

public policeman, while Plutarch's most intimate friends, who seem to have had a good deal of sarcastic humor, delighted to remind him of the remarkably exalted office to which his genius had raised him. On one of these occasions, the honest biographer made a reply worthy to be adopted as the motto of all sanitary reformers. "It is not for myself," said he, "that I do these things, but for my country. The usefulness takes off the disgrace, and the meaner the office I sustain, the greater the compliment I pay to the public."—*San. Review.*

COOKING FOR THE POOR.

The poor, the really poor, have in our time very limited means, and, what is worse, no instruction or knowledge how to use them. The smaller our means are, the better arithmetic and method are required how to employ them, and many a workman's wife outdoes a Cambridge wrangler in the constant arithmetic calculations she has to make with pence, half-pence and even farthings. The greatest shortcoming among the poor in providing food is the fact that the continual purchasing process is most wasteful, and that the smallness of the means almost nullifies calculation. That the poor might get twice as much out of their means, if they could be better managed, is a plain fact; it is, however, scarcely in their power so to manage them, as far as purchase goes. Human courage fails to overlook immediate requirements; eschew the cup of tea and bread and butter, and buy a more wholesome meal. It is so quickly got that few enquire whether it is worth buying at all, and the immediate supply to the body is considered the most important matter, whether it is efficient or not.

The waste in the constant immediate supply of innutritious food must be an enormous item in the national expenditure. We reckon that about ten millions sterling are annually wasted merely by the foolish and wasteful purchases of the poor. Poor they are, and poorer they make themselves by bad management. There are some standard foods among the poor that require our immediate attention. First and foremost come tea among women, bread and bad butter among children, and alcohol among men.