

in order to build up a better body, according to age, according to sex, and so on. Dietitians can inform us quite accurately in regard to food for the body.

*By Mr. Hamilton:*

Q. Taking into consideration the health of the individual?—A. Yes.

Q. You must have had a perfectly healthy patient before you began to figure it. —A. Yes. Experiments are being made, and can be made, according to health condition. Tubercular people require more food and rest, than a healthy person, so you can make your deductions or measurements quite accurately—in fact, without any mistakes whatever. That is, apart from the menu. You might have a dinner at the Chateau Laurier and a dinner at home, and the dinner at the Chateau will have certain kinds of meat and vegetables and desserts, while the dinner at home might have different kinds, and yet they would both be ample, and when you analyzed them you would find that each had, perhaps not the same, but specific caloric conditions, to meet the requirements of the individual. That is, there is no difference in the value of the food, but there may be in the choice of its kind, and we have a wealth of productions from which people can satisfy their individual tastes. We know how much food a human being ought to have in order to maintain himself in health, and in efficiency, and for the prolongation of life. Then we come to the realm of clothing—

Q. How did you arrive at that?—A. It was arrived at by the dietitians and physiologists—

*By Mr. McMillan:*

Q. You will come to that?—A. Well, I think I will come to it when I discuss the report we are using. Now we come to the realm of clothing, and people will say "You have a huge area of style; how can you choose what a person ought to have?". That may be. There is a dress that costs \$15 and there is a dress that costs \$300, and the \$15 dress may be for the same occasion, according to the section you live in, but there are fundamental requirements in clothing. The human body must have warmth; the human body must be clothed according to the culture we live in, or the society or the country in which we live. Such things as temperature, call for particular clothing. You must have conventional decency; you cannot go around in a gauze dress or with shoes and no stockings, or stockings and no shoes, in the winter time, nor can you do so among people who are used to shoes. You cannot go around with a lot of clothes on in Africa, for instance; so you must have the clothing which gives you the requirements of your temperature and your country, and the requirements of the society and the conventions of the time in which you live. I don't think that can be gained. It was on that basis that we made our calculations.

Then we come to housing, and here I think there is very little disagreement to-day. Housing experts, architects, building laws, and so on, combine to know what is healthy. We have prohibitive laws and we have instructive laws; we have laws which say you cannot have a house built in a certain way, and there are laws which say you must have your house built in a certain way. All a question of health. Families must have at least four or five rooms; they must have air, and light, ventilation, sanitation, cleanliness; there must be a decent separation of the sexes and there must be decent privacy for the family. Now, as to the question of decency: there may be a debate as to what we mean by it, but I think fundamentally, civilized people do agree on what is decent and what is not, on what is healthy and what is unhealthy. There is no disagreement as to the requirements of houses. The modern laws tell us what is the basis of health. We know how to distinguish between a house in the slums and a house which is not in the slums, because we have our basic principles to go on.

[Miss Margaret S. Gould.]