

What was its text? Why, just this: The need for more intelligence among the women of the State in the care of self and others; the necessity for the revision of many old habits in the light of modern knowledge; and the duty of saving strength by employing the means now at hand to lighten their own labours as well as to promote the health of their households. There is neither

VIRTUE NOR ECONOMY

in making a day's work monotonous, when by the exercise of intelligence it might teem with interest. There is no merit in being overtired, often harassed, or too busy to keep up any outside interests or to enjoy essential recreation.

It is with the object of opening up this important subject that a

BULLETIN ON LABOUR-SAVING DEVICES IN THE HOME

has been prepared. It covers so wide a field that reference to many useful devices and appliances must necessarily be omitted; many "tips" familiar to experienced housewives cannot be mentioned.

Incomplete as the presentation of this matter must be, consequent upon the limitations of space, it can be studied to most advantage if divided into three groups; though none of these will comprise all the details which should find their place in one or other of them.

It is, however, to be hoped that by the discussion of those here enumerated, and by a substantial addition to their number through the interchange of personal practice, the Women's Institutes of British Columbia will render good service to the Empire. Increased efficiency in the work of individual members must raise the standard of health not alone in their own homes, but, by force of example, in their immediate neighbourhood, and by degrees in the whole Province.

Group I, will deal with

DEVICES OF MANAGEMENT:

those which are chiefly the result of forethought or of orderly arrangements; in which mental effort is the promoting force; in which, to use a homely old saying, "the head saves the heels."

Group II, will comprise

DEVICES OF EXPERIENCE:

those which have become more or less habitual, because their advantages have forced themselves upon the worker in the course of her daily routine. They are most accurately described as the result of that practice which gradually makes perfect.

Group III, will be concerned with articles designed to improve kitchen equipment and to facilitate the performance of domestic duties generally. Most mechanical aids to increased efficiency come into this group; though, as these bulletins are primarily written for the information of those living away from cities, no reference will be made to electric conveniences, in spite of the fact that, in the near future, the utilization of the electric current will constitute the greatest labour-saving device in the household as elsewhere.