thoughtful division of the income. Rent, food, clothes—running expenses—must each receive a share. The unexpected forms a large part of life. No good manager is without a fund to draw upon for emergencies. Debt usually comes because the fund has not been reserved. Moreover, for an ideal, any sacrifice is a pleasure. For an ideal, men will strive and win success when otherwise they would sink into inaction. In the division of the income, then, a place must be given to ideals. One great advantage of this recognition is the incentive to thoughtful foresight which it engenders. The woman will not haunt the barga'n counter if she has a fixed determination to lay aside a portion of the income for the satisfaction of the needs of the higher nature.

Third.—An ability to secure from others the best they have to give, and to maintain a high standard of honest work.

This includes a comprehension of the inexorable laws of power and energy. There is too often the vain endeavour to make one pair of hands do the work of two; too often the element of slavery in the work of the house; too often a disregard for the mechanical efficiency of the human machine. One can hardly blame young women for going into factories, shops, and offices, where their work is measured by law and not by caprice.

Fourth.—A knowledge of the science of nutrition.

This includes the composition and classification of food, the function performed by each class in the body, the physiological effects of all, and the preparation by wholesome cookery.

To recapitulate, the modern housekeeper, if she is to fulfil her duties to the community in which she lives and to the State whose laws protect her, must know how to choose her home, and, having chosen it, must so order it that the satisfaction of the human wants as well as the animal needs shall be as complete as possible.

In a short paper like this it would be impossible to dwell at greater length on each of these points; my object has simply been to suggest something of the ideal which I have set before me and am aiming at reaching in the training of housekeepers. But on the subject of nutrition, which is perhaps common ground for the nurse and housekeeper, I would like to dwell a little longer.

If the proper study of mankind is man, then the study of that which makes him a capable, efficient member of society, and not a wretched dyspeptic or a shell of walking contagion, is worthy a place in any curriculum.

It is just as wrong to ignore food or to hold it of little value as to consider it too much. The health of the human body means sufficient food if the individual is to do his or her work in the world. The well-nourished child is a happy, strong little animal, making brain and muscle and nerve for future use. The well-nourished adult is a hearty, efficient member of society, contributing his share to the common stock of public good, as well as enjoying his own work and pleasure.

Ten years ago or more Elias Metchnikoff, the eminent Russian pathologist, undertook an exhaustive study of inflammations. Whether they occurred from wound or from disease, he noted the presence in large numbers of the white corpuscles which float about in the blood and lymph. To these he gave the name of "phagocytes,' the devouring cell. Against the invading hosts of disease the phagocytes go out to battle—to conquer or die. Now, the condition of this army of phagocytes, like that of any other, depends on its commissariat. If the food supply is just right, the soldiers are vigorous; if it is wrong in any particular, they are weakened. The protecting army may be incapacitated in any one of three ways:

First, by over-nutrition. By indulgence in food the body tissues are weakened by the strain of excess. I put this first because it is the belief of most students of economics and sociology that it is the overfed among the nine-tenths not submerged who are being eliminated by the various diseases of modern life—apoplexy, heart disease, Bright's disease, &c.

Second, by under-nutrition. The day has long since passed when fasting can be regarded as favouring either clearness of intellect, muscular strength, or endurance. And it is asserted that the physical and mental decay of whole nations can be traced to a long course of insufficient food.

Third, by improperly balanced ingredients of diet. A person who eats a large bulk of food of one class to the exclusion of other classes may delude himself by thinking that he is taking nourishment enough on account of the degree of satiety which he derives from his diet, but in reality he is merely pleasing his palate. It may be true that the sense of taste is as much worth cultivating as that of sight or hearing, but if one resolves to go in for luxury it is well to do so knowingly, and not imagine that one is nourishing the body when one is merely pleasing the taste. The evil results of such diet are apparent in constipation, anæmia, &c, but, perhaps, more apparent in the feeding of infants and young children. The commonest fault in feeding young children consists in giving them too much starchy food, which they cannot as yet digest, and the innumerable prepared infant foods, consisting largely of starches and sugars, are responsible for much trouble. Gilman Thompson says: "It is a significant fact that the country which furnishes most of the literature of scorbutus in children is the same which is posted from end to end with advertisements of proprietary foods." And scurvy is only one of the diseases resulting from a

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