

An address to the parents and the heads of schools, on some prevailing errors tending to injure the health of youth, particularly of females, in boarding school management / John Wasdell.

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AN
ADDRESS
TO
PARENTS AND THE HEADS OF SCHOOLS,
ON SOME PREVAILING
ERRORS
TENDING
TO INJURE THE HEALTH OF YOUTH,
PARTICULARLY OF FEMALES,
IN
Boarding School Management.



BY
JOHN WASDELL,

MEMBER OF THE ROYAL COLLEGE OF SURGEONS, LONDON; ONE OF
THE SURGEONS TO THE UNIVERSAL DISPENSARY FOR
CHILDREN; SURGEON TO HIS MAJESTY'S FORCES;
LECTURER ON DISEASES OF CHILDREN,
&c. &c. &c.



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1818.

ADDRESS

TO

PARENTS AND THE HEADS OF SCHOOLS

ON SOME RECENT

ERRORS

TEACHING

TO IMPROVE THE HEALTH OF YOUTH

PARTICULARLY OF FEMALES

BY

JOHN WARDLE

JOHN WARDLE

RECTOR OF THE ROYAL COLLEGE OF SURGEONS, LONDON
AND FELLOW OF THE UNIVERSITY OF CAMBRIDGE
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AN

ADDRESS, &c.



THE Author of this Address, being convinced that the public are either not acquainted with or have not sufficiently considered the importance of the subject now laid before them, trusts that this fact will be admitted as a sufficient apology for the observations he has to offer. The object he has principally in view is to point out some prevailing Errors in Boarding School Management, which tend to affect the health of youth; and to shew, upon rational and scientific principles, in what manner they may be corrected.

Whatever has influence in invigorating the health and expanding the mind of the rising generation, cannot fail of being highly interesting to the community at large, in a moral and political, as well as a physical point of view.

It is here intended to comment upon that description of management which is adopted at Boarding Schools, where the children of the middle rank of society are educated; and not to make any observations on the general system of education (farther than when it is conceived to influence health) which for the most part, in this country, is acknowledged to be very judicious; this, indeed, would be superfluous and foreign to the present purpose, or to enter upon the merits of private or public education. The chief design being to point out some circumstances attached to the usual routine of school arrangements (particularly as regards diet) which have a tendency to injure the health of youth.

The Author is aware, that the principles he has to espouse claim no merit for originality; yet,
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he flatters himself, in the shape they appear they will have the effect of benefitting a numerous class of his fellow creatures. In one respect, indeed, these observations may be considered new; inasmuch as they are the first, he believes, which have been directly made to the public, with a view to the general adoption of certain regulations necessary for the preservation of the health of children during the period of their education; although long known and approved of by the profession.

The Heads of Families being principally addressed, the subject will be discussed as familiarly as possible, and with all the brevity it will admit of. And whenever those in charge of youth are differed from in any points, as to their bodily management, the author begs them to understand, it is done on professional grounds only; and in discharge of a duty which, with all due deference to their high attainments, he feels it incumbent to be publicly advanced.

The circumstance of being an eye witness to numerous instances, where the health of youth has been impaired, from the existing Errors of Schools, has urged the Author thus to call the public attention to the necessity of a change in several circumstances connected with their Education; and, without further apology, he will proceed to the consideration of the subject.

When we consider the delicacy of the frame of infancy and childhood, particularly of females, we shall not be surprized at the great disproportion of disease incident to those epochs, when compared to the adult-period of life, and that children should be seriously influenced in their health by causes apparently slight; especially in this very varying climate, where vicissitudes of weather, as well as other causes of excitement, so often combine to the production of disease.

Reflection upon the great mortality of infants in this metropolis, (one third dying before they arrive at the fifth year of their age) ex-
cites

cites a lamentable impression, and, although the greatest number of deaths take place in the poor classes of society, there does occur among the children of the higher spheres in life a very great mortality, which loudly calls for every effort to diminish.

Eminent as the science of medicine is at the present day, and distinguished as the medical professors of this country are, it is certain, even here, that the improvements in the treatment of the diseases of infancy have not kept pace with those which occur at other periods of life; nor has it made that progress which might have been expected. The circumstance, also, of so very little having been written on the diseases incident to infancy shews, in a particularly strong light, the comparatively little attention which the profession have hitherto paid to complaints of children.

A grand step, however, has been lately made towards the attainment and diffusion of this most desirable object; which does honour to
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the period that gave rise to it, and reflects the greatest credit on the founder. It is the recent institution of the *Universal Dispensary for Children*, St. Andrew's Hill, Doctors Commons; which, by directing professional attention to the diseases of Infancy and Childhood exclusively, presents the gratifying prospect of an enlarged knowledge in the treatment of the maladies of those ages. Indeed the good effect of this charity has been manifested already; as is seen in the statements which have been laid before the public on its progress from the opening.

And in proof of the necessity for such an institution, what can speak more forcibly than the great number of patients admitted since its commencement? *Three Thousand, Four Hundred and Twenty-seven* applications for relief having been made in the space of *Twenty-two months!*

In turning the attention again more directly to the object of this Address:—Among other circumstances

circumstances, pointing out the necessity of a more attentive consideration of the complaints of youth, is the great number of females who are deformed, more or less, in their figures. It may be asked—Is this produced or aggravated by any system of school management? There can be no doubt, that the latter frequently takes place, and there is great reason for inferring, the former to be by no means uncommon. Not to mention at present other infirmities arising from the same cause, of more serious consequence, which the daily experience of medical practitioners of this metropolis confirms.

Having made these general observations, it will be necessary to demonstrate the laws by which health is regulated, in order that the subject in question may be better understood; and then to point out the instances, occasionally occurring to youth at school, where nature is defeated in her operations, from which a disposition to disease is often induced, and disease itself not unfrequently established.

It is scarcely necessary to say, that for the correct performance of the functions of the animal œconomy, the bodily structure must be perfect in all its parts; and should, for its due preservation, derive all those external aids which are essential to that end

Hence we are led to the consideration of the atmosphere we breathe; the support necessary to supply the continued expenditure which is taking place in the body; the exercise proper for the invigoration of the frame; and clothing. These points will be briefly discussed under their respective heads, in the order they are proposed.

THE ATMOSPHERE.

WE are taught by facts, that unless the air we respire be of a fit quality, we either cease to exist, or are affected by it, in proportion to its greater or less degree of purity; and this is but too frequently exemplified by the effect
which

which the Atmosphere of this metropolis has upon the health of Children in particular. Its baneful influence is further demonstrated, in the changes that are observed in the vegetable kingdom, when plants are exposed to it; (both being governed as respects air by the same laws) they are perceived soon to become debilitated, and of short duration. From which may be concluded, how incumbent it is, for the preservation of the health of children, that they should not be suffered to continue within the sphere of an impure Atmosphere.

Nature also intended that mankind should be exposed occasionally (at all seasons) to the external air at every period of life; and how fully are the mischievous consequences of deviation from this shewn in those children whose parents, from a mistaken solicitude for their health, confine them almost constantly in nurseries, frequently of too high a temperature, and often badly ventilated; such impropriety is indicated in their sallow looks, meagre countenance and attendant complaints. This position

position is farther corroborated in the following extracts, from “An Examination of Dr. Price’s Essay on Population, by the Rev. John Howlett, A.B.” “In the year 1767, in consequence of the humane suggestion of Mr. Jonas Hanway, an act of parliament was passed, obliging the parish officers of London and Westminster to send their infant poor to be nursed in the country, at proper distances from town. Before this measure took place, not above *one* in *twenty-four* of the poor children received into the workhouses lived to be a year old; so that out of two thousand eight hundred, the average annual number admitted, two thousand, six hundred and ninety died; whereas, since this measure was adopted, only four hundred and fifty out of the whole number die; and the greatest part of those deaths happen during the first three weeks that the children are kept in the workhouses.”

FOOD.

In order to the proper support of the human frame, it is not only necessary that the Food be of a sufficient quantity, but quality also. Man is created (as regards the aliment naturally designed for his support) omnivorous, that is, intended to live on animal and vegetable matter; and it is of the greatest consequence that the body be supplied with a fit proportion of each. For in whatever way the laws of nature are deviated from, she will not fail to show repugnance to it; and, when counteracted by improper Food, some derangement of the system may be expected. This is the most important point to which the public attention is drawn and will be therefore particularly dwelt on.

There have been, and are still, some advocates in support of a doctrine, that mankind can not only exist, but even grow vigorous on vegetable food alone; however few there be of this opinion, it may have an influence in
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making some disciples, and be so far mischievous; a refutation of such erroneous principles which are inconsistent with common observation, and contradicted in the most pointed manner by the investigation of the anatomist and physiologist, may not be considered superfluous. It is well known that nature has given to animals designed to live on animal or vegetable matter, or both, distinctly different organs for the purposes of digestion; this is shown in the peculiar structure of their stomachs, and formation of the teeth, each differing according to the kind of Food intended for their subsistence. Let it be here instanced in the Cow (one of the graminivorous class of animals). She is provided with four stomachs for the performance of the digestive functions; and this is necessary for the accommodation of the great bulk of vegetable food which this animal consumes. The structure of her teeth is also peculiarly characteristic. Other instances might be mentioned, to shew varieties in the construction of the digestive organs of the different orders of animals, but would be unnecessary

necessary now to introduce, this example being sufficient for the present purpose.

The digestive organs of man are found to be different from those of the graminivorous animals. The human being is provided with one stomach only, and comparatively small in size; for the aliment intended he should principally take, viz. animal matter, occupies but little space; and, from this peculiarity may be inferred, the small proportion of vegetables nature designed for his support; besides, the peculiar formation of the teeth is further indicative of his natural Food.

It would be absurd, therefore, from the preceding positions, to suppose that mankind ought to live on vegetable matter solely. And the consequences of a deviation from the law of nature in regard to improper Food, as affecting the human constitution, will be hereafter pointed out.

If we enquire also into the comparative facility

lity with which animal and vegetable matters are digested, it will be found that the former is not only much more easy of digestion than the latter, but produces chyle (a fluid destined to form the blood, and extracted from the nutritive part of the Food) of greater quantity, and better in quality than vegetables. Hence we may infer, the great necessity there is for a daily supply of a given quantity of animal food at all periods of life (except early infancy); more especially in youth, when the body not only requires a quantity equal to the constant expenditure which is going on, but also to furnish proper materials for its growth.

EXERCISE.

It may be considered unnecessary to make any comments upon Exercise, as the necessity of a certain extent for the preservation of health must be known to every individual.—Certain, however, as this position is, it is a point by no means sufficiently attended to; and will be enlarged upon in another part of this address.

Exertion

Exertion of the Mind.—The powers of the mind dignify mankind above animals, and in proportion to the extent of cultivation, degree of strength and proper direction of them, distinguish individuals; and it becomes, as a matter of course of the highest moment to society, that every attention be paid to their enlargement. But great discretion is required in regulating the studies of youth; for the mind and body, ever acting in unison with each other, the over exertion of either, will not fail to influence both, and weaken their respective powers; it is, therefore, of great consequence, at the same time we are endeavouring to give to the understanding additional capacity (by education) that this maxim be always in view, viz. in proportion to the strength of the constitution and abilities of a child, so should the extent of the Exercise of the mind be regulated.

CLOTHING.

WHEN the dependant state of mankind is considered, in respect to the Clothing required for the preservation of health, and in the regulation of which it is so materially influenced, it becomes a subject of great importance; especially in this almost constantly varying climate; and it should be appreciated accordingly. Evidently necessary, however, as this is, the Clothing of young Females in particular is not duly regarded; as in general it is not adequate to protect them against the influence of severe or changeable weather, and frequently productive of complaints. Many of the prevailing diseases of youth are brought on from this cause; and there can be little doubt, if their dress were properly adapted, there would be less of Rickets, Scrophula, Consumption, and many other complaints, which, at the present time, are so commonly observed among young persons. The constitution

stitution of young delicate females is incapable of resisting, even with every precaution, the effect of the weather at certain seasons. What then must be the consequence on the constitution of those whose bodies are not sufficiently protected?

Generally there is too large a surface of the bodies of females exposed; besides the articles of dress, too, are very often composed of materials not warm enough in their nature to afford sufficient protection in the colder seasons. And as suitable clothing contributes essentially to the preservation of health (and the prevention of disease), the old maxim, that "it is better to prevent than cure," shows the propriety of their application to this subject in a particular manner.

Having thus briefly hinted at those circumstances, by which health is principally governed, it remains now to proceed to the main design of this Address, viz. That of pointing out such prevailing Errors as are connected with

Boarding School Education generally, tending to affect the Health of Children, in order to their correction ; as well as some other points
The first subject for consideration is

ERRORS IN DIET.

THE most important Error in the management of Children at Boarding Schools, which tends to influence their health, is the improper system of Diet that generally prevails.

It has been already demonstrated, that mankind are intended to live on animal and vegetable food ; and, in order to the preservation of health, it is necessary the body be supplied with a certain quantity of each. It will be here proved, that most commonly (in the situations described) youth are not allowed the proportion of animal and vegetable food which nature requires for the proper support of the human machine, for its growth, and due performance

formance of the various functions. The consequences of such a deviation from the law of nature, on the constitution of youth often lays the foundation of disease ; especially when aided by other exciting causes, to which they are subject.

To confirm what is advanced in regard to Diet, it will be necessary to advert to the articles, and the proportions usually composing School aliment, in order to shew the inadequacy of their proportions to support the body in a sound and vigorous state.

It is by no means intended to impress upon the public mind, that Children at Schools are not supplied with a sufficiency of food ; the Author being convinced this is not the case ; or that those in charge of youth are deficient in disposition to contribute all in their power towards the welfare of children in all respects. —His only object is, to make publicly known that the prevailing system of School Diet is by no means so well regulated as it ought to be ;

and he is convinced it only requires to be pointed out in order to the establishment of a more proper regulation.

As the articles composing the breakfast and supper are not disapproved of, but rather sanctioned, it is merely necessary to state the main objection ; which is, *the customary Dinner of respectable Establishments.*

It is to be observed, that one full meal of animal food is daily requisite for the due support and performance of the functions of the animal œconomy ; but there are strong reasons for stating, that it is seldom allowed even in Schools of the first respectability.

The usual routine of the Dinner is briefly this.—Puddings, materials not easy of digestion, which afford but comparative little nourishment, precede the animal food, to which children may have access for a further supply, and must consume, before they are allowed to partake of meat. And it not unfrequently follows,

follows, from this routine, that the appetite is so satiated with pudding, that little or no animal food can be eaten; or, if it should, the quantity is too small to form an aliment of a sufficient nutritive nature for a (growing) child. The consequences frequently are, in children, particularly in those who are disposed to complaints, with weak organs of digestion, that a languid circulation, and gradually encreasing state of weakness is brought on, not uncommonly the cause of obstinate chronic diseases. Nor, indeed, is this description of diet calculated to afford sufficient nourishment to those children who possess perfect health.

The Author has now to state how this evil may be remedied; and it is fortunate it can be effected with much facility; the alteration which he proposes being simply this.—*That animal food should invariably comprise the first course, and be considered the principal part of the Dinner, with a proper proportion of vegetables, then a little pudding might be allowed; but by no means urged, as children would probably be better without.*

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This is all the alteration that is contended for in respect to diet; and, trifling as it may appear to some persons, would, if adopted, be attended with important advantages.

The application of these remarks is not only intended for those school establishments where this error prevails, but every situation in life, where a similar system is adopted. Neither should it be omitted that the observations here offered, are by far more referable to the children of this metropolis than any other situation (in this country); for it has before been advanced, that in proportion to the size of a town, so will its inhabitants, particularly the younger part, be more or less disposed to disease, chiefly arising from the degree of impurity of the atmosphere.

To the serious consideration, therefore, of the parents of such children as have been mentioned, this position is particularly directed. And again, as the greater number of their diseases are of a debilitated character, how additionally

tionally important it is, that children should be supplied with a certain diet, and strictly confined to such as is natural, and consequently the most proper for supplying the body with nourishment; if this were done, there can be no doubt, that many of their diseases would be less frequent: and it may also be said, less of that deformity which is prevalent among young females, produced by a preternatural softness in the texture of the bones, (connected with weakness) and detrimental to them in more important respects than the evident crookedness of their figures, which of itself is a matter of great moment, would be seen.

DEFICIENCY OF BODILY EXERCISE.

It is not by diet alone that health is promoted and preserved; a well regulated extent of Exercise is also absolutely necessary. And there is too much foundation for stating, that
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the Exercise proper for youth, and young females in particular, is not sufficiently attended to.

In this climate females are often prevented from going abroad by the frequency of unfavorable weather; and, during such periods, there is too little regard generally paid to the Exercise necessary for them. They ought to be impressed with the advantage they would derive from such recreations, as rope-skipping, dancing, &c. when they cannot take Exercise out of doors, which might be rendered quite sufficient for the purposes of health.

Although the same argument applies to either sex, it is by no means so much in point as regards boys; for, such is their disposition, that under almost any circumstance, they will be in constant motion, wherever opportunity presents. It is however to be wished that more attention were paid to them in this particular. Indeed, even in fine weather, the Exercise which females at Schools are accustomed to take is not very
well

well calculated for the invigoration of their bodily powers. It is too mechanical. They are marched to and from School a certain distance, in the most precise order, scarcely being allowed to move their bodies from the erect position, or turn their heads to either side. This system is certainly very proper at times; but, that it should constitute the whole of the Exercise of children abroad, is undoubtedly not well judged. For the young mind naturally feels repugnant at the continued restraint which is imposed upon it, particularly at a time when it ought to be at full liberty to indulge in such recreations as youthful dispositions incline to. Children ought, to a certain limitation, (under the inspection of a head) to be allowed the range of their inclinations; by which every part of the body partake of the advantage of their Exercise, instead of its being confined to a certain number of muscles, agreeably to the present mode of exercising children at Schools. In short, let the indications of nature be the guide in this and every other particular that concerns health; and,

and, if properly attended to, there would be much less occasion for recourse to the healing art than is the case at the present time.

ERRORS IN DRESS.

THE present fashion of clothing young females requires particular notice; as it is by no means calculated, at certain seasons of the year, to protect their constitution against the deleterious influence of severe and changeable weather. The periods particularly alluded to, are the autumn and the beginning of spring, (in winter the dress is generally better adapted) when complaints among children are most predominant; frequently arising from improper clothing, and imprudent exposure to the weather. The principal defect, as has before been stated, is the exposure of too large a surface of the body, and that the articles are not composed of materials calculated to afford sufficient warmth to the body, during particular seasons.

It is almost unnecessary to say, that the constitution should be attended to, in the regulation of this important matter, as well as the seasons.

Great advantage would be derived from the more general use of flannel worn next the skin, particularly to those of weakly constitutions. The want of a proper degree of warmth to the body, is familiarized in the frequency of chilblains among youth at Schools, when compared with children at home (with their parents); the greater frequency of their prevalence in the former situation is very striking. This complaint may arise from exposure to too low a temperature, or deficiency of exercise, as well as improper clothing. It would be fortunate if this complaint were the only one arising from the latter cause, but there are many diseases which are occasioned, and others aggravated by it. This, indeed, is made more evident by the circumstance of there being less disease among boys than girls; which is not to be accounted for altogether from the difference of constitution, but from

from a greater disposition to complaints, in a great degree owing to their improper clothing.

The winter Dress of females ought to be commenced earlier than is generally adopted, and continued longer than is usual. It should be worn until warm weather has set in.

OVER EXERTION of the MIND.

There is great reason for inferring that too much Mental Exertion is sometimes imposed upon youth; and that if less cultivation were attempted at once, not only their health would be less frequently affected, but their mental improvements would be accelerated. A particular attention should be paid to the abilities and constitution of children in the regulation of their studies; for it is evident that Over Exertion of the Mental Powers will not only counteract the object of the teacher, but tend to the establishment of bodily infirmity.

It may not be considered superfluous to make a few observations on some subjects connected with the object of this Address, though not comprised in the title. The first of these is

SCROPHULA.

THE most prevailing chronic disease of children is Scrophula; and it is of great consequence that a knowledge of the slighter symptoms should be generally diffused, in order to its early detection, and the adoption of proper remedies.

The skin of those of the scrophulous disposition is generally very fair and transparent; but the more evident symptoms at the early development of this disease, is a swollen upper-lip; swellings of the extremities of the fingers; sore eyes; and enlargements of the glands of the neck. The more advanced and aggravated forms of this complaint it would be unnecessary

to mention, as the present object is rather to point out than to give a history of disease. One circumstance, however, deserves particular notice, it being a fact of the greatest importance, viz. That, although an individual may be born with the scrophulous disposition, it will not manifest itself in the form of disease; unless through the influence of some exciting causes.

PRETERNATURAL SOFTNESS OF THE BONES.

A disorder (if it may be so called) to which the female sex are more subject than males, is a peculiar Softness in the Texture of their Bones, productive of deformity of body; to which, if proper attention were paid at its commencement, in order to the adoption of suitable means for recovery, much fewer instances of crooked backs, &c. would be seen. To this end it is necessary, that the spine of young females should be occasionally examined; for
instance

instance, every three or six months at farthest. And, as the affection is of a debilitated character, it points out the necessity of their diet being particularly attended to.

It is presumed that it will not be out of place to give an extract from the rules recommended by Dr. Underwood, (which are consonant to the opinion of most surgical practitioners) for obviating the wrong turn of parts; increased by improperly placing the body in standing, walking and sitting; by which weakness of the muscles and crookedness in the bones are produced. His rules for obviating and removing these infirmities are—1st. “Let a flat board seat be chosen for a child to sit upon. From two years of age a seat of this kind should be used; but it is improper for a child to sit more than an hour or two at a time. To pen it upright in a low chair is very injurious.—2nd. A child should never be allowed to lean. It ought to stand upright; and, when sitting, should not be placed at a very high or very low table.—3rd. If either a hip or shoulder

der project, it will be useful for the child to sleep on the other side. If one shoulder be higher than the other, standing on the foot of the same side should be practised ; and an armed chair, having one arm higher than the other, used. If the heel be contracted, walking up an ascent will be proper.—4th. The use of tight bandages, stiff stays, steel collars, or instruments of any kind, to *prevent* parts from twisting or taking a wrong turn, is improper. The time to apply a bandage or an instrument is when a bone, or part, has grown out of its natural direction, or is distorted.”

THE HIP DISEASE.

A disease more frequently met with in boys than in young females, is what is commonly known by the name of a Hip Complaint (one of the aggravated forms of Scrophula) ; and as its progress is extremely insidious, and often leads to the most serious consequences, it demands particular attention.

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It is a lamentable fact, that numerous are the instances where life has been lost; (and others which have ^{not so} terminated, yet ending in permanent lameness from this complaint not being early detected) that might have been prevented by timely professional aid. With a view, therefore, to the prevention of such results, the first symptoms of this disease will be pointed out, in order that it may be more generally known, as success in the application of remedies at this period of the disease principally depends.

The first indications are so very slight as to cause no suspicion of its existence. The individual affected experiences generally but little pain at the commencement, the sensation in the hip joint amounting to no more than an uneasiness; this, together with an awkwardness of the gait in walking, are the first signs of the development of the disease. This state will frequently go on, with trifling alteration, for one or more years; sometimes however a much shorter period; when, from some exciting
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cause, as over exertion, or from accident, the disease makes itself evident to a common observer, by the violence of the pain and swelling of the hip. It cannot be a matter of much surprize, from what has been stated, that the nature of this complaint should have been so seldom suspected at an early period. The serious consequences of the progress of this disease have been stated before, and hence the necessity of the most careful attention to an early examination whenever there is the least suspicion of its existence. And, formidable as it has been represented to be, it is for the most part a manageable disease, if early treated.

Neither ought it to be passed over, that instances sometimes occur, where this disease has gone through the advanced stages, such an alteration in the structure of the joints occasionally takes place, as to occasion dislocation; and the young sufferer is sometimes put to the additional torture of extention of the limb, with a view to its reduction, from the supposition of its being occasioned by violence. The consequences

quences of such mal-treatment is followed by imminent danger.

Many instances have come under the Author's observation where this complaint had originated at Schools; and, from its nature not being understood, the time proper for the application of remedies had been allowed to pass without any decided treatment, and the consequences have been the production of permanent lameness to the individuals.

ON CHOICE OF SITUATION FOR SCHOOLS.

BEFORE concluding these observations it may not be considered superfluous to make a remark upon the choice of Situation for Schools; and, from what has been advanced, it will appear evident, that a certain distance from large towns is the most conducive to the health of youth, and that a dry and warm situation is
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the most proper ; particularly for children of the scrophulous constitution.

ON SEA AIR.

THERE is great reason for supposing, the public are not sufficiently acquainted with the effect that Sea Air has upon the constitution of children, especially on those afflicted with disease ; at least, it would seem so, from their too frequent indiscriminate exposure to it. In the summer months the sea side is undoubtedly the most desirable situation for children affected with many complaints, but that they should be exposed there the whole year is shewn to be highly prejudicial, by the aggravation of their diseases at certain seasons. The diseased or delicate constitutions of youth cannot resist the influence of severe and changeable weather without sustaining injury ; hence the necessity of their non-exposure to situations, where, as on the coast, at some periods of the year, it is proved to be highly prejudicial to them.

In

In concluding this Address, the Author once more adverts to the principal object he had in view when induced to offer his opinion on the preceding subject, viz. an endeavour to impress on the public mind the necessity there is for the general adoption of a more rational system of School Diet; which he has shewn may be effected by a simple deviation from the usual routine. It is unnecessary, from what has been already advanced, to dwell more upon the good effects which would result from such a regulation; and he therefore has only further to state, he does trust, the subject will meet with the consideration its importance demands, and that the suggestions may lead to its general adoption.

The other propositions which have been advanced, the Author hopes will be duly weighed; and that, by their united operation, the health of the rising generation may be promoted.

FINIS.

In concluding this Address, the Author once more adverts to the principal object he had in view when induced to offer his opinion on the preceding subject, viz. an endeavour to impress on the public mind the necessity there is for the general adoption of a more rational system of School Diet; which he has shown may be effected by a simple deviation from the usual routine. It is unnecessary, from what has been already advanced, to dwell more upon the good effects which would result from such a regulation; and he therefore has only further to state, he does trust the subject will meet with the consideration its importance demands, and that the suggestions may lead to its general adoption. The other propositions which have been advanced, the Author hopes will be duly weighed; and that, by their united operation, the health of the rising generation may be promoted.



