out doors in the direct rays of the sun, without distress, if the eyes are shaded, when children and other students, who are poring over marks and character at a small distance, suffer readily from excess of light. The reason is not far to seek. Out of doors the eyes are constantly bathed in fresh air, the focus is seldom the same and there is relief in variety of shades and objects; while with the student this is all reversed. The light is the same, the focus is the same, and there is no variety. The light of the school room should therefore be sufficient, but softened, and even subdued, to meet the change of circumstances under which the eye is used.

3. Its Direction.—Little that your own observations may not suggest can be said at this point, which, however, is not unimportant. The direct or reflected light which strikes directly into the eye, is always to be avoided. Light should be admitted so as to enable the pupils to see their work clearly and readily. It should come from a direction not to throw shadows which interfere with vision, nor to oblige the eyes to squint or strain after their work. In this connection, let me urge upon you the great evil that is so often done to the eyes by allowing them to squint, or look awry at work, and by permitting the face to approach within a few inches of the book in use. Train to proper attitude and the proper focus, considering myopia, or the reverse.

In the last place I speak of

III ACCOMMODATION.

1. Accommodation for Study.—This should be removed as far as possible from the place for recitation. It should be convenient, so that work could be taken or replaced without trouble or noise. It should be comfortable, so that the body, as well as the mind, may rest naturally and at ease. It is too late in the day to ignore physical comfort for children. Matured persons can far better endure physical discomfort than immature ones, in the early stages of development, when bones, muscles and nerves, are less capable of strain. Yet, in three out of four cases, the effect of even the improved desks and seats on the young people, are seriously hurtful. What is more fatiguing for a child than to sit for hours with its feet dangling in the air, throwing its spine out of its natural curve, and crowding the lungs, wearying the muscles that must support the weight of the lower limbs, and curving the soft thigh bones? How few of your children are of the size to take advantage of the backs of their chairs, which are far better adapted for giving a finish to their looks than

support to the weary spine of the tired boy or girl? Why should not the seats be graded in height so as to allow the feet to rest comfortably on the floor? Why should not the chairs brace the seat and back so as to support and preserve the natural postures and curves of the body? Why should not the desks be so sized and shaped as to hold the work at a comfortable and natural distance before their occupants? Look over your children at a writing exercise, and count how many of them look like star fish on the back of an oyster! and all because the seats and desks are not suitable for them. If you have any penitent stools in the shape of forms without backs, at least cut off the feet till the top is within ten inches of the floor, and set them along the wall. If you do not you will be responsible for round shoulders, hollow chests, and enfeebled frames, to a serious extent.

2. Accommodation for Recitation.—In Schools not graded thoroughly, hearing of lessons and teaching interfere very seriously with the quiet and work of the school room. In such schools of the future, I hope to see a separate room for recitation, and glass doors between that and the study room, (which may be thrown open when not in use), into which the teacher and class may retire. If the future boy and girl are as irrepresable as some are now, a monitor can be left in charge. In this way there will not only be less interruption of work, but more air space; and, in addition, there should be comfortable seats, rest for books, etc., so that the fatiguing practice of standing still for half an hour may not be necessary. When a class room is not provided, seats between the teacher's desk and those of the children may be used, though health may suggest standing sometimes instead of sitting. In either posture, insist upon natural attitudes. Much harm is done to the powers of development, as well as the grace and ease of the human form, by neglecting this point. Who ever heard of compelling soldiers to stand half an hour "heels together toes out?" or hands pinioned behind or at sides? These awkward and tiresome postures are as inconsistent with health as they are with grace of figure or motion. Study the simple laws of "Action," as laid down in any work of elocution, and you will find that they take hold of the graceful and expressive laws of a healthy and well developed physical frame, and make them contribute to the power of vocal language. Let the right hand and foot be at ease, the shoulders thrown back, the organs of speech free to move by holding the head erect, and the eyes taxed by neither too great nor too short a distance from their work.

3. Accommodation for recreation, lunch, rest, &c.—Not only would it add to the comfort of a schoolhouses to possess such a room; but it would also be healthful and prevent damage to furniture. Basements or second floors could readily be fitted and heated for such purposes. The children would not be tempted to disobey orders, by making the school-room proper a play or lunch room. In disagreeable weather, physical exercise, exhilarating games, songs, drill, &c., could be secured. Without such accommodation, in bad weather, as matters now are, how the buoyancy, the activity, the good humor of children must be repressed! and how the inventive but restless spirits will involve themselves, the teacher, and sometimes the whole school in trouble!

Thus, hurriedly and imperfectly have I tried to lay before you seed thoughts on a subject to which very small justice has as yet been done, but to which, if children are to be educated aright, must ever increasing importance be attached—School-room Hygiene.

INTERESTING INKLINGS.

SHORT SNATCHES SHARPLY SHOT.

COUNTY.
Dog flesh is going up in Markham. So says the Sun.

The Northern R. R. lumbermen who was killed at Aurora two weeks ago was named James Delaney.

The broad gangs on the T. & N. R. is now an accomplished fact. The first train passed over it on the 19th inst. It is proving very satisfactory.

Two Newfoundland vessels are reported lost with all hands. A firm in Montreal is about to establish a factory for husking rice, a new industry in Canada. The first steamer of the new line be-

tween Canada and Brazil is expected to reach Halifax this week.

It is stated Hon. Alex Morris is likely to be called on the Senat.

Judge Palmer by his decision has sustained the legality of the Scott Act in Westmoreland County, N. B.

The official opening of the air line of the Pacific railway between Winnipeg and Portage La Prairie took place Tuesday.

Mayor Robb, of Stradford, who died last week, was only 29 years of age, and had served in the Council for several years.

A number of private detectives have been engaged by the Customs authorities with a view of more effectually putting an end to smuggling.

Hanlan has received definite information by cable that a race has been arranged for him with R. W. Boyd, of Middleborough, or five hundred pounds a side, the new Sportsman cup not being included.

The Globe's Ottawa correspondent states that a deputation is at present at the Capital in connection with the expected retirement of Hon. J. C. Pope. Senator Carvell is said to be an applicant for the vacant portfolio, but to have no chance.

Definite information has now been received regarding the missing steamer Bath City. Seventeen of the crew were picked up off Newfoundland, where the vessel sank, and were taken to Liverpool. Four of the crew were drowned by the upsetting of a small boat, and the captain and five of the crew subsequently perished from exposure.

BRITISH AND FOREIGN.

A strike among the Irish farm laborers is threatened.

It is denied that the Queen will open Parliament in person.

A number of cases of small-pox have been discovered in Buffalo.

Nearly 200 lives have been lost by a colliery explosion at Bolton, Lancashire.

The census of France was taken on Monday. The population is estimated at 38,500,000.

An official statement gives the total number of victims of the Ring Theatre disaster as 794.

Hon. Mr. Chapleau denies that he went to New York to sell the Q. M. O., and O. Railway.

There is believed to be a secret as well as an open organization threatening a disturbance of the peace of Ireland.

A special prison is being fitted up for the accommodation of lady land leaguers, a number of whom will probably be arrested.

The owner of the Arab slave show in attacking which Capt. Brownrigg of the man-of-war London was killed has been captured.

Lord Colin Campbell, M. P. for Argyleshire, and brother to the Marquis of Lorne, has joined the Property Defence association.

There was a severe storm in England on Saturday and Sunday, in which houses were unroofed, trees uprooted, and other damage done.

Bills were introduced in the United States House of Representatives on Monday abolishing the duty on salt, woollen blankets, and agricultural implements.

Mrs. Langtry has joined the Haymarket Theatre Company, and has expressed the hope that at some future time she will have the pleasure of visiting America.

The counsel of Sergeant Mason, accused of trying to shoot Guitaun, announces himself ready for trial by courtmartial. The defence is the old reliable "insanity plea."

A large seizure of arms and ammunition was made at Dublin on Saturday, and several persons were arrested. The collection is supposed to have been made by Fenians.

The New York World's London Correspondent says a pressing demand will be made for the release of Parnell and his fellow "suspects" before the meeting of Parliament.

In St. Petersburg eight Nihilists have been arrested in a house behind Gen. Ignatieff's residence. A large quantity of small bombs skillfully concealed in oranges were found.

Washington society is said to be disturbed by the fact that the new British Minister, the Hon. Sackville West, who is a bachelor has a couple of illegitimate children whom he wishes to live with him.

Advices from Peru indicated that that unfortunate country is in a state of turmoil, which is made all the more harassing by internal dissensions. The prospects of securing a peaceful settlement in the near future do not appear to be bright, as the Peruvian Minister at Washington lately predicted.