

a purer light than they themselves received it; or—surely it is unnecessary to detail the possibilities of deterioration and its gruesome results to offspring. They are but too familiar.

#### THE CHARACTER OF OUR FOOD, SHELTER, AND SANITATION

are mainly under our personal control; but co-operation with the community around us is necessary for the betterment of the laws and of the general attitude concerning the protection of food-supplies, conditions of labour, building regulations, control of infectious diseases, and other factors in the promotion of health.

#### "OF WHAT USE IS AN EMPIRE," ASKED LORD ROSEBERY, "WITHOUT AN IMPERIAL RACE?"

An Imperial race can be assured if all the knowledge now at our disposal be applied to the control of our environment and to the intelligent adaptation of habits to climate, occupation, personal requirements, and social obligations. We are no longer at the mercy of conditions; it is for us to master them and shape them to our own purpose.

It has been well said, and the saying is peculiarly applicable to women's work in our home. "The art of to-day is the beautifying of human lives." It is my earnest hope that the contents of this bulletin will place at your disposal a part, at least, of the materials necessary for this noble work. Do not forget duty to self as well as duty to others; example outweighs precept any day.

See to it, then, that—

The mind's sweetness shall have its operation  
Upon thy body, clothes, and habitation.

For faith without works is dead.

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