

whole subject, and that there is prevalent an entire destitution of knowledge of administrative economy. . . . As to the young shoemaker who comes to settle, and in time marries, in Northampton, of the children born to him one-half will be in their graves soon after their fifth year. I estimate, moreover, that the money loss to a young adult couple from premature disability under such sanitary conditions will not be less than 150% the two. Now, what might sanitary science do for his relief? It might give to his home, or to his weekly tenement, the like sanitary protection from localising causes of epidemic disease, by police regulations and sanitary inspection, that is given under Lord Shaftesbury's Acts to tramps and beggars' lodging-houses. Sanitary science might in its extreme advancement, which is beyond my present expectations, give him the same immunity from ravaging epidemics and a relief by three-fourths of the prevalent death-rate that it gives to the thief in the well-regulated county goal. I regret that legislation has ensured the best sanitary service hitherto to the idle and dishonest and the least to the industrious and the honest; but it is too true, it is so. It might easily extend his working ability by some ten years. Sanitation may indeed so far extend his working ability as to enable him to live long enough and with thrift to obtain a deferred annuity, and enable him to spend his last days with that ease and comfort and respectability which benefits a well-spent industrial life.'

ON DIET.

On this subject we are disposed to agree for the most part with the following extract from the *Periscope*: Go where you will, and the more refined and cultured the people—morally, intellectually, or spiritually, the more they are given to the delicacies of the table. Good, substantial wholesome food, properly cooked, *nicely served up, with neatly dressed servants*, all the decorations of the table tastefully arranged, is one of the highest marks of social and civilized life. Those that do not aim to do this, if able, spurn from their household the richest blessing God has given them. Show me a cross, morose, crusty and unaccommodating man, and as a rule I'll show you one whose wife is a poor cook, his table ill arranged, no order, neatness or decoration to adorn the domestic board. To eat, to fill up, and sustain life only, is to serve the baser part of our nature. To eat, to enjoy, and be thankful for the good things of life, nicely prepared and arranged, is no small part of a Christian life. Eat with thankful hearts the bounties God has given.

What shall I eat? Our answer is, "eat whatever agrees with you." Nature can, and will, dictate what is demanded better than we can, unless the appetite has become perverted in consequence of the use of stimulants. Should we take the Old and New Testaments as our standard, we would be conducted to the vast resources of