

animal something like the Elephant, are found in the eastern part of the United States. Besides these were the Ox, Bison, Horse, Tapir, and many others. During this period are found the first relics of Man.

### EDUCATIONAL DEPARTMENT.

#### SHOULD A COURSE OF STUDY AFFECT A STUDENT'S HEALTH UNFAVORABLY?

In all large schools—high schools, colleges, universities, and even in our own public schools, students in the higher classes are, as a general rule, of very weak physical condition. Pupils who, on entering school, were strong and ruddy, are merely excuses for their former selves after a few years of attendance; and on graduating, if they are ever able to graduate all, either are so "worn out" that a few months of rest are necessary in which to recruit, or they are physical wrecks, and spend a whole life of misery—for what is life without good health? What are the causes of this? Are not our schools intended for the development of the mind and the body? They are; but results show that they are used as a means for the development of the mind to the neglect of the body.

This ill health of students may be traced back to several sources. In the first place, hygienic abuses exist, and secondly, the course of study is too rigid. A visitor on entering a school is painfully impressed with the palor and evident lassitude of certain pupils. He observes others bending over their books, trying vainly to protect their eyes from improperly directed light. Short-sightedness and contracted chests are the results, the first results; but the later are consumption or some other terrible disease.

The rigidness of the course of study is due to some extent to the ambition of the students. Many feel that they cannot spend much of their time at school. They must be out "doing something." To accommodate such students and for some unknown reason, the time is shortened while the curriculum remains the same. "Education requires time"—it is a growth—and it is folly to think that the mind can be trained in a shorter time than that designed by nature. The criticism upon the present system of education, especially the American, is that so many subjects are imposed upon the student that he finds he has no time for bodily exercise, and consequently his brain is overtaxed. In the attempt to de-

velop the mental, the physical is neglected, and finally both become injured. While the body is weakened by the lack of exercise, the mind is weakened by over work. The system of examination, and the attainment of a required high standing are of great injury to the pupil. Emotions are developed, which lead to the exhaustion of the nervous system. A noted physician has said, "I have seen not a few patients—scholars—who under the violent stimulus put upon them by an approaching examination have sunk immediately, wholly prostrated in mind and body."

When all these drawbacks exist, is it to be wondered that students are characterized as persons of weak physiques? No. It is unreasonable to expect anything else. If a man live in a house poorly built as regards to most sanitary laws; if he do nothing but read and study constantly, would you be surprised to hear that this man is physically weak? It is natural to expect no other result. But what is the difference between the life of this man and the average student? The one is alone and the eyes of many are upon him; the other is leading the life that has been laid down by educated men—men who are working for the prosperity of their country. It is very true, as Edmund Burke says, that "Education is the chief defense of nations." But what is the value of an education when there is no strength behind it? In time of war, will education alone drive the enemy from the field?

In our progressive age, should we allow our boys and girls to become physical wrecks? Is there no way to mitigate this evil? There is not only one, but many! Let school-houses be constructed according to the principles of hygiene; let the course of study be lightened to such a degree that students may have sufficient time to sleep, eat and exercise. When all this is obtained, they will then be given the opportunity to improve their bodies, and thus they will become stronger intellectually. Rev. Charles Kingsley says, "Healthy bodies are the only trustworthy organs of the mind." Then short-sightedness and narrow chests will not be the characteristics of the student. The German Emperor has lately said, "Short-sighted people are of no particular use, for how is it possible that a man who cannot use his eyes can accomplish much? Men ought not to look at the world through spectacles. They ought to enjoy with their own eyes, all that lies before them, their country, and its institutions.

It is to be hoped that before the lapse of many