

speaking, the public press of the country. At the present day things notoriously injurious to health are detected by the news-gatherer and commented upon in the daily papers. And neglected, dirty or untidy alleys and premises, the precursors of nuisances which in times past would have gone unnoticed, are now pretty certain to be complained of and remedied. These vigilant and influential voluntary inspectors are powerful agents for good, and they are ever on the advance and render any falling behind impossible.

"In the beginning," said a Persian poet, "Allah took a rose, a lily, a dove, a serpent, a little honey, and a handful of clay. The rose had a thorn, the lily was frail, the dove was timid, the serpent was guileful, the honey was very sweet, and the handful of clay was a handful of clay. Yet when Allah looked at the amalgam, lo! it was a woman." And nowhere better than in the hygiene of the home can this complex creature find her sphere for energy and active work. It is to the women of a family that should naturally come the instilling into the minds of the young hygienic ideas that will remain with them through life. "Train up a child in the way he should go, and when he is old he will not depart from it," is true now, as it was in the days of Solomon. To the women belongs the duty of teaching children to breathe through the nostrils, and to eat slowly; of training their daughters and sisters to protect the upper part of the chest; not to squeeze the waist; to have nothing tight below the knee; to wear thick-soled boots, and skirts clear of the ground, so as not to sweep up and carry home the impurities and bacteria of the streets and pavements. Amongst other phases of domestic sanitation may be mentioned the enforcing of proper ventilation of the home; the purity of the milk supply; the boiling of the drinking water and that used for washing vegetables that are eaten raw, where it is doubtful; the use of ice in a jacket outside and around the water jug, butter dish, etc., and not within; and the removal of dust instead of only redistributing it by stirring it up with broom or duster.

Then, again, she can use her influence and authority against late hours at night. There is no doubt that many of the nervous breakdowns which are becoming increasingly common are due in part at least to the modern artificial life turning so much of the night into day since the introduction and perfection of artificial light. There can, I take it, be no doubt that nature intends the hours of darkness for that sleep which restores and prepares. The children's old hymn says:

"When the darkness deepens,
Stars begin to peep;
Birds and beasts and flowers
Soon will be asleep."