

because they can carry it out, but because it is an office which man never can carry out; and because the whole work of prevention waits and waits until the woman takes it up and makes it her's. The man is abroad, the disease threatens the home, and the woman is at the threatened spot. Who is to stop it at the door, the man or the woman? The house is her citadel. A woman should master physiology so far as to understand the general construction of the human body. She should be rendered fully conversant with the different changes of food that are required. She should be taught the relationship which solid foods hold to liquid food or drinks. She should be told what drinks are foods; and she should specially understand what are the particular foods required for the young during the periods of active growth. If women only knew what foods were requisite to feed the skeleton or bony framework of the living body while that skeleton is in the course of growth, and if she would act upon her knowledge, as she almost certainly would if she possessed it, there would hardly be one deformed child left in the land in one or two generations. Rickets, with all its attendant miseries of bowed legs, crooked spines, and humped backs, would pass away as if by the spell of an invisible enchantress. After the understanding of the digestive system, the woman should learn the principal facts relating to the general functions of the body, and she would require to find out how most effectively she can maintain, in the varying seasons, an even and equable temperature. She would aim to consider in what way she could keep the air of the house free of that most objectionable of mischiefs, dust. She would demand to have marked for her on a map or plan the precise position of every drain-pipe in the establishment, and would insist, with intelligent skill, on having every drain kept systematically clean. She would learn enough of the chemistry of water to enable her to determine with facility whether a water was wholesome and drinkable; and she would have a sufficient amount of skill to direct how an impure water might be purified and made safe for her or her's to drink, and use for all domestic requirements. She would see to it that damp had no place in any apartment. That she would acquire a thorough knowledge of the best art of cookery; a good knowledge in choosing foods in season; that she would find out what foods are most suitable for persons of different age and constitution; and she would distribute food with well balanced hand, neither feeding over-indulgently or parsimoniously. But she would be better able than anyone else to put to the test the experience whether it is good or necessary to go to the living animal creation at all for human food. Women should know the correct names and characters of the more common diseases, and they should know, by sight, the every-day contagious or communicable diseases. All the best known methods of preventing disease should be at their fingers' ends, and the rule of the sick-room should be their faithful care. The woman should know everything about registering the temperature of the sick room and degree of humidity; the mode of ventilation; the different special methods of feeding, washing, and changing the sick; the most efficient means of disinfecting, and of removing or destroying the poisons of the communicable diseases. How, in this way, the woman could help the physician, none but the physician can understand. Women