

are dietetic methods that promote a feeling of vigor and efficiency is not generally understood in youth. We learn by experience that certain foods are not for us, though other people may use them. There is no excuse for forgetting the label on what puts us out, nor can we take another man's habits for our guidance.

Insist on eating your own food, and reject food that hampers you in the day's work. The mass of learning on the mind's library shelves is the acquirement of a lifetime. At different periods of life we can not eat and work hard on different foods. It is a constant study.

The point is that one gives intelligent and constant attention to the matter of the food on which he works best; that he remembers the food that incapacitates him; that he makes no compromise nor trifles with rules that he has imposed on himself; that he be elert to refuse those friends who would injure him by kindness; that he be on guard in social hours, for the next day he must work and do his best.

Mere taste is not a safe guide for man. It may be that the lower animals are pretty well armed by taste and instinct. But the condiments that sweeten, pepper and spice man's food are a delusion. We awaken a false appetite and wholly confuse nature. Many things that taste good are almost fatally injurious to the day's work. Repudiate the ingenuity of the cook and judge what will be energy for masterly toil. Toil we must if we would win the prize, and the right food is like fuel to the engine.

In these days of close competition a manufacturer discriminates between different kinds of coal under his engines.

### The Square Deal.

The "Engineering Magazine" is in close touch with the industrial world, and recognizes the importance of better sanitary conditions in the shops and factories. The following article, in the December number, is a plea for the wage earner, which should appeal to every thoughtful mind.

"Let us therefore approach the principle of the fair deal with our imagination, our sympathies, our sense of fairness, alert. The great bulk of the population of the United States, both relatively and numerically, a hundred years hence will be descended from those who are the wage-

earners to-day. What our industrial officers make now of the working army, will make our future nation, not dreadnoughts and fortified canals.

"The wage earners are our people and our nation; if not its backbone and skeleton, if not its brain, nevertheless, its important flesh and blood. Moreover, the burden on them is both exalted and heavy. It is the men closest to their bread and butter who generally have correct instincts as to evils even if they often flounder as to remedies. It is the flesh that quivers with physical pain, not the brain nor the skeleton. It is on these workers that the duty devolves of bringing up respectable families on a small and precarious income. There is not room for all at the top, even if all were competent to climb to the top, and one of the great problems is to make to-day bearable without taking away the hope of a better to-morrow.

"A boy apprenticed to a trade ought to feel confident that he has not been allowed to enter a race in which even before he started he was hopelessly outclassed; he ought to see before him a reasonable certainty of tenure of position, of definite and increasing wages per hour until he has reached a maximum for his trade and locality; he ought to be assured of decent, helpful companions; he ought to be certain that all those things essential to his health and safety which he cannot do himself were being done for him.

"As to the man, the worker, without whom industry would collapse, all conditions ought to be standardized. Drinking water ought to be germ-free, life-destroying dust should not surround moving machinery, work illumination should be adequate, not ruinous to eyesight. Working hours should be reasonable and without overtime except in great emergencies, means should be provided for ascertaining directly his needs, his wishes, of listening to his recommendations."

### Assurance of Good Milk.

Good milk is the most valuable single article of diet known to man, while bad or unwholesome milk is a source of great danger to health. Good milk is easily digested and contains all of the elements needed for the body; when examined by the microscope, it is found to consist of a large number of round substances, or