

single examination at the end of the year, produces the greatest risks to health.

This is especially the case where the ambition and pride of the children are stimulated by competition for prizes, medals, etc. Such system of grading by a single final examination should not be used in ordinary schools.

The risk to health is too great. It is true the stimulus of competition is useful with the majority of children as well as of adults, but with some of them it is pretty sure to go too far.

The effects of mental strain are often aggravated by the use of stimulants taken to spur the flagging energies.

In all cases they finally increase the very discomforts which they at first seemed to relieve.

SCHOOL AGE.

Children should not begin regular school work from printed books under the age of ten years. Their education should commence in the nursery, with object lessons, instruction, and oral.

Kindergarten training should follow up to the tenth year. Then when the brain is what it should be at ten, the eyes will be the better able to bear the fatigue and the burdens which will be placed upon them.

Children whose education is conducted upon this plan will far outstrip those who begin book work at six.

Children should not be kept at continuous work too long at one sitting.

Mental fatigue and eye exhaustion are sure to follow.

The teacher should not demand too long hours of study, particularly to memorize lessons which are as a rule beyond the comprehension of the child.

Something will give way. If the eyes do not fail, the health will.

If the eyes do give way nearsightedness is the result, caused by overstraining, during school hours.

The use of glasses then becomes imperative.

There is no reason why the little circular focusing-muscle of the eye should not give out just as the larger muscles elsewhere do. (Illustrate biceps.)

One writer says: "Schools are absolute manufacturing of the shortsighted."

It is also claimed that the number of persons who are compelled to wear glasses, is in direct proportion to the increase of schools and particularly the higher institutions of learning.

I do not wish to be understood that the schools are altogether responsible for this condition.

Heredity plays a most prominent part.

Parents with weak eyes or defective vision often transmit the condition to their offspring.

Children who have inherited a predisposition to such defects are almost certain, under the present system of forcing, to develop eye troubles at the very beginning of their school work.

As a result, it frequently happens that children eight or ten years of age have greater need for glasses than persons of fifty or sixty.

If the condition described resulted in injury to the eye alone, it would be bad enough; but when we consider the train of evil results which follow the overstraining of the eye, the effect is almost startling. I will merely mention a few among the many: headache, nausea, hysteria, chorea or St. Vitus's dance,

melancholia, insanity, steady increase in the impairment of health as well as vision, and not infrequently total blindness.

To preserve good eyesight, insist upon sufficient sleep, fresh air and good light. Rest the eyes frequently by looking at distant objects, particularly green fields or blue skies.

Avoid tight clothing around the neck. It retards circulation, and causes congestion with the consequent headache disturbance of vision and vertigo. Avoid cross-lights, also strong lights falling directly into the eyes. Avoid sudden changes from darkness to vivid light.

Do not use stimulants or drugs which affect the nervous system.

Do not read when lying down or when mentally or physically exhausted.

Pay special attention to the hygiene of the body, for that which tends to promote the general health acts beneficially upon the eyes.

Among the first symptoms of failing sight is an excessive secretion of tears, blurred vision burning and smarting of the eyelids, loss of eye lashes and congestion of either the lining membrane of the eye-lids, or the eyeball proper.

When such conditions arise, the eyes should be immediately relieved from close application and bathed freely and frequently in cold water, or water in which a little boracic acid has been dissolved.

If improvement is not immediate and persistent a competent oculist should be consulted, and the eyes fitted with a suitable pair of glasses.

In these notes I have drawn liberally from a recent lecture on "Hygiene in University Education," by Professor S. Billings, M. D. Deputy Surgeon General of the U. S. Army.

LETTER FROM STOCKHOLM.

STOCKHOLM, December 31, 1894.

"The Jubilee Singers," the well-known color singing choir, who has met with such success everywhere in the United States, is expected to Stockholm in a few days.

The company will sing in the principal cities of the Scandinavian kingdoms.

American tourists to a number of eleven are at present traveling through northern Sweden. Up to date the winter has been very mild and your correspondent is fully convinced that the climate has been much colder in Chicago during the last three months than in Stockholm.

King Oscar, who like Emperor William, is a "traveling monarch" is not booked for any journey during the next two months, but will spend the time quietly in Stockholm. A report is out that the king is far from well.

A matter which has caused no little excitement in Swedish newspaperdom, is a dispatch which was printed in the London *Daily Chronicle* of December 10, to the effect that the magnificent Gustavus Adolphus' celebration held here on December 9, the 300th birthday of the king, was nothing but a Chauvinist movement and an anti-Norwegian demonstration. This intention to mislead the English and American public—the matter was namely wired to the big dailies in the United States—has aroused the indignation in respectable circles, and as the memory of Gustavus Adolphus was also celebrated in Norway, nothing can be further from the

truth than the statement of the correspondent of the *Chronicle*.

It is probably not known to all of your readers that Norway does not at present contribute a cent to the mutual foreign representation of the United Kingdoms—Sweden and Norway.

Your correspondent will try to explain the circumstances which have led up in this curious condition. In an article to the *Christiania Morgenbladet* information is given in regard to the Storting's refusal to contribute to the diplomatic funds, provided they do not have their own way regarding the legation in Vienna.

A Norwegian Storting majority wished to withdraw the legation from the Austrian court, refusing to pay their usual contribution; but Sweden refused to recall the legation at Vienna. Now it is a given thing—conceded by all the Swedish and half of the Norwegian nation—that the union between the two states since 1814, is of such a nature that both nations must act conjointly in regard to the regular foreign legation. In such a case as the above mentioned, one of the parties cannot of itself decide upon a perfectly new departure, but they must both agree upon any change one of them may desire, and as long as they are not in unity, everything must remain unchanged. To force themselves forward, the majority in the last Storting came to the decision, that if the legation at Vienna be not withdrawn as far as Norway is concerned, then Norway will not at all give her usual contribution to the two kingdoms' mutual diplomatic representation abroad. The government must not give a penny to any of the foreign legations. The fact now is that Sweden will not withdraw her diplomatic representation in Vienna, nor will she consider the Swedish representative minister there alone.

According to the act of the union between Sweden and Norway the permanent diplomatic representation of the Swedish king must also be that of the Norwegian king, and the legation in Vienna is maintained as mutual for both countries—although Norway refuses to pay a cent. E. L.

THE MINISTERS SPEAK.

SALT LAKE CITY, Jan. 29, 1895.

In accordance with their instruction I herewith enclose a copy of the paper adopted by the ministers on Monday, concerning the election frauds, for publication in your paper.

Respectfully yours,

R. G. McNIECE.

ACTION OF THE MINISTERS CONCERNING THE ELECTION FRAUDS.

At a meeting of the ministers on Monday, January 28th, the following unanimous action was taken:

Whereas, The stability of our free government depends upon thorough honesty in the conduct of elections, and honesty in the counting of the ballots, by which questions of government are decided; and

Whereas, the returns of the election, on November 6th, 1894, for delegates to the Constitutional Convention, as given by the judges of the various election precincts, appear to have been honestly given, as is evidenced by the fact that the general result was contrary to the political wishes of the majority of the precinct judges, therefore,

Resolved, 1. That the undersigned