

tempt; but simplicity in eating is the very heart of the joy of the table.

Elaboration and gluttony are alike in this, — they increase the housework and decrease the well-being of the diner.

How to maintain the sweetness of the family spirit of the home and yet bring into it a wider social spirit, break down its isolated individualistic character, is a problem I do not pretend to be able to solve. Ancient nations emphasized the social-national aspect of life overmuch, as for example the Spartans; the modern home overemphasizes the family aspect. We must avoid extremes by clinging to the virtues and correcting the vices of the home.

Alarmists are constantly raising the cry that marriage is declining and that society is thereby threatened at its very heart. There is the pessimist who feels that the "irreligion" of to-day is responsible; there is the one who blames feminism; and there is the type that finds in Democracy and liberalism generally the cause of the receding old-fashioned morality. Divorce, late marriage, and child-restriction are the manifestations of this decadence, and the press, the