

sides goes without saying. City mistresses are sometimes insufferable tyrants against whose insolent persecutions poor friendless and homeless girls have absolutely no defence. Even when they are not so bad as this they are too often careless to a criminal extent of the physical, mental, and moral welfare of those who, whatever their social position, are for the time being members of their families and under their oversight. The girl who toils hard from day to day for food, clothing, and a mere pittance in addition, never finds her monotonous round of duty relieved by a single hour of recreation. She is never offered a book to read or afforded an opportunity of going to a concert, though she can enjoy both, and either would do her a world of good. On the other hand the servant sometimes affects an impudence which is as insufferable as the insolence of a tyrannical mistress. She is sometimes dishonest, a fatal defect of character in one who occupies so confidential a position. In her eagerness to relieve life of its monotony she too often places herself in equivocal positions, and puts up with questionable company. By persistence in wrong courses she undermines her respect for herself, and the destruction of self-respect is usually the beginning of a career that must have a bad ending.

In the country the manner of the mistress can never be that of a chronic tyrant, because the social distinction between mistress and servant is of necessity less pronounced, and treatment such as city domestics have frequently to endure in silence would raise a whole rural neighborhood in a ferment of indignation. But the mistress may sometimes forget that a farmer's wife is not the social superior of the farmer's daughter, and trying to make the latter feel that she is inferior, may be the means of alienating her good will and driving her out of service. On the other hand, the servant may occasionally forget that her employer has the right to select the friends with whom she is intimate, and that if she is not admitted within that honored circle she has no right to feel aggrieved on account of being kept aloof. If her mistress does not choose to ask her into the parlor to be introduced to visitors, her own good sense should tell her that she has no right to be vexed because she has been overlooked.

The relation of mistress to servant should be a pleasant one. There is ample opportunity, if there is only the will, to make it so. A mistress who has a kind heart and plenty of tact, can do much to attach any reasonable girl to herself. She can afford to be thoughtful of her servant's welfare, to furnish her with reading matter, to take a respectful interest in her religious concerns, and to allow her to go now and then to a proper entertainment. No girl, who is not above her sphere will resent such friendly manifestations of sympathy, and the great majority of domestic servants would repay them with gratitude. They cost the mistress little in the way of effort and they will do herself as much good as they do her servant. On the other hand a girl who is actuated by a sense of duty and is on the lookout for opportunities to please will seldom fail in doing so. Reproof, when deserved, should be submitted to without resentment, and respectful advice in matters as to which her servant is an expert will never be regarded by a sensible mistress as out of place. By putting her heart into her service, and never forgetting her place, a domestic may make herself something more valuable than even a friend to her mistress—may become a support which the latter will regard as indispensable, a councillor to whom she will resort in all kinds of emergencies. Power and position in a household gained in this way may be retained by the same means, but it is too often lost as the result of a spirit of insubordination which is the offspring of self-sufficiency.

It is to be regretted that so many girls shrink from domestic service in which they might be more comfortable and make better wages, and resort to stores and factories as a means of making a living. Factory life is essentially a demoralizing one. Whatever

bad elements of character there may be amongst those working day after day, in the same room, are sure to show themselves, and the effect is injurious on all. For their own sakes girls would do well to give domestic service a fair trial, resolve to make the best of it, and to seek by conscientious attention to duty and modest self-assertion to secure the respect, esteem, and even gratitude of a mistress. And as there are faults on both sides let there be reform on both sides. The mistress class must meet the servant class half way. Both will be unspeakably the better for the new and more agreeable views they will thus obtain of each other.

#### SANITATION IN RELATION TO MORALS.

Age has caused a not unworthy reverence to be paid to the saying, "let me make the songs of the people and I care not who makes their laws," for, as is not always the case with old sayings the truthfulness of the adage is borne out by the logic of ethics. Of the few old sanitary proverbs which have come to us, "cleanliness is next to godliness," may likewise be given as an illustration of an old even though a homely truth. To appreciate, however, the truth in both it is necessary to understand the full meaning contained in both. In the one, we have to understand the influence which, that which affects the emotional nature, produces on the moral character, and in the other, how physical conditions influence the mental and moral nature in man. It is hardly necessary to remark that as the songs of a people, by appealing to their patriotism, and their love of home, are but partial elements in a national education, so sanitary progress is but a part of the influences going to make moral character. That good sanitary conditions occupy, however, a much higher position in giving a wholesome character to society than has hitherto been generally supposed, will, we trust, be seen from the following considerations:

The study of the development of species and races, so marked a feature in modern science, has made it abundantly plain, that influences for good or ill, beginning before birth, produce in the most exact manner, throughout the whole period of growth and development, effects which can be predicated in many cases with the greatest certainty. The scrofulous parent procreates offspring with certain morbid characteristics, the drunkard begets children with other morbid qualities, and so the physical history reads in many other illustrative instances. It will thus be seen that there is a prenatal gloom overshadowing many infants, whose after life will need to be spent in very brilliant sunshine indeed, if the shadows are not to be present throughout all their future years.

But beginning with the child at birth, even though well born in a physical sense, it is so susceptible to influences that, at every footstep of its way to manhood, it is affected by its environment, for weal or for woe. Its first breath is in air clean or tainted. Heaven's air has its life-giving balm, but man's air, as breathed in our earthly habitations, is a poison often neither slow nor uncertain. Let any one who doubts this visit, for proof of it, even for a few moments, some of the houses in which thousands of the inhabitants of our cities are spending these cold winter days and nights. The physician, whose duty calls him into the houses of the poor, witnesses in sadness the babe, healthy enough as long as the summer sunshine lasted, fading away through bad air, while only last week, as showing its almost universal prevalence, went out a legal luminary, one of Canada's great souls, through a disease typical of unclean air and water. We see then the deadly influences at work slowly or rapidly, all with the same sad ending.

The bad air of the home, we have said, affects nutrition through being breathed; but as food and drink are often exposed to it, it will be seen how its impurities extend to every part of a house. Its impurities are the volatile filth arising from the decomposition of organic matters in the human body, in the cellars, in the soil beneath houses