

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."

"Birds and beasts and flowers" follow this law of nature, and it would be far better for the health of the nation if men would go to sleep with the other beasts, and women fold up and go to rest with the other flowers. I hold with the old saying that one hour's sleep before midnight is worth two hours after it. I do not hold with the other old saying: "six hours sleep for a man, seven for a woman, and eight for a fool." If that opprobrious epithet is to be employed at all in this connexion, it should, in my opinion, be applied to the person who is able to secure eight hours sleep at night, and yet fails to do so. But those eight hours should be between dusk and dawn, instead of our sitting up late under artificial light, and wasting the early daylight hours in sleep.

Then there is to be borne in mind the possibility of the conveyance of consumption and other diseases by kissing. Against the kiss of strong affection and of love, against that most delightful method of putting two and two together, especially when only one pair is feminine, no sanitarian will waste his time in close words. But one may possibly have a chance to obtain a hearing with regard to other forms that might well be abolished or diminished. It would surely be an advance from the sanitary standpoint and one not too hopelessly unreasonable, if the masculine handshake, or some other similar greeting, could be substituted for the formal conventional touching of feminine lips to lips which is so general amongst women on meeting and on separating.

Again, the general and indiscriminate kissing of babies and young children by every friend and visitor might surely be omitted. This would not involve an overwhelming amount of self-denial, for the infant at any rate, and it would protect it from a risk to which we have no right whatever to expose it without its understanding and consent.

I speak of the home aspect of sanitation as being especially women's work, because it is in the home that she finds her fitting and proper sphere. The new woman now-a-days is forcing herself forward as a competitor with man in almost every line of life. Nature herself tells us in several ways that this should not be so. Take as one evidence of