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VOL. IV.

RICHMOND HILL, FRIDAY, DECEMBER 23, 1881.

No. 26.

" One Liberal"

IS PUBLISHED EVERY FRIDAY MORNING

> J. A. STEWART, At his Printing Establishment

RICHMOND HILL, - ONT

Village Directory. Churches.

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Secieties

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Schoolroom Hygiene

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

(Fublished by request, of the Association.)

(Continued from last week.) To secure good air without those freion at the ceiling and floor for the escape of impure air, is within the reach of all School Sections. And then the pernicioair by stov's would be done away. Ven-tilation by the tops and bottoms of windows is much better than none; but there is this serious objection to it in severe weather, those seated near such openings are subjected to draughts and chills, while those in other parts of the change. There is the object also, the heated air escapes too readily by the oppen windows, while the cold air falging. as it always does, keeps the feet in too low a temperature. However, till you are provided with better means of ven tilation, keep rousing fires and open windows, so as to insure rapid change of air. When I have advised Trustees to construct furnaces while erecting houses, so that the pure air could be heated and thrown ateadily into the school-room, the matter of health was not for a moment considered. The question was, Would it cost more land, as undoubtedly it would, the decision was in favour of the time-honored "Black Giant." hundred dollars or so could not be good nature and good work, even though the S. S. would have to pay on an average one dollar more on \$1,500 of assessed

ultimately give place to wise and liberal provision for giving good air to

value. This false economy, growing out of ignorance of the laws or hygiene, must

or should be constantly moving, and is usually in a more elevated position, can be comfortable in a 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 nungbehind the teacher-would not be much out of the way, especially if the house is a comfortable one. But when your house is cold. and stands on cedar posts, wathout banking, you cannot make the temperature what it should be; and, if your children suffer from cold feet, let them go to the stove to warm them, even if they do not study half the time. It is worse than crulty to compel them to inhabit such a house winter after winter.

If you are obliged to heat your stove like a smetting 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 schoolroom hygiene is

The influence of light on the health is largely overlooked. Yet its silent, gentle, constant power, is vastly important. Plants soon languish and die without it, and animals deprived of it lose sight and health, and even life. Much attention should be given in the school-room to.

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 tresses the eye, and injuries the health to some extent. That transmitted through orange or yellow Hotland is still worse. It is so far robbed of its proportions and properties as to be very uncomfortable. Reflected light, too, is often very much impaired. The surface of walls, ceilings, &c., should be of such a color as to soften and harmonize shades of light. Where the direct rays have to be shut out, green or blue shades are preferable even to

white.
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 soften: ed, and even subduest, to meet the change of circumstances under which the eye quent attendants, requires both great is used. Black slates and white paper skill and considerable expense. In my are very objectionable. Nature's preopinion, furnaces with sufficient capacity, | vailing shades should be copied in the supplied with outside, fresh air, throw- materials on which the eye has to gaze ing in a constant supply of this heated with steady and trying intensity. In (not scorched) air, with proper ventilatrelieve the unavoidable taxation.

3. Its Direction .- Little that your own observatious may not suggest can be us method of heating the already impure said on this point, which, however, is air by stoves would be done away. Ven-not unimportant. The direct or reflected light which strikes directly into the eye, is saways 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 directiou not to throw shadows which interroom do not get much benefit from the fere 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 myopy, 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, thought of, to make sure that the young people should have good air, good health 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 4. Its Temperature.—The temperature seriously hurtful. What is more fatigues for the School-room has much to do with ing for a child than to sit for hours with its success and comfort. In fixing the its feet dangling in the air, throwing its degree of temperature, several matters spine out of its natural curve, and crowd-should be considered: The flow of air ing the lungs, wearying the muscles that into and out of the room, the quantity of must support the weight of the lower air the rest or motion of the children, limbs, and curving the soft thigh bones? their clothing, the state of their health, their proximity or remoteness from the size to take advantage of the backs of stove, &c., &c. You cannot lay down their chairs, which are far better adapted in Canada.

support to the weary spine of the tired tween Canada and Brazil is expected to 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 I 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, hear-

ing 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 r om, (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 irrepressible 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 beinecessary. When a class room is not provided, seats between the teacher's desk and those of the children may be used, though he ifth may suggest standing sometimes instead of sitting. In either posture, insist upon natural attitudes. Much harm is done to the powers of debelopment, as well as the grace and case if the human form, by neglecting this point. Who ever heard of compelling so diers 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 walth as they are with grace of figure or motion. Study the simple laws of "Action," as laid down in any work of elecution, 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, de.—Not only would it add to the comfort of a schoolhouses to possess such a room; but it would also healthful and prevent damage to furniture. Basements or second floors could readily he fitted and heated for such man-of-war London was killed has been purposes. The children would not be tempted to disobey orders, by making the school-roam proper a play or lunch room.

In disagreeable weather, physical exercise, exhilarating games, songs, drill, dc., could be secured Without such de., could be secured accommodation, in bad weather, as matters now are, how the busy mey, activity, the good humor of children must be repressed! and how the inventive but restless spirits will involve themselves, the teacher, and scapetimes 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 save the Sun.

The Northern R. R. brakesmen who was killed at Aurora two weeks ago, was named James Delausy.

The broad gauge on the T. & N. R. R. is now an accomplished fact. The first train passed over it on the 15th inst. It is proving very satisfactory.

The North York Raformers held a convention in Newmarket on Saturday last to select a candidate for the coming campaign. It was one the largest and most enthusiastic political meetings ever held in the riding. Dr. Widditield received the unanimous nomination of theConvention.

CANADIAN.

Two Newfoundland vessels are reported last with all hands. A firm in Montreal is about to establish

a factory for husking rice, a new industry

The Bret steamer of the new him be-

reach Halifax this week,

It is stated Hon. Alex M orris it likely to be called on the Senata.

Judge Palmer by his decision has snetained 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 Prarie took place Tues-

last week, was only 29 years of age, and had served in the Council for several

Mayor Robb, of Stradford, who died

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 Middlesborough for 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 vessell 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 perishfrom exposure.

BRITISHAND 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 he a

colliery explosion at Bolton, Lancashise. 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 ar-The awner of the Arab slave dhow in attacking which Capt. Browning of the

captured. Lord Colin Campbell, M. P. for Arevleshire, and brother to the Maranis of Lorne, has joined the Property Defence

There was a severe storm in England on Saturday and Sunday, in which houses were unroofed, trees approoted, and other Bills were introduced in the United-

States House of Representatives on Mouday abolishing the duty on salt, woollen blankets, and agricultural implements. Mrs. Langtry has joined the Haymar-

ket Theatre Company, and has expressed the hope that at some future time she will have the pleasure of visiting Ameri-The counsel of Sergeant Mason, accused of trying to shoot Guiteau, announces himself ready for trial by courtmartial.

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 defence is the old reliable "insanity

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. Petersburgh eight Nilulista have been arrested in a house behind Gen. Ignatieff's residence. A large quantity of small bombs skilfully 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 illegitima e 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 harrassing by internal dissensions. The prospacts of securing a peaceful settlement in the near future do not appear to be sbright, as the Peruvian Minister as Weshington lately predicted.