

Nature's Great Invention



On de banks ob de Amazon, far away, far away, Whar Dr. Green gets August Flowers to dis day; Ah picked dese flowers in August in de Brazil, Ah' aldo I see a Yankee, ah longs to be dar still.

August Flower is the only medicine (free from alcoholic stimulants) that has been successful in keeping the entire thirty-two feet of digestive apparatus in a normal condition, and assisting nature's processes of digestion, separation and absorption—for building and re-building—by preventing ALL irregular or unnatural causes which interrupt healthy and perfect natural processes and result in intestinal indigestion, catarrhal affections (causing appendicitis—stoppage of the gall duct), fermentation of unhealthy foods, nervous dyspepsia, headache, constipation and other complaints, such as colic, biliousness, jaundice, etc.

August Flower is nature's intended regulator. Two sizes, 25c, 75c. All druggists.

R. C. DODSON.

PAPER PREPARED BY MR. HEILMAN.
Continued from first page.

thermometer indicating the temperature (and there should be one in every school room) should hang about waist high from the floor and at least one foot from an outer wall.

Ventilation. Air is the prime necessity of life. Food or water may be obtained from for a considerable time, and if we doubt its purity or wholesomeness, may discard that which is at hand, and obtain others of different character; but we must breathe the atmosphere that surrounds us, no matter what its character, or we immediately die. Hence the paramount necessity of having it pure: A matter by far too often neglected. Taken, a hundred parts of air, we find that it contains about twenty-one parts oxygen and seventy odd parts nitrogen with small quantities of carbonic acid, moisture, organic matter, etc. By respiration and combustion air becomes impoverished; that is the oxygen diminishes while the carbonic acid, organic matter and suspended matter increases. The amount of carbonic acid is itself within certain limits, is not so material, but it is highly important as a measure of the amount of organic matter contained, which is really the dangerous impurity. Therefore, air vitiated by respiration is much more dangerous than when the carbonic acid is the result of combustion. The amount of impurity given off by human beings varies with size, age, sex, work etc. Under ordinary circumstances it amounts to about six cubic feet of carbonic acid per head in ten hours. This would require about three thousand cubic feet of fresh air per hour per head for its proper purification. The subject of the supply of fresh air to the school rooms, especially of the county, receives scarcely any practical attention by those having the matter in charge. It is commonly thought that the rooms are well warmed, every requirement for the well being of the scholars met. In reality the too much heating, without the corresponding supply of pure air, increases the child's dangers to all sorts of diseases. In furnishing the supply of fresh air it is also important that it be done gradually, and without direct draft. Heating apparatus of various designs have been devised for drawing fresh air from outside the building, and distributing it warmed and purified throughout the building, which should be installed, in someone of their various modifications, in every school building. It is encouraging to note that the most progressive and intelligent of our educators are showing more and more a disposition to accept the verdict of sanitarians that the construction, lighting, heating, ventilation and drainage of a school building **MUST BE THE BEST REGARDLESS OF COST**, and that in the end the expense is significant as compared within the incalculable saving in sickness and loss of life.

CLEANLINESS: Filth is one of the prime factors in the production of and propagation of most epidemic diseases and devastating plagues as well as many individual disorders. Every square inch of surface of every school room and its furniture should be first thoroughly scrubbed with soap and water and then gone over with a disinfecting solution at least twice each year. Every good housekeeper recognizes and practices this principle. She intuitively appreciates its importance without any elaborate process of a priori reasoning. This is just as important for the child in school as for the child at home. The old darkey preacher recognized and taught the need of cleanliness when he told his congregation that "de flies and de bugs nevah roost long on mammy's soap dish."

It is equally important that all out-

buildings and play grounds receive like attention. We might here with profit go into some undesirable details, but let this allusion to them awaken those in authority to appropriate action. While the various disinfecting solutions, gasses, powders and the like are exceedingly valuable, and should be frequently and judiciously used, there is no one of them, nor any combination of the different ones, that can take the place of, or equal in effectiveness, perfect cleanliness. They are mere adjuncts to cleanliness for all hygienic purposes.

Personal Cleanliness: This is highly important and should be religiously insisted upon. Clean hands, clean faces, clean bodies, clean clothes, clean words and clean actions should be the rule not the exception with every individual in every school. It should therefore be the duty of the educator whether director or teacher to realize the great need of and insist upon the educating the children both in the knowledge and in the need of obtaining and applying knowledge on this great subject. We owe it to every child to teach him the plainer errors of living which bring disease and death. When in the home and school the known principles of sanitary science are intelligently applied, we may expect a great diminution of sickness, suffering and premature deaths, and a corresponding increase of longevity, moral purity and physical happiness.

Mental Hygiene: Contrary to the popular opinion, studious habits, even hard study, are not injurious to the general health. Rather, in well regulated schools, wherever a part of the laws of health are moderately observed, and where mental pressure is not pushed beyond its proper balance with the physical being, the average health of the students will be found to be above the same age out of school.

There is at our disposal only a definite quantity of energy. This is transferrable to some extent, and if used in one direction it is lost in the other. The law applies to the whole being and may be seen in both the physical and mental life. In order that the mind may be developed, even where that alone is had in view, proper symmetry between mental and physical must be scrupulously maintained. The entire being must be considered as a whole. The brain not over stimulated at the expense of the body, nor physical training forced beyond due bounds.

We can go further and declare that the same laws which control the nutrition of the body in general apply to mental food and growth, and since the physical is prior in order of development to the mental, reason would seem to demand that we grant it a foremost place in care, as if this is soundly kept the mental, which is so largely dependent upon it, will naturally and more easily attain to its highest excellence. Some suggestive writer has said "the first requisite to success in life is to be a good animal," and Herbert Spencer fittingly adds "and to be a nation of good animals is the first condition of national prosperity." It was Archibald Macraen who said "mind and body should be viewed as the two fitting halves of a perfect whole, designed in true accord mutually to sustain and support each other, and each worthy of our unwearied care and unstinted attention, to be given with a full faith and reverent trust that He who naited us in our two fold nature made them compatible and harmonious. Their fitness each for the other lies in the fair nurture of both and their mutual cultivation.

I have but briefly touched upon a few of the most salient points of this great subject. To discuss it in its fullness requires volumes. If I have succeeded in making prominent its importance this paper will not have been in vain.

May this body of intelligent citizens, the school directors of Cameron county, in whom is vested almost absolute school authority, rise to the situation of proper school hygiene, and see to it that the boys and girls, who are being prepared in our schools for the future responsibilities of individual and national life, be surrounded with the advantages that advanced sanitary science and hygiene have demonstrated to be beneficial and practical, and receive in return from these boys and girls, when they have attained to maturity, this grateful applaudit. Gentlemen! you were magnanimous in spirit, you loved your kind, you were thoughtful for their welfare, and were faithful to your trust.

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