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THE



WOMAN'S

A Weekly Record and Review devoted to the interests of Women in the Home and in the Wider World.

Edited by

MRS. FENWICK MILLER.



SIGNAL

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Every Thursday, ONE PENNY WEEKLY.

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THE WOMAN'S SIGNAL

A WEEKLY RECORD AND REVIEW FOR LADIES.

VOL. VII., No. 173.]

APRIL 22, 1897.

One Penny Weekly.

A BOOK OF THE HOUR. WOMEN'S EDUCATION.*

MISS BREMNER has produced a book for which there should be considerable demand, since there was no work in existence of the same character before, and there must be a very large class, both amongst teachers and parents, who require the information which it gives.

Miss Bremner explains that she compiled the information originally for the International Congress of Education held in Chicago in connection with the World's Fair in 1893. Having collected her facts, Miss Bremner found that her American friends had no funds available for publication; but, at the suggestion of Miss E. P. Hughes, who contributes a preface to the work, she re-wrote and enlarged her original draft and prepared it for publication in England.

The great progress which the education of women has made in this country during the last generation is probably hardly understood even by many of the individuals engaged in it. Miss Bremner remarks that during her visits to schools and colleges, in the course of collecting this information, she was over and over again struck by the isolation in which the teachers were working. Many able and accomplished women she found, knowing very little of anything going on outside the plot which they themselves were cultivating. Her book for the first time takes a view of the entire field, and it cannot but be inspiring and serviceable to all teachers, who will here see how vast is the work that is being carried on by others interested in the same sort of progress.

Miss Hughes, who is so well known as the founder and principal of the College at Cambridge for training women teachers for secondary schools, writes a preface to Miss Bremner's book, in which she says:—

"There are probably at least four classes of persons who will find an interest in this book:—

"(1) British teachers of all kinds, who will be enabled by its means to get a fair survey of the education of the British Isles. That such information is necessary can be doubted by no one who takes the trouble to find out how far the ordinary teacher realises the differences existing between the various systems of education in England, Scotland, Ireland, and Wales.

"(2) Our fellow-teachers in other parts of the British Empire. It is a great loss to the Empire, politically and educationally, that its teachers know so little of the state of education in the different countries which make up that Empire. An Englishwoman has now made it easy for our fellow-teachers to understand a good deal about the present state of secondary education for girls in the home country. It is much to be desired that colonial teachers would issue companion volumes, giving us information about colonial education. Blue-books are not generally considered to be very interesting by the average teacher; but the facts to be found in them, enlivened and made graphic by personal experience, are often of the very greatest interest.

* Education of Girls and Women in Great Britain. By C. S. Bremner. Swan Sonnenschein, London. 4s. 6d.

"(3) Foreigners who desire to understand the present state of English education.

"(4) And, finally, all those interested in educational progress—parents, teachers, politicians, and social reformers.

"Behind us lie the gallant efforts of our pioneer women; around us, the surging chaos of today's problems; before us, difficulties many and great. It is of the utmost importance at the present moment for us to clearly realize that the future is largely in our hands; and, in order to build for that future a satisfactory structure, we must know the present and understand something of the past. Miss Bremner's survey has come at a most opportune moment, and is likely to stimulate considerably the ever-growing interest in education, which is one of the most marked features of our time."

The book is divided into two parts: the first dealing with female education in England, and the second part with that in Scotland. Ireland is excluded, not because Miss Bremner felt no interest in it, but because she failed to find anyone in Ireland willing to do the work on the same terms on which she has laboured for England, and as Mr. Alexander, Clerk of the School Board for Glasgow, and Miss Jane Galloway, of Queen Margaret's College, Glasgow, have helped with the Scottish part, viz.: out of pure interest in education, and with little or no prospect of more substantial remuneration.

An interesting introductory chapter sketches very rapidly the history of the education of girls and women up to the beginning of the present century. Miss Bremner believes that the smashing up of the convent schools and the confiscation of their endowments at the Reformation, was a serious blow to the education of girls. "The convent schools," she says, "disappeared and nothing replaced them. The Reformers, some of them actuated by genuine dislike and dread of monastic vows; others, profiting by the general grasping at monastic property, and fearing that they might be called on to restore it; preached that there was no career for women save wifehood and motherhood. A marked depression followed in women's position, no satisfactory outlet being found for their talents and energies. During that period they played a less important part in the history of the nation than ever before. Probably they touched the lowest point in 1832."

No portion of this book is, of course, intended for casual reading. A considerable part of it, indeed, consists of statistics. Yet by judicious skipping it can be made as interesting, even to the ordinary hasty reader, as a book of lively essays, for Miss Bremner has a sufficiently light touch and intersperses her more serious and more essentially valuable information with a good deal that is bright and amusing. She says that when the revival of popular education began, just about the time that the Queen came to the throne, the dame schools, of which we have so often heard, were really no worse than many of the schools that were provided for boys all through their educational career.

"In Liverpool, a school was found in 1840 in

a garret, up three pairs of broken stairs. There were forty children in a room ten feet by nine; on a perch in a corner were two hens and a cock, and beneath a stump bed was a dog-kennel with three terriers. The master sat in a position to obscure three-fourths of the light from the one small window. In another Liverpool school no seats were provided, and the children squatted on the floor. In a third school, also in a garret very much dilapidated, and only nine feet by twelve feet, were thirty-eight scholars; not more than six of them had any book; a desk, at which only five boys could be accommodated at the same time, was all the provision for writing and arithmetic. The room below was in the occupation of a cobbler, whose wife lay ill in bed with a fever, himself pursuing his avocation near to the bedside."

There had come about a curious idea that moral education and the improvement of manners belonged exclusively to girls' schools. One master being asked whether he gave any moral instruction to his boys, replied: "Morals! how am I to teach them to the likes of these?" To the same question another master replied: "That subject does not belong to my school; it belongs to girls' schools." On the other hand, the Commissioners who inquired into secondary education in "the sixties," reported that a great many schoolmistresses assumed that the foundation of the character is an alternative to the improvement of the intellect, they themselves preferring the former. Mr. James Bryce, in his report to that Commission, stated that the great need was to make parents believe that it is not to refinement and modesty that a cultivated intellect is opposed, but to vapidity and vulgarity of mind, and the love of gossip and dress. During this period there was very little elementary education for girls, and absolutely no opportunity for higher education as we have come to understand the phrase. From 1845 to 1850 over 45 per cent. of the women who signed the marriage register did so by a mark.

At the present time, under the Elementary Education Act, an absolutely equal provision is made in the public elementary schools for girls and boys, in theory, at any rate, though, as Miss Bremner points out, in fact not only are the girls' teachers less well paid than the boys' teachers, but there are some subjects upon which the girls have to spend a considerable share of their school-time, whilst the boys have nothing at all corresponding.

Needlework, is, of course, compulsory in all girls' schools, and notwithstanding the use of the sewing-machine, and the great degree to which woven articles may replace those made with the needle, sewing is still so necessary an accomplishment for girls that it would be very undesirable to have it abolished from the schools; but the protest which Miss Bremner makes against the time which is given up all through girls' school-life to needle-work is a perfectly just one, and is only a continuation of that which some of the successive lady members of the London School Board have frequently made. That protest has not been quite without effect. Miss Bremner goes considerably farther than I should be disposed to do in

depreciating the early teaching of the use of the needle. She says:

"In many cases four or five hours weekly are spent upon sewing. Thus girls lose the cultivation of their powers of observation by drawing; neglect history and geography, by which the mental horizon is widened; have the training in precision and accuracy, which arithmetic can give, relaxed. All this is to gain skill in a handicraft for which they have seldom shown much liking,* and which is largely rendered useless by the sewing machine. . . . It is remarkable how sound educational axioms seem to be flung to the winds in the case of girls. For them sewing begins in the infant school. School Boards and Education Departments alike seem to conspire to deprive girls of that broader general training which is necessary even to technical skill. And now we see small children of eleven learning cookery, housewifery, laundry work, as if little girls could not be too early pressed into a narrow mould. Authorities on the employment of women can show that inability to draw even moderately well, the lack of precision which arithmetic is supposed to inculcate, is injurious to them when they enter the labour market as they do by millions. Of course, there could be no objection to spending an hour a week upon sewing, since the hand requires to be trained."

The complaint which I brought against the sewing in the London Board Schools when I was a member of the Board, was not only that too much time was spent on it, but also that it was of a character quite useless to the great majority of the girls; not being directed to teach them how to cut out simple garments, and to make such articles with a sufficient regularity of stitch to be pleasing to see, and how to put on patches and darn in a practical manner, but tending to useless fineness of stitch and finicking finish. The standard of excellence consisted in making infinitesimal fine stitches; and in the upper standards, mending and making became of so elaborate a character, that only the few girls who might become lady's-maids or parlour-maids in very wealthy families, could ever have any use for it. They were taught Swiss darning, that is, filling in the patterns in diaper with a stitch to exactly resemble the pattern that had gone; they were taught four or five different elaborate decorative stitches with which to trim underclothing; and they were made to do sewing so fine as to be almost invisible to the average eye-sight. I was stirred up to take action about this by visiting one of the very poorest schools in all London—Nicholl Street, Shoreditch—and finding there a stack of needlework so beautifully done, that I purchased some articles, and still keep them, as it were, as cabinet specimens of the finest needlework, while the girls who did them were in a state of absolute destitution—ragged, almost shoeless—the children of hawkers, and the poorest kind of labourers. The brief hours of their school life, and their eye-sight, therefore, were being squandered upon the sort of needlework that would be absolutely useless to them in any career which would be open to girls of their class; for children reared in such poor homes are not able, as a rule, even if they desire, to become domestic servants, having neither the speech, the manners, nor the outfit to enable them to make a start in this comparatively high-class career. I also had then recently seen a Government inspector, a handsome young University man, inspecting the needlework of a girl's school; his simple method was to try if, by the exercise of all his strength, he could pull the seam apart and make it gape at all. If the stitches were so close and fine as to stand this gentlemanly test,

* The keeping of girls to the needle was a great business in olden times. The elder ladies seem to have found that it depressed the spirits of the younger ones, making them more amenable to control. Consequently the needle was greatly praised. [Miss Bremner's Note.]

the school needlework was declared good! But the girls, whose scant days for mental exercise were thus occupied, would leave those schools unable to cut out a pinafore or underclothing for a child, or to put a respectable patch on when their own poor gowns broke out under the arm. I took my samples of work to the School Management Committee, and, in the face of great opposition from some of the gentlemen members, but aided by all the other lady members without exception, carried a resolution to send a deputation to the Education department asking for an alteration in the needlework requirements, and a certain concession was consequently made in the requirements from the schools; but still there is much room for improvement. If there were more lady members upon school boards, the needlework would become much more practical, and as all that is to be usefully learned in needlework fit for working women's homes can be learned by the use of the needle steadily through the whole of school life for about two hours a week, more time would be set free for the intellectual purposes of a school, and for the general development of the girls' observing, and thinking faculties by true education.

Miss Bremner gives sufficient particulars about all the means now open of university education for women, and also those available for what she calls "technico-professional education." A great deal that she has to tell will certainly be novel to her readers, and the mothers of several daughters would do well to obtain the book and read carefully all the information that is given as to the openings for the training of girls, and the use which can be made of such training. The record of what has already been accomplished is a really remarkable one, and will encourage teachers to continue in the good work, and girls to persevere in rendering themselves worthy of their present possibilities. The book could not have been better done than it is done by Miss Bremner and her coadjutors, who have produced a standard reference work.

A BUSINESS WOMEN'S HOTEL.—The problem of where business and professional women are to live is being dealt with in New York in a practical manner by the erection of a huge "Business Women's Hotel." The scheme has been originated by Mrs. Dunlop Hopkins, who is well known in American philanthropic circles; and the buildings, which are very handsome, have been entirely planned and carried out by two women architects, Miss Alice Hands and Miss Mary Gannon, who received their training at the New York School of Applied Design. The hotel, which is built in the style of the Renaissance, is to accommodate 2,000 professional women, who will find suitable accommodation, whether their weekly stipend is six dollars or sixty. By an excellently planned arrangement a girl earning a very small income can have a single bedroom and the use of a parlour and bathroom. Each set of six bedrooms has the two latter apartments in common, and the sitting-room is to be appropriated for one evening each week by each tenant, for her own exclusive use and for the purpose of entertaining her friends.

SPEAKERS who draw analogies between the subject of their discourse and walking often make "slips." Only a few weeks back a lecturer before a large audience at an impressive moment exclaimed: "All along the untrodden paths of the future we can see the footprints of an unseen Hand;" while Mr. Lilly, in an address some time ago before the Royal Institution, told the story of an Austrian officer who remarked to his companion, "You're fond of going solitary walks—so am I. Let's take one together." A defendant counsel on one occasion, waxing warm in his speech, said, with his finger directed towards the plaintiff, "There he sits, walking up and down like a motionless statue."

THE WELCOME CHILD.

By LADY HENRY SOMERSET.

I SUPPOSE that to all connected with reform movements the consciousness comes with overwhelming force that we attack too late the evils we desire to remedy. The set of brain is fixed, the trend of the life bent one way; and in vain we endeavour to retrace the lines drawn by the centuries.

Questions dealing with the best interests of the race with which the ancients were familiar have been overlooked in our modern life. Nothing is more startling than to find the most modern theories standing out grim and stern from classic pages—milestones that measure their civilisation and our stagnation.

Coming down to later times, it is interesting to recall the arguments of those who oppose the woman movement of our day on the ground that it will unfit the sex for its special duty, and then to realise what was the attitude taken by women and approved by men not a hundred years ago. For we read in the fiction of that period (and it is a true portraiture of the social life) of women being bled in order to look delicate. In a volume of "Advice to Ladies" the author says, "They must not seem robust, as that will diminish their attractiveness to men, who prefer the weak, frail women!" Maria Edgeworth's stories are full of allusions to the thin shoes in which in summer and winter women were wont to walk; other writers allude to the damp dresses that were worn in order to obtain the lines and folds that were to suit the classic garb of the First Empire. To these follies we are undoubtedly indebted for the seeds of that lung disease which has held in its clutches victims innumerable in England and America.

Only lately has the pendulum swung back, and brought with it the renewed consciousness that every man and woman lives not an individual life but one that makes for the upbuilding or the destruction of the race itself. Slowly but surely the realisation of this truth has brought us to understand that the study of child life in all its aspects is vital to the welfare of the world.

There is no question to-day as to the importance of heredity. The light of science has revealed to us the depths and heights of this question. Frances Power Cobbe, one of the truest friends that woman has had in this century, commences her intensely interesting autobiography with the sentence, "I was well born." Nothing would be more significant than this avowal. She does not make it in any conventional, but in the truest scientific sense: I was born under propitious, happy, right circumstances. It is the keynote to her joyous life—a life which she sums up by saying, "To me it has been so well worth living, I would gladly live it over again."

If I were asked by the devotees of older creeds to state what I mean, or rather what I think they mean, by Original Sin, I should say: The unwelcome child is its completest definition. I believe original sin began there; for how many blighted, blasted, bewildered lives may this not account? And the millennium will set in when every child is welcome. Let us remember the number of children that are at this moment awakening into this world whose mothers greet them with a sigh, and hold out their arms to take them with a sob instead of a kiss, wishing that the little baby face turned up to theirs had never seen the light; yet they crowd in, these little unwelcome strangers, upon the weary workers of the world, the women who bend over their tasks until they

lie down under the great agony of maternity, and know that, when it is over, weak and wan, they must take up their labour again with another mouth to feed and less strength to gain the wherewithal. Through those dreary months before the final tragedy that child has been environed with the consciousness that it was not wanted; gloomy anticipation has robbed the little one of joy and hope, and so once more a being comes into existence with a life blighted, a nature narrowed and cramped, affections chilled, before it has seen the sun in the heavens or drawn the breath of life. And this happens not only in the garret and cellar, but in homes of opulence and ease. The unwritten tragedy of woman's life is there.

It is all told in the fact that by our sinful, short-sighted ignorance we have trained man to believe that he dominates woman. We have perverted passages in the Bible, and built up a creed as far from the laws of God as the poles are asunder. Economic independence, social and political independence, are of vast import to women; but there is a deeper lesson and a harder one to teach—the personal independence of woman; and only when both man and woman have learned that the most sacred of all functions given to woman must be exercised by her free will alone, can children be born into the world who have in them the joyous desire to live, who claim that sweetest privilege of childhood, the certainty that they can expand in the sunshine of the love which is their due. Whoever doubts this has only to study the laws of God written in the life of the animal world, and he will find that the whole creation in a natural state is founded on the principle of the mother's right to choose when she will become a mother. This is the chief corner-stone of that holy temple we are to build—our character.

We trace the prenatal influence in a thousand ways; indeed I believe it would be impossible to examine any marked or developed characteristic without finding some solution for it in the laws that govern such influence. Nothing is more striking than to study it in the history of our prominent men.

Dr. Norman Kerr has clearly demonstrated the heredity of inebriety as an established physiological axiom, and to every one who has studied the subject this fact has probably come home with terrible emphasis. I remember on one occasion the nurse who had charge of a child, one of whose parents had died of alcoholism, telling me that when the little boy was but three years old she had the greatest difficulty in restraining him from stealing down to the dinner table not only in the dining room but in the servants' apartment; to drain every glass in order to get a few drops of the drug for which he had inherited so strong a craving. And this is but an example among the many that have come under my personal observation.

Flaxman, the great limner, had a mother who was so desirous of creating the beautiful that she procured the most exquisite studies of Greek art, and ranged them round her in order that her imagination might be steeped in their beautiful forms.

I might indefinitely multiply instances as illustrations of this law. It is not the exception but the rule. The world's mothers are the most fateful beings that it contains, and well will it be for the world when mothers ponder more than they do now over the responsibility of such knowledge; when their surroundings, their knowledge of art and literature, of science and government, shall be such that they can endow their little ones; can make those months that follow nature's great announcement a holy

retreat into the most beautiful surroundings that the world can yield in form and colour, thought and utterance. These may seem truisms repeated again and again, but I feel that if we realised them more profoundly women would be helped in a hundred ways, and protected where now they are exposed. The frictions of family life would be avoided, and a peace would reign round them like the sacred silence of some hallowed place. This will be the culmination of all we hope for from the coming brotherhood of man in society and the state.

It has been held by mothers who are in positions of ease that, in the early years of a child, the mother's responsibility is dormant: that to get a trustworthy nurse who keeps a child in health and ministers to its wants is all that is really needed; but I am hoping to see an entire revolution in the position of the woman taken in that capacity, and instead of some half educated, well-meaning but ignorant nurse, I believe the day will come when no woman will be considered too highly educated or too refined to mould the early impressions of the youngest child, and that mothers will see that in order to secure the services of such refined and cultured ladies they must make a revolution in the accepted ideas of the position of nurse in the houses of the rich. There ought to be no situation so honourable, no friend so trusted, as the one who from the earliest moment of the child's awakening intelligence undertakes to guide the thought and form the character at a time when such formative influence is vital to future well-being.

The trouble is that we commence too late; we allow a child's mind to become a garden of weeds, and then before we can plant we see that we have to uproot that which has been sown during the most fruitful years; and, therefore, time is lost in undoing which is invaluable for cultivation. The games, the rhymes, the songs, the associations, of the nursery should all have a decided colour, should all help to bend the young mind in the right direction, and the impressions made at a time when they leave ineffaceable traces, should be drawn with the deliberate intention that they shall thus potentially affect the character.

The sorrows of childhood are not so near the surface as they are supposed to be. "A boy's will is the wind's will, and the thoughts of youth are long, long thoughts." How many children chafe under the sense of injustice that the treatment of their difficulties brings to them! I knew a child who, because she was outspoken as to the doubts that arose in her mind—perplexities that have bowed many a thoughtful head in every age—was spoken of in her family as a moral pariah, kept apart from all the other members of the household alone upstairs in her room; mentally tortured into a submission which was only given because there seemed no alternative, but which left a mind bewildered between the sense of her extreme wickedness and its revolt against the injustice which she could not reconcile with any ethical standard or religious principle. Many a sorrow eats into a child's heart that it has not the strength to express or the courage to share with its elders; but I think that if instead of posing as infallible—a rôle which at best breaks down very soon—we were to speak more freely of our difficulties to the young, we should find out the beautiful law which binds us together, and which makes mutual confidence the most delightful feature of home life.

A friend of mine asked a little girl, six years old, to tell her what she really thought about

grown-up people, and what were the differences between older people and young people; and as the child spoke, this friend wrote down exactly what she said, without any change of words or suggestions from her of any kind.

"In the first place," said the child, "they are bigger; and then they don't like sweets—not very often; and next they don't like to climb trees; and next they don't like to ride donkeys so much, because they like to do other things. They like to write books, and they like to go to meetings, and also they don't like to be always with children for it takes them from doing these things. Another difference is, they don't like to pretend, because they want to know what is really going to happen. I have seen them get angry, so I know they are not always good. Sometimes they tell children to do what is not right; they tell us not to ride on donkeys because they might get kicked, but the children don't mind that, they rather like it. They are a great deal older; some are twice as old as others. You must be twenty-one to be grown up, and after that you keep on being so. Here's a way in which they are both exactly opposite to each other. Grown people think that children are naughty and children think that grown-up people are naughty. There's another difference: they know how to swim—that is, some do, but some children do. They live for money; some, not all, spend it for useful things, which children think are not useful because they don't like them: therefore they think the money is wasted. They think when a person gets *langouste* (a sort of French fish), they think the money is wasted on that because they don't like it. Some live to give things away, and there's one person I know that nearly almost lives for children, and that is grandma. I don't think there would be another one like grandma. They have long dresses and trousers. They generally, that is, sometimes, care more for their friends than for children, but this particular person that I am talking about doesn't. They do their hair differently; they screw it up, but men have it cut short but *they* have beards. Some grown ups are nice, and some children; but this particular person, grandma, is nicer than any child. I really can't explain any more."

We are apt to overlook the extreme nervousness that often renders life a perfect misery to a little child. This nervousness is often treated as cowardice, and the elders endeavour to overcome it either by ridicule or by forcing the child to do that which brings abject misery to its life. But were we wiser, we should remember that childishness is not folly; it is only the inability to understand of what to be afraid and what to dread; a child's mind can grasp an argument as well as an adult's if that argument be brought before it with tender consideration.

I do not believe we ought to underrate the power of discipline but rather to emphasise it, because this will be the truest help to self-discipline by and by. Mrs. Booth, the mother of the Salvation Army, speaks in her autobiography of the way she conquered once and for ever the will of her baby son when he was still in the cradle. The child wanted to get out of his little cot, when she intended he should lie still, and for over two hours that mother sat by his side to gain her point. How many of us would have lifted the crying child because we could not bear to withstand his crying any longer, and so have missed a golden opportunity. Not so that devoted mother; she loved her little one too well. After that day she never had to do anything but express her deter-

mination, and his obedience was perfect. That boy grew up to be a character whom to know is to admire, in its calm, conscientious, self-restraint.

Above all else I would entreat that a child's illusions (if they are illusions) should not be rudely destroyed. There is, no doubt, in a child's mind a natural reverence—a worship of the beautiful, a belief in the great and good; that is the divine untouched by contact with the human. Children believe in the goodness of others until they have had reason to doubt it; they believe that the world is beautiful until they have been shown the sadness, the misery or the sin; and I think that many a conversation would be guarded and many a light and perhaps cynical remark from older lips would be hushed if a more reverent understanding were arrived at as to the effect of such talk on a child's mind. Why not leave as long as possible unimpaired that beautiful faith of youth and foster, as far as in us lies, the belief that all on which the child eyes rest is what it seems? But so often motives are ascribed to others hastily, and criticisms are passed that awaken children all too early to a sense that however much good may be apparent, underneath may lie the rottenness which they have not discovered. Let us leave children their faith in humanity, their faith in goodness, their faith in divinity; for too often on the one hand we cultivate it dogmatically and destroy it conversationally.

Edouard Rod in his beautiful book, "Le Sens de la Vie," puts this thought in one passage that I think contains the idea I faintly would impress. He describes his visit to the Pantheon, and tells how his mind had revolted against the accepted ideas of a conventional Christianity, and how the hatred which such revolt had caused had been succeeded by a profound indifference. At the time of the secularisation of the Pantheon, when Paris had deposed God in order to replace Him by Victor Hugo, by chance he entered that temple. Some of the municipal councillors were there, talking, discussing—politicians of all sorts, their hats upon their heads, their cigars in their mouths, proud to chase away by the fumes of their tobacco any lingering incense of devotion that might still hover about the building. They laughed, gesticulated, insolent in their desire to mark their disrespect for any sacred memories. In a corner, however, he says, one altar had remained that had not yet been removed, and there an old peasant woman, her head bound in the black kerchief, in her blue apron and her shabby dress of coarse material, preyed fervently as she knelt. She had brought two little tapers, and their light scintillated and cast meagre shadows around her under the great vaulted roof. The author says that as he gazed upon her bent figure he wondered what burden she had come to lay there: what remorse, perhaps, what confidence, was she addressing so silently yet so fervently to Him, who, she believed, understood and pardoned? And when the last altar would be laid low, which of all these political place mongers would be able to give her the means of assuaging her pain? And in an instant he said he perceived that to take from her that which was highest and best was to rob her of what he could never replace; and thus overcome by a profound reverence he knelt, feeling that the divine communion in her with the great Unseen found at any rate an echo in the best of all that he possessed in his own nature.

And so I believe that if with children, instead of showing them, too often through sheer thoughtlessness, the seamy side of life, we built up in them that reverence for humanity, that

expansion towards what is great and good, if we permitted them to breathe the atmosphere only of that rarefied air that is to be found on moral heights, they would learn to live to see the best in all and face the evil of the world by and by only in order to remedy it by their deeds, but most of all by their inspiration and their character.

"I AND MY HOUSEHOLD."

"Oh, mother darling," my daughter said,
When I went upstairs one night,
And seated myself by her little bed,
With its coverings soft and white;

"I meant to ask you some time ago
At night, when you came upstairs,
But I'd forgotten again, you know—
Can't I leave off saying my prayers?"

"You tell me to give up baby ways,
Nurse often says so, too;
I like the games that a big girl plays,
And sewing, and work for you.
And I've been seven a very long while
(I'm sure I'll be eight very soon),
I can walk a long way—yes, more than a
mile.

I've a knife instead of a spoon.
So, mother dear, don't you quite agree,
I can do as grown people do?
I'm sure it is time that I left this off
Now I'm a big girl—aren't you?"

But clasping my little maiden's hand,
I looked in her truthful eyes.
I felt in a dream I must surely stand,
With the weight of my great surprise.
"My darling! Tell me what makes you think
You should leave off saying your prayers?"
The answer was this: "Why, I never see
Any grown up folks say theirs."

Oh, little child! With thy simple trust
In those to whom thou wert given
To be taught and, by their example, shown
The way to thy home in heaven,
I always remember that solemn night,
And my child's sweet lesson each day,
When, kneeling humbly in God's great sight
Together, to Him we pray.

Are we ashamed of our need for help?
Our dependence on God's good care?
Why do we shrink from our children's sight
When, lowly, we bend in prayer?
Oh, let them share in our inner life,
And join us on bended knee!
Thus may we lead them to Him, who said—
"Let the little ones come to Me."

LADIES HELP IN WORKHOUSES.

The report of the Workhouse Infirmary Nursing Association for 1896 has just been issued; and from it we learn how much has already been done by the ladies who have set themselves to improve the disgraceful condition of things that existed before 1879, and also how much still remains to be done for the aged and destitute sick in these institutions. Last year the association's visitor—Miss Fynes-Clinton—visited 22 infirmaries; and her report shows how necessary the laborious, painful, yet most useful work of this society is. Owing to the fact that the nursing arrangements are almost intolerable to a properly trained nurse, and that she has constantly to be under the control of the workhouse matron, who has no knowledge of sickness, it is extremely difficult to get the better sort of nurses to enter infirmary wards at all. Yet how urgently such nurses are needed will be admitted by anyone whose depressing lot it has ever been to visit a provincial infirmary ward at night, where there are 20 or 30 suffering sick persons "looked after" in the dark hours of night by another pauper inmate, well-meaning, but absolutely ignorant and incapable.

A CANADIAN WOMAN LAWYER.

We recently had the pleasure of recording that the Canadian High Court had resolved to admit duly qualified women to the Bar. The first lady barrister was ready to avail herself of this permission. The *Canadian Home Journal* gives the following account of the "Calling to the Bar" of Miss Clara Martin.

It was a very brief ceremony, so brief and simple that it attracted little attention, and few were present to witness it. Only an ordinary meeting of benchers, consisting of perhaps a dozen well-known lawyers, in one of the Osgoode Hall courts; only a couple of candidates to be formally "called" to the Bar; a few formal oaths to be taken and a book to be signed, that was all. The ceremony had been repeated a hundred times in the past, until it had become commonplace; but on this day it was marked by an unprecedented event—one of the candidates was a woman.

She stood, a tall and slender Portia, in black gown and white tie, with fair uncovered head; she recited the oaths clearly, and affixed her signature with steady hand, then walked quietly out, a fully credentialed lawyer, qualified to practice and plead at the Ontario bar.

A simple ceremony, of a truth, but it marked the victorious close of a long struggle against prejudice and selfishness; it signalled another barrier down, and another profession open to Canadian women.

It is six years since Miss Martin, having taken her B.A. degree, notified the benchers of her desire to enter as a law student. Naturally these conservative gentlemen were considerably disturbed. They took nine months to consider the matter, and then notified the young lady that they had not the power to grant her request, since the regulations did not admit the enrolment of women.

Nothing daunted, Miss Martin began working among the members of the Ontario Parliament, and succeeded so far in enlisting their sympathies that in 1892, a Bill permitting benchers to admit women was brought in, fought fiercely over, and carried by a majority of one.

Next came the difficulty of finding a firm that would take her as articled clerk. That was accomplished in 1893, when she entered the office of Messrs. Mufock, Miller, Crowther & Montgomery.

Then followed three years of struggle and annoyances too petty to be put on record, but none the less real.

The young woman student resolutely endured, and closed her lips upon all complaining; but from the male students themselves we have gathered something of what she has borne, in sneers, in lack of courtesy, if not actual rudeness; in the unnecessary emphasis upon certain lecture points; in the thousand ways that men can make a woman suffer who stands among them alone. In those three years she met with courtesy from the true gentlemen, as a woman always does; but there were others, who resented her entrance into law as one poaching on choice preserves, and these were something less than kind.

But the Bill of 1892 permitted women to practice as solicitors only, which would limit their work and prevent them from pleading before a judge in high or county courts. Miss Martin desired full barristership. The Legislature had grown somewhat broader-minded in the intervening time, and upon being again approached, a majority of 37 authorised the benchers to call women to the bar as full-fledged barristers.

Miss Martin was ready, but the benchers were not. They postponed, they delayed, they discussed and argued behind closed doors.

Sir Oliver Mowat was won over, and gave her his strong influence; Hon. A. S. Hardy followed; Miss Martin enlisted the active service of many sympathizers; and influence was brought to bear upon the benchers through influential clients. Her case came up seven times during the last six months of the year. Rather interesting those star-chamber discussions must have been. Benchers unwilling to commit themselves, and equally unwilling to offend profitable clients, failed to attend.

When a question reaches a point necessitating the absence of opponents from its discussion, the cause may be considered won.

It was fulfilled in this instance, and Miss Martin's choicest Christmas gift was the notification received in late December, 1896, that she could present herself to be formally admitted to the Ontario bar on February 2nd.

SECRETS OF HAPPINESS.

By WILLIS BARNES, M.D.

The one condition of the mind which is in demand by everyone is happiness. When the physician writes about disease and finally states the result of successful treatment, almost the last words of his last sentence are, "And thus my patient was restored to health and happiness."

It would therefore seem to be an axiom worthy to be deeply impressed upon our minds that happiness is dependent upon health. We know that it is not dependent on wealth or luxurious surroundings, for more happiness—real, genuine happiness—may be found in the homes of the poor, if they be in perfect health, than is seen in the homes of persons of moderate means, or even those with power to satisfy every desire, if health is not a part of their enjoyments.

Many persons confound that state called pleasure with happiness. There is a marked difference. Pleasure is but the result of a transitory external influence upon the senses, producing for a time only impressions which are agreeable, and yet this very condition is largely conducive to happiness, provided the pleasurable influences cultivate the higher faculties of the mind, or are induced by some noble purpose of the disposition, such as music, oratory, writing, charity, or healthful exercise.

There are other secrets of happiness of the mind well known to those who live in the higher Christian life, whose natures are deeply imbued with the spiritual; but even among such, if they suffer from ill-health, their burden destroys that serenity of mind which is the index of true happiness. There are many persons, very many, who have perfect health and all the power and money necessary to dictate their surroundings, and yet they are not happy. Why?

There are many reasons, not our province here to discuss, but we will only say that absence of generous impulse, lack of kindly disposition, distaste for social enjoyments, and selfishness are factors which very greatly interfere with happiness.

Cheerfulness is one of the most important of the mental conditions conducive to health and happiness, and it is an emotional expression which should be carefully cultivated until it becomes an ineradicable habit. Mental emotions direct very largely our everyday status of bodily health and disposition. A German scientist has asserted that there are two subtle essences originated within the brain and body, which he distinguishes by the terms "salutary" and "noxious."

In a condition of mental equanimity these conditions are inactive, or only slightly so, but if for any reason the emotions or moods are exercised, then the essences are rapidly created, they pervade the whole body, and are given off as an odour which may be observed. The "salutary" is fragrant, the "noxious" tainted and offensive. The odour may be most readily perceived in the hair, and is more defined in the adult than in the child. If the emotional condition of the mind is cheerful, pleasant, good-humoured, and health exists, then the essence is "salutary," the odour agreeable, the breath is sweet, and a happy state pervades the entire mental and physical system; but if, on the other hand, the mental emotion is sorrowful or depressed, if pain exists, or there is a lack of health, then the essence is "noxious," the odour disagreeable, and an unhappy state of body and mind is evident; recall the odour of the sick room or that emanating from those chronically ill. The lesson is apparent; cultivate that cheerful state of mind which will insure the "salutary."

The physical state of the body is very largely dependent upon the condition of the mind. It is this fact which has formed the basis of that school of quackery called "mental healing." We say quackery, because those who have played upon the credulity of others in its practice have attempted to elevate this influence to the dignity of a treatment of sickness to the exclusion of necessary medication at the hands of those who are skilled in diagnosis. Lives

have been sacrificed and much suffering endured through adherence to this fadism, which might have been avoided.

It is a duty we owe not only to ourselves, but to those about us and who look to us for guidance, that we cultivate those emotions which will insure the "salutary."

The mind is a plastic substance, out of which character may be moulded. The conduct of the father in its reflection upon the boy may mar or make the life happiness of the child.

With the mother the importance of this influence begins with the unborn infant and continues on through life and even beyond her death.

The girl or boy who says, "I will ask mother about it," or the man who talks about his mother and measures conditions of his mature life by those which were peculiar to his motherly training, may be depended on. The same is true of fatherly influence in the affairs of maturing youth, but not to so great an extent as it should be. Mentality is more contagious than disease. Cultivation of the mind is, after all, a stimulation of that element in our natures we call *imitative*. Hence the awful responsibility of parents, preachers and teachers.

The contagium of disease is dependent upon contact with a germ or physical association, and these may be avoided or the influence averted if treated in time (at least in a majority of cases) under the present science of preventive medicine.

The contagium of the mind, on the other hand, is always under the impressiveness of the ever present environment of the child or adult, the woman or the man, and its influence is a hundred times more difficult to control. This subject is one of wide range, and what we have said is more suggestive than specific, and hence ought to awaken thought and investigation.

But we must not get away from our theme, which is *happiness*. As intimated, cheerful and pleasant emotions with health are the underlying principles of one of the secrets of happiness, and this being true, then the lesson is an easy one, viz., cultivate those emotions of the mind and that condition of body which will be certain to create the most acceptable personal environment, then the measure of happiness is well assured; but remember that at the time of cultivating your own happiness, by reflex or mental contagium, you are affecting the minds, bodies and future lives of those who look to you for guidance. Hence we urge our readers to be wise, and learn to discriminate between those influences that are but transitory, and not mistake the shallow emotions of pleasure for those of true happiness which come through cultivation of the "salutary." Thus health is promoted and life prolonged.

IN THE KITCHEN.

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SIGNALS FROM OUR WATCH TOWER.

The report of the syndicate at Cambridge University in favour of giving the titles of degrees to women who pass an honours examination, has naturally re-aroused the controversy both at the University and at Oxford. The Oxford men are, somewhat unsuitably, taking a very prominent share in objecting to Cambridge allowing its women graduates to make use of their title. The only excuse for this interference that can possibly be offered must be that the Oxford men feel that, in the event of Cambridge giving way, and allowing the women who pass examinations to have the degree, the other great University must necessarily follow in the same track. This excuse, however, is discarded by one of the most violent of the controversialists, Mr. Whibley, who draws a picture of the men undergraduates deserting in a body from Cambridge as soon as women may use their B.A., and flocking to Oxford as a University where they will not have to compete for honours and pecuniary advantages with women students.

Mr. Whibley describes the attempts of women to obtain some share in the old endowments of the great universities in terms, the absurdity of which he must himself perceive, if he transfers them to that field in which men as a sex are indubitably superior—that of mere muscle—from the field of intellectual superiority. If men are superior intellectually to women, how can the latter obtain any prizes or emoluments from men in open competition? Mr. Whibley says that women are trying to "steal" and to "plunder" the ancient endowments from the men for whom they were designed! Suppose the money referred to were shut up in a strong box, and 2,000 young men stood around it, defending it to their utmost power, with 200 young women desiring to get through to obtain some of it! Mr. Whibley's fears, as to the stealing and plundering from his sex, would in that case probably be small! Yet the analogy is exact. The women students of Cambridge are not asking for any favour to be shown them, but merely that when, in their limited ranks, there is found a woman able to take away by superior strength of brain from all the far more numerous men who compete with her, some one of the scholarships or prizes of the University, then she shall not be forcibly debarred from that share in these pecuniary advantages which she has gained from men in the open field. It is amusing to remember how short a time ago it is that men of the stamp of Mr. Whibley used to assure us, that women were quite incapable of taking advantage of University education if it were open to them; while now they implore to be defended by barricades against the "plundering" and "thieving" of their endowments and prizes by the "weaker" sex!

A friendly critic is the Bishop of Stepney. He took an active part 15 years ago in opening the Tripos Examinations, and for some years he had the management of the scheme. He is not now, however, in favour of what seems to most of the women students the logical and necessary further step, of allowing those to wear the degree title who have already been permitted to win it. In the opinion of the Bishop of Stepney, the time is ripe for the formation of a separate University for women. He rather prides himself on the supposition that it is because in 1887 he advised that the Queen's Jubilee should be marked by a charter for an Imperial University for Women that the Cambridge degree was not then given. He says that he gathers that this proposition is most in favour now amongst men both in Cambridge and in Oxford. He is well aware, however, that women are by no means in favour of anything of the kind, but that they much prefer to continue that course in which they have already won so much distinction, of fulfilling whatever requirements are laid down by the University for men, and proving themselves able to take exactly the same degrees as men, and to do so with honours, which is more than many men.

The Bishop himself observes that the degrees of Oxford and Cambridge are held in far more high esteem than those of newer Universities, for he says that he cannot believe "that those who appoint women to educational positions and the

public for whom they act are so ignorant as to imagine that a greatly inferior 'B.A.' of some other University means more than this highest of all certificates." In this phrase the Bishop has admirably explained to himself, and those who might be disposed to follow him, why women, at any rate at present, are quite unwilling to substitute the degrees of a woman's university for those of Cambridge. An Imperial University for women might, as a matter of fact, fix its standard for an ordinary degree equivalent to that of Cambridge for first-class honours, but a world accustomed for centuries to look down upon the female intellect, and only in this generation being made aware of the real character of the long misused instrument, could not possibly be induced to believe that a woman's university was anything more than what the good Bishop calls all others but his own—"an inferior one." Nor is there any valid reason offered why women should leave entirely to men all the advantages that have been gathered up at Oxford and Cambridge, by the ardour for education of many generations, and betake themselves to the slow and difficult task of gathering similar advantages for a special woman's university.

Two arguments against women's degrees are brought forward. Professor Case, of Oxford, maintains that women, if they obtained any authority in the government of the university, would soon try to make some alteration in the curriculum to specially suit themselves. This is a prophecy made without a shadow of reason, as Professor Sidgwick points out. "He does not seem to know that two-thirds of the quasi-graduates of Girton and Newnham have preferred to pass the previous examination, which includes Latin and Greek, rather than avail themselves of the alternative allowed by the University."

The other argument offered is that there must be some course of study specially suited to women. The fallacy of this supposition lies in the overlooking of the fact that the object of university training is to enlarge and improve the mind, and not to prepare for a specific course of life. This being the case, it follows that there can be no reasonable distinction between the general educational curriculum of men and that of women. If mathematics give precision and reasoning power to a brain in a male skull, they will do the same to a brain in a female skull. If the value of the study of classics in widening the mind, and improving the power to comprehend and to use our own tongue, is found to justify classical learning for men, exactly the same results must follow, and therefore there are exactly the same reasons for the study, in the case of women. To pretend that different studies will serve the same ends better upon some ground of sex is to maintain that old-standing mistake which the successes of women at the universities in the last 20 years ought to have cleared away. There is no sex in intellect; and the same studies are desirable for developing and strengthening the brain in men and women, just as the same bodily nourishment is required for developing and strengthening the physical system, without any regard to sex. Bread and beef and beans and milk are not sex diet—neither are mathematics, logic, or Greek sex studies.

Professor Sidgwick's answer to this argument is peculiarly interesting from his long experience in teaching women at the university, and it is worth while to quote exactly what he says, at full length:—"There is one argument, urged by others as well as by Professor Case, which requires fuller treatment. It is said that if Cambridge and Oxford were freely opened to women without disadvantageous conditions, they would be prevented from forming Universities of their own which would provide them with courses of study specially adopted for their needs. There is no real demand for any courses of properly academic study specially adapted for women."

At present no such need is recognised by the overwhelming majority of the women who are concerned in promoting the education of their sex, and the experience of 25 years has shown me no such need. I do not mean that the average intellectual requirements and capacities of women are precisely similar to those of men; but the requirements of different classes of men are so various that, if the Universities provide—as they now do provide—a variety of alternatives of study and freedom of choice adequate for the needs of the one sex, they will amply meet the needs of the other, so far as the University is, in my opinion, called upon to concern itself with them. It may be said that the existing courses of study, being all framed for men, are therefore not likely to suit women. The idea is plausible so long as it remains vague; but it will not bear close examination. During more than 30 years I have heard, read, and more or less taken part in discussions in Cambridge on the organisation of various courses of study into which our arts curriculum (for honours) is divided—mathematics, classics, natural sciences, moral sciences, history. In these discussions we have been considering solely the needs of men; but I cannot recall any argument used on any side of any question raised in the discussion which would not have been also relevant if we had been solely considering the needs of women. Again, during the 25 years in which I have given much time and thought to the higher education of women I have often exercised my mind in constructing a course of academic study adapted to the special needs of some class of women; but I have never succeeded in constructing any course which I have not immediately perceived to be no less suitable to some men, and proper to be included in a complete University system designed for men only. I do not, of course, affirm that no such courses can be discovered, but only that it is a difficult matter to discover them, and that we may safely leave the provision of them to the future development of Holloway. The need of such courses is, at any rate, not so manifest and urgent that Oxford and Cambridge need fear to open freely to women those stores of intellectual stimulus and guidance which no women's University can possibly rival, and which those women who have laboured most for the intellectual improvement of their sex are so strongly desirous that they should fully share."

Another suggestion which it was quite time to make, and which must have been in the minds of many persons, though I do not remember that it has ever before been expressed, is given utterance by Mr. Westlake, Q.C. It will be remembered

by all persons acquainted either with the progress of religious liberty in this country, or with the history of the Universities, that internal opposition at those seats of learning to the admission of Dissenters to University Degrees was quite as strong as, probably a good deal stronger than, any opposition that can now be raised to the admission of women to full University rights. It was only after protracted agitation, and within the reign of the present sovereign, that the last vestiges of religious disability were swept away, and they were not removed by the goodwill of the Universities, but by the action of Parliament. These great bodies hold and use their wealth in the ultimate result by the will and under the direction of the nation at large, and hence Mr. Westlake is quite justified when he points out to the present authorities that in the long run the admission of women to a share in the pecuniary and other privileges appertaining to the University will be settled in accordance with public opinion, if they will not settle it themselves in that way. He says: "It is pretty certain, when we remember the high position which Cambridge hold in connection with the national life, that we shall not be allowed to settle for ourselves the further question of women's membership of the University and participation in its government. Public opinion as to the general position of women in the nation will have the chief part in deciding that question, whenever it may be raised. . . . Rejection of the syndicate's proposal cannot mean finality, either as regards the women who find our honour course suitable for them, and must therefore continue to press for its suitable recognition, or as regards the public, which, if ever it seriously modifies its views on the general position of women, will not be deterred by our having refused them the titular degree from demanding for them a full participation in all our privileges."

Perhaps the most interesting, because the most far-sighted and candid of all the various observations made upon the report of the syndicate, are those of the leader writer of the *Times*. He realises that much more is at stake, in the proof which women are able to give, by maintaining their present position at the University, of their intellectual equality with men, than might at first appear; and as regards the wider aspect of the matter, that which interests all other women outside the comparatively few who can obtain an academic education, he is quite right. The taking of the degree as a means of assisting a few hundred women to earn a better living than they would do without it is a very small matter compared with the enormous importance of the proof of the capacity of women for the highest studies open to the human intellect, given by the large percentages of women who succeed in taking the degree when they go up for it, and by the considerable number of them who carry off the highest honours. It is this aspect of the University success of women which is of such immeasurable importance to all their sex. Some of the women who distinguish themselves at the University undoubtedly feel to the utmost this higher value of their achievements—this importance far beyond their own small interests and their own brief lives. Others of them, perhaps, in doing their best and triumphing, are thinking simply of themselves, but they

cannot help building for the world and the future too; and the *Times* leader writer, though he speaks without one grain of sympathy, nevertheless says truly that this is the important aspect of their achievements:—

* * *

"The B.A. degree," says the *Times*, "makes a man a member of the University, and gives him a vote in the conduct of its affairs. But to the outside world, the degree is simply a proof that the man has gone through a certain course of training and has satisfied certain tests. The syndicate holds that these two characters of the degree are separable, and that its proposals do in fact separate them. They intend to give to women all the advantages of the University hall-mark for exterior purposes, but to withhold from women all the rights within the University which the possession of a degree confers upon men. This looks very neat upon paper. The distinction is perfectly intelligible, and would be final were the syndicate merely engaged in classifying specimens for a museum. But as it is dealing with men and women, and especially with women, who cannot be guaranteed willing to remain for ever just where the symmetry of the classification requires, we need to look a little more closely into the matter. There are two very different sets of demands put forth on behalf of women. There is the ordinary workaday demand of women who want to earn their living. But there are other women of a more ambitious mould, bent upon asserting the absolute equality of the sexes, women who want the right to vote for members of Parliament, to become members of Parliament themselves, and a *fortiori* to vote in the Senate of the University. Women of the first class are content with the right to put B.A. after their names and to go on to higher titles if they see fit. But women of the second class do not regard such a concession as anything but an instalment, and though they may be politic enough to keep their more extreme pretensions in the background while the present proposals are under discussion, we are forbidden by their known opinions, their previous declarations, and our general knowledge of the ways of human nature, to doubt for a moment that they will use whatever advantage they now gain as a lever to force their way into the governing body, and thus to convert Cambridge into a mixed University. Even if the present leaders of the woman's right movement were to disclaim with the most absolute honesty all consequential demands, it is obvious that they cannot answer for others, and that any weapon that may now be forged suitable for the purposes of those who advocate entire equality of the sexes will speedily be employed for that end. Only a small minority of men are in favour of revolutionising Cambridge by converting it into a mixed University, or of countenancing in any way the extravagant pretensions of those who seek to obliterate the distinctions of sex. The woman's movement has been mainly directed by persons aiming at a great deal more than academic advantages. If it be once made clear that the demand for a hall-mark will not be allowed to serve as a cloak for political designs, the legitimate feminine ambition will find other and more feminine modes of satisfaction than a mixed University or an anomalous position in a University of men."

I find that the lady described by the daily papers as "Mrs. Bayley," as the chairman of the recent unfortunate meeting of the Ladies' Kennel Association, is really Mrs. Baillie, the only child of a millionaire, Lord Burton, and a very young lady—only just out of her bridal year. Is it any wonder that such a girl as she had not the knowledge of public business or the tact in dealing with others to be competent to keep a firm hold over a meeting held to discuss a revision of rules? Really the management of a meeting of this kind is a subject for serious study. Inexperienced chairmen get "mixed up" with a succession of amendments, and how to deal with them is something that anybody who may expect to be a chairman ought to learn, exactly like one may learn the axioms of Euclid or the laws of Whist. There is a useful little manual on the chairman's duties and powers, by R. Palgrave, that should be studied by every lady who knows that she may be called on to preside over a business meeting. Of course, at many meetings the post of president is a mere sinecure, but when rules are to be revised, knowledge is needed to enable the chair to keep order and yet to be rigidly impartial.

* * *

Particulars are to hand that show the necessity of great caution on the part of girls thinking of going to Johannesburg. It was suggested in Parliament recently by a question that English girls should emigrate to South Africa for the purpose of marrying there. The object of the suggestion was excellent, but it probably did more harm than good by paving the way for a gang of rascals who are trading in English girls for the Cape. They walk about by night and endeavour to persuade girls to emigrate. The inducements offered vary with the character of the women they accost. In some cases the immoral object is openly stated; in others it is more or less thinly veiled under the offer of a situation, say as barmaid at one or other of the Johannesburg hotels. Dealers at the Cape pay the passages of the girls, and on arrival sell them to the proprietors, who keep them for their wicked traffic, and run them entirely as a speculation. The proprietors are utterly merciless to their creatures, and when these are of no further use they are cast adrift. These are not "Uncle Tom's Cabin" stories of black slavery in the first half of the century. They are statements authenticated by witnesses of what is actually happening to-day.

* * *

The moral is that girls wishing to emigrate should (if they have no friends to make inquiries on the spot) seek the advice and aid of the Women's Emigration Society, Imperial Institute. It is well that girls should be enterprising and courageous, but it is also most needful that they should be reasonably cautious, and not trust too much in their individual judgment. It is no more derogatory to avail oneself in a moment of change and crisis of the kindly prop provided by the loving charity of other women than it is for a stalwart rower to avail himself of a favourable current; and in going alone to a strange land, a girl risks too much to be able to neglect any safeguard.

What Can Our Daughters Do for a Living?

I.—WOMEN AS CIVIL SERVANTS.

By EMILY HILL.

It is estimated that half a million of persons are employed in the various departments of that ancient institution the Civil Service. In one of the three Revenue departments, the most modern one, and that in which the Government is distinctly in the position of a trader, women are eligible for the open competitions. It is only in the Savings Bank Department, in the Clearing House (or Telegram Department), and in the Postal Order Branch that the clerical work is done by women. The sorters required in two of these departments are all girls. There are also 869 female telegraphists at St. Martin's le Grand. There are thus altogether in the Comptroller and Accountant General's offices, but working in separate buildings, 1,425 lady clerks, 878 sorters, and 869 telegraphists. In the Metropolitan district offices telegraphists number 762. There is thus a total of 3,434 women Civil servants in London. A considerable number are employed in Edinburgh and Dublin, and in both those cities competitive examinations are to be held for the situation of female learners, as also in Liverpool, Glasgow, Newcastle-on-Tyne, Cardiff and Belfast.

People speak with an irresponsible indefiniteness of "putting a girl into the Post Office," and an indiscriminating public runs away sometimes with the notion that this means setting her to sell stamps or despatch telegrams. But there is a vast difference between what are described in the Service as a Female Clerk and a Counter Woman. The work is of a totally different nature, and done under totally different conditions; the one receives a salary, the other a weekly wage; the one passes an examination of a much stiffer character than the other, and, despite 14 years of open competition, the social status of the two is very different. It will, of course, also be clearly understood that the damsels who sell stamps and manage the telegrams at the various grocers', bakers' and chemists' shops in the suburbs and provinces are simply employées of the tradesmen, not Civil Servants, and are quite distinct from the 762 clerks and telegraphists in the District Offices within the Metropolitan area, as these are again from the clerks in the Savings Bank, Clearing House, and Postal Order Branch.

WHAT TO SELECT.

In considering whether a girl should try for an appointment in the Civil Service, the first thing to decide is what position she is best adapted to compete for and to fill: if it should be a clerkship, a female telegraph learnership, or a sortership.

In the clerkships a new class of appointments has just been made, that of girl clerks. Their age is to be not less than 16 or more than 18 on the first day of the examination. For the first three years they will be required to serve six hours a day, and will be paid at the rate of £35, £37 10s., and £40 for those years respectively. At the end of three years' service any girl clerk who is certified by the head of the department to be competent may be promoted as vacancies occur to the class of women clerks, when she will work seven hours a day and receive salary on the scale of women clerks (£55, increasing by £2 10s. to £70, and then by £5 to £100). If, at the end of three years, girl clerks fail to obtain the certificate of competency, they will be transferred to the class of women sorters, entering the scale of that class at their then salary (£40 per annum), and rising by 1s. 6d. per week till they receive 21s. 6d. per week.

Women clerks must begin between 18 and 20 years of age, their salary rises to a possible £300 for the highest appointments, and their hours of work are seven. They may be placed in the Savings Bank Department, or in the Accountant-General's Office, where they will be engaged either in the Clearing House or the

Postal Order Branch. But the appointments for girl clerkships are at present only in the Savings Bank Department.

The other appointments to select from are the female telegraph learnership, age 15 to 18, commencing salary £32, rising to a possible £250; and the sortership, age 15 to 18, salary 12s. to 30s. a week.

There are also a few appointments as typists in what are called the Spending Departments of the Civil Service; age, 18 to 30. "An official nomination is required for this situation, but the Civil Service Commissioners can give no information as to the persons from whom, or the means by which, such nomination may be obtained."

The next consideration is whether a girl has a reasonable chance of passing the examination (the nature of which will be presently described), whether, if she does pass, the work is of a character in which, by aptitude and temperament, she is likely to excel. For there are natures among women no less than among men—some people might say more—to whom the routine and absolute regularity of a Government office would be a constant fret, while others are perfectly happy in work which involves no further thought or responsibility than is required in doing their own piece well.

The advantages of the service are not to be lightly esteemed. The hours are less than in most employment of a similar character, and the work is done under admirable conditions. There is a pension on retirement, after a certain term, of one-sixtieth of the salary at the time of retirement for every year of service, with a maximum of two-thirds of the salary. The allowance of sick leave is by no means ungenerous, and there are only three causes which can dissolve the tenure of office: incapacity to do the work, failure of health, and marriage.

In succeeding articles practical detailed information as to the appointments and how to see about getting them will be supplied.

(To be continued.)

TREASURES AND TROUBLES.

A DOMESTIC SCIENCE STORY FOR YOUNG MOTHERS.

CHAPTER XV.

At fourteen months old, Maggie was promoted to a dinner of mutton-broth (made without vegetables, but with Scotch barley boiled in it and strained out, and with all the fat removed), or of beef-tea. The latter was made by cutting the meat up small, and putting it, with half a pint of water to half a pound of gravy beef (preferably buttock steak, but leg of beef, which is much cheaper, might have been used) into a jar with a lid. The jar was then stood in a saucepan big enough for it to be surrounded by water, and the water was kept boiling around the jar for four hours. The meat was then well squeezed with the back of a spoon, and the liquor strained off. This is a much more effective, and therefore more economical, way of making beef-tea than the ordinary plan of boiling the meat and water with each other, when the meat gets hardened, and the goodness of the liquor partly flies away in steam.

Occasionally, Mrs. Wynter allowed her baby a very small quantity of meat; not regularly every day, but now and again; when the joint was juicy and tender, she would mince up as finely as possible on her plate about a teaspoonful of meat, and let Maggie have it, with some bread soaked in the gravy. No vegetables as yet, these being apt to cause flatulency.

Then the baby—if, indeed, a young person of near fifteen months old, who is beginning to walk, is to be called by the same name as an infant in long clothes—had a small quantity of the daily milk pudding. This would be either

sago, or tapioca, or baked custard, or rice; but the last-named not very often, as Mrs. Wynter had been told, by the good authority of Mrs. Burton, that rice is found binding for children if eaten frequently, unless treacle be taken with it to counteract the effect. All these were thoroughly cooked, the farinaceous substance being well boiled in milk before mixing with the milk and egg in the pie-dish for baking. Maggie liked very much, for an occasional treat, to have a small piece of bread and butter. A little bit about the size of two fingers, cut thin, and overlaid with a scrape of the yolk of a boiled egg, was a favourite tit-bit of hers at breakfast.

But milk was still the staple of her diet. Milk entered into the composition of nearly everything that she ate, and she drank milk, nicely warmed, out of her own special little mug, at each meal. She did not have it at odd times, however. Regularity of feeding being of the first consequence with an infant, Mrs. Wynter gave her baby five meals every day, and did not let her take food—which milk is—at any other times; unless, indeed, it chanced that she awoke hungry in the night, when she was allowed a small mugful of milk to drink.

Little Maggie was dressed, both night and day, in flannel.

"It is the most perfect of all materials for clothing," Mrs. Burton told her young friend, "for it prevents the heat passing away from the body. Our warmth comes, you know, not from the outer temperature, which affects only the skin of the surface, but from the vital processes within us. Now, proper clothing cannot make us warm, but it prevents our animal heat from rapidly passing away through the skin, and flannel is the best material from this point of view."

"But it may irritate such tender skin as a baby's, may it not?" asked Bertha.

"As a matter of fact," replied Mrs. Burton, "if the finest flannel be used, even the youngest babies do not suffer from it. Anyone, young or old, putting flannel next to an unaccustomed skin, will be very likely to feel it rather uncomfortable for a few days. But this soon passes off; and if you put a body-flannel on a baby when you cease to use the flannel roller, you will not find any irritation follow. The same with the night-dresses; never leave off the flannel-gown at night, and you will do no harm, but, on the contrary, protect your baby from all the risks of catching cold attendant upon both the way that they have of kicking themselves out of the bed-clothes, and from their inevitable getting wet at nights, which no care or management can altogether prevent."

That Maggie's development was proceeding favourably under this regimen was shown, not only by the natural and regular advance of her teeth, but also by her strength of limb. Her mother had made no attempt to hasten her walking, but had allowed her to do what she seemed to wish with her legs, just giving her a little assistance in her enterprises in that direction. The first performance had been to crawl all over the rooms with head erect like a young tortoise; and this had been followed by an adventurous climbing up against the furniture, and there holding on and standing for a few moments at a time. Then the mamma's guiding and supporting hands had been placed under the arms to help in a turn or two across the room three or four times in the day; and at fifteen months Maggie was quite mistress of the difficult art of walking, and ran freely about the room, with a

somewhat tottery aspect, it is true, but with full confidence in her own powers of progression.

Dr. Wynter rarely left home. There are few classes who work so constantly as medical men, and Dr. Wynter was one of the most active and energetic of his profession. He was already reaping a reward for his care of his patients, and his industry; for apart from the sum which was being paid for Elfie's board, Bertha had found her cares of housekeeping greatly lightened by her husband's placing in her hands, as a commencement to the third year of their married life, a considerable addition to the amount which he had been able to definitely promise annually. This was the result of the extension of his practice; and his happiness in thus diminishing her anxieties, and adding to her comforts, was an all sufficient reward to him for his arduous and unremitting exertions.

But rest and change, now and then, cannot be entirely dispensed with by any brain-workers. Dr. Wynter had not seldom of late felt over fatigued; and he was conscious that a brief holiday would go far to save him from the danger of a complete breakdown a little later on. The spring is a trying season to many constitutions, and he felt it so to him. So arrangements were made for his brief absence, and one fine April day he set off for a week's holiday. He was going first to London to read a paper at a meeting of a medical society on his own researches into "Morbid affections of the Spleen," and after this, he was to proceed on a visit, for a few days, to an old friend (non-medical), in a quiet village in Surrey.

All was well in his home when he left. Elfie was growing happier under her sister's influence, beginning to occupy herself more, and to express a little interest in the drives, the shopping, and the amusements, as well as in the work, correspondence and reading, which were open to her; though still she was very altered from the old Elfie, and in no way more so than in her indifference to the baby. There was nothing about her, however, to make Dr. Wynter in the least anxious about leaving his home. Maggie, too, was perfectly well when her papa went away.

But with the curious perversity which often is displayed by the unconscious young troubles, the very day after the doctor left for London, Maggie became poorly. The fact was, her eye-teeth took a start, and began to insist upon pushing their way up to the light. The little one grew restless with the pain, and was presently feverish, and had a bad night. Her mother lightened her diet the next day, and gave her a teaspoonful of castor-oil, which she seemed to require. But the next night was no improvement on the preceding one, and the following morning was a time of sad suffering.

The poor child either moaned or cried constantly; she could not keep her head still, but threw it from side to side; she drank with avidity, but quite refused food. Her one desire was to be walked about with: while this was done she seemed easier, and even dozed at times. But when her mother or nurse sat down with her the screams recommenced.

Bertha felt that only the most imperative necessity would justify her in breaking in on her husband's rare and hardly-earned holiday. At the same time, she felt unwilling to call in to their baby any other practitioner. She turned to her usual refuge, and sent an urgent prayer to Mrs. Burton to come to see the baby.

The kind old matron came at once, and pronounced that the brain was irritated by the pain of the pressure of the tooth on the nerve.

"This baby must have its gums lanced, my dear," she said, as she walked to and fro with the poor little sufferer resting on her shoulder—in which position she looked the very embodiment of maternal wisdom and gracious female benevolence. "I quite understand your not liking to have anything done while her father is away, but it would be folly to think of wasting time in sending to him about it, not to mention spoiling his holiday."

"I do not want to do that," said poor Bertha, who was gladly taking the opportunity of resting her wearied shoulders and back by lying down for a few moments.

"You know my husband was a father himself, and a medical practitioner, before your husband was born. Now, do let me send for Mr. Burton, to come to do what is necessary."

"You feel quite sure that it is needful to have the gums cut? Then, of course, dear Mrs. Burton, I will do as you say. Susan shall go and ask Mr. Burton if he will come."

"Let her go at once, so as to catch him before he goes out, if possible."

The maid went, but was too late to stop the busy old surgeon, with a double visiting list on his hands. She returned in half-an-hour, with the news that Mr. Burton was out.

"He will come as soon as he goes home and gets your note," said his wife. "Meantime, we will give the poor darling a nice hot bath, to try to draw the blood down from her head, and, if it at all succeeds, we can wait the few hours for Mr. Burton. If she gets no better, my dear, we must send for Mr. Stone; you know your husband has confidence in him, by his giving over his consulting practice to him for this week."

"I would much rather have Mr. Burton," said poor Bertha, whose strength and spirits were now so reduced by her baby's pain that she seemed afraid of every fresh step.

"So would I!" smiled Mrs. Burton. "Let us have the bath, then."

The baby was placed in water not much more than lukewarm, and covered over with a blanket. Then Mrs. Burton slowly added hot water, stirring it up with her hand, till the bath was just as warm as her hand could bear with comfort. She maintained the bath at this temperature, by frequent additions of hot water, till the baby had been in it 20 minutes. Then Maggie was wiped, partially dressed, and wrapped in a warm shawl.

She was unquestionably better for this treatment. Her cry was less long and loud, and her head was not quite so often tossed from side to side. Still, she craved to be walked about with, and seemed so much easier while moving thus, that it was almost impossible to refuse her speechless but very plain entreaties for this comfort. Her weight was not a trifle, however, and though Mrs. Burton relieved the anxious mother, and the maid was called in to assist also, the constant walking to and fro, with the piteous cry at the ear, was very hard work for them all.

Where was Elfie all this time? She had come in and out of the room, almost as restless as the baby; she had seen the bath given, and had evidently rejoiced in its good effect; but she had not put out her arms for the wailing child. Mrs. Burton, watching her shrewdly, and at first with some little indignation, came presently to the conclusion that she was really desirous of helping her sister, and soothing the poor babe, but, for some reason inscrutable to Mrs. Burton, shrank from offering to take the baby.

Mrs. Burton was resting in an arm-chair, and Bertha pacing the room, when Elfie came in again.

"I wish she would let you rest, Bertha, dear!" Elfie said.

"You take the baby a few minutes, my dear," said Mrs. Burton, suddenly rising, and herself transferring the little burden to its aunt's arms. "You don't feel too unwell for a little of the nursing, do you?"

"Oh, no!" cried Elfie, all her maternal instincts re-awaking from their long swoon, as her arms folded round the child, and she kissed it fondly.

Whatever the cause, Maggie certainly seemed to get better in her aunt's care. Before very long she dropped off to sleep; and when Mrs. Burton saw Elfie supporting herself against the chimney corner, refusing to sit down for fear of waking the baby, the old lady said softly, "She'll do now."

They thought she referred to the child; but she meant the young lady, in whom her kindly interest was very strong.

Earlier than he had been hoped for, Mr. Burton arrived, and at once confirmed his wife's judgment that the gums must be lanced.

Bertha shrank with horror from the operation, and was in no degree reassured by her friend's statement, that it was a mere trifle. Still, with all a mother's self-devotion, she would let no one hold her baby but herself.

It was much less formidable than she had feared. The baby's head rested on Mr. Burton's knees, and his finger protecting the lancet (a mild-looking little object, shaped like a hatchet) was passed into the mouth. In a second the deed was done; and so far from causing any great pain, the very cut seemed to give the baby relief. Her screams ceased directly. She took some milk, then went to sleep, and before the evening was her own smiling, happy self again. So quickly is a baby ill and well!

The effect of the incident on Elfie did not pass away so quickly. From the day when her interest in her little niece had been at length aroused, she delighted in the child as much as its mother had hoped. The influence of this upon her completed the good already well begun; and, in a little more than a month after, Dr. Wynter felt bound to tell his wife that Mr. Crofton should be apprised of Elfie's being now so well as to make her continued stay at Restingham quite unnecessary.

Mr. Crofton, upon receipt of this good news, wrote to his wife, telling her that he would let her have the last two months of the London season, if she liked, in lodgings with him at a fashionable hotel. He offered it as a favour, and left a loophole for her refusing it, but he evidently expected it to be accepted as a most gracious kindness.

The sisters held a long and confidential consultation over his letter. Elfie could not but

distrust herself still to some extent, but with her restoration to health had come a full awakening of her conscience, and she saw that the duties which she had taken on herself when she married, ought not to be set aside by her selfish fears, or neglected longer than necessary. She was Hugh Crofton's wife. However different he was to what she had expected, and however unlike her married life might be to any anticipations that she had formed, he was her husband; and she knew that all that was open to her was to make the best of the life-long relationship on which she had so carelessly entered. Indeed, she loved him still, and blamed herself more for her failures towards him than she felt she had any right to blame him for his treatment of her.

All this she said to Bertha, and the end was that, with some misgivings and many regrets, Mrs. Crofton rejoined her husband in London, and to a certain extent resumed her society life. But she was nearly three years older, and much more aged even than those years in experience than she was when she married, and was first plunged in the whirl of fashionable London existence. The mistakes of her early married life were not likely to be altogether repeated.

Here our story must leave them all. It is not finished any more than the story of a human life is ever finished till death closes it. But Bertha is left in better circumstances, prospering as a housekeeper with her husband's success, and happy as a wife and mother; Elfie is making a fresh start in life, an evil page of her history turned over; and our real heroine, Miss Maggie Wynter, has got her principal teeth, is eating meat, and can run about alone. At this point the unpretending domestic chronicle of their lives and experiences may well be brought to an end.

[THE END.]

SHORT-SIGHTED BEQUESTS.

GREIFSWALD has just lost its oldest student, a man who died at the age of seventy after having "studied" theology since he was twenty. Fifty years ago a rich relative left him an annuity, to be paid to him until he had finished his studies. He knew better than to finish them. Another case like this was that of Beste, a Göttingen student. His aunt left him a yearly stipend of 400 dols., to be paid as long as he studied to advantage. Professor Klinkerfues used to certify every year that this student was the *Beste* among his hearers.

It is a blessed day in morals when men make a beginning toward the study of a wrong. It is the first suspicion that is so difficult.

David Swing.

Princess Louise has consented to be president of the National Home-Reading Union.

Miss Balfour, sister of Mr. A. J. Balfour, has been elected a member of the Whittinghame School Board.

NEW PUBLICATIONS.

THE EDUCATION OF GIRLS AND WOMEN IN GREAT BRITAIN.

By C. S. BREMNER. With a Preface by Miss E. P. HUGHES, of Cambridge. 4s. 6d.

This book is the first attempt that has been made to examine the whole field of women's education. It briefly surveys the agencies in existence both before and after the Reformation, the share that women and girls had in such agencies, and shows the effect of the Reformation on their education. The great development in the education of women and girls, inaugurated in the middle of the nineteenth century, is treated at length. The field divides itself into four sections: Elementary, or Primary, Secondary, Higher, Technical-Professional.

A chapter on Scottish education is appended, the work of Mr. G. Alexander, Clerk to the School Board of Glasgow, and Miss Jane Galloway, of Queen Margaret's College.

THE TIMES—"A valuable repository of information."
THE SCOTSMAN—"A clear and full account of the historical development and present state of the organisation by which girls and women are taught in this country. Well founded in a wide and philosophic knowledge of its subjects, the book is an interesting record of the progress and results of a movement the importance of which is every day more and more recognised. Without the least trace of controversial partiality."
THE BRITISH REVIEW—"Miss Bremner is to be congratulated upon her thoroughness and her moderation."
JOURNAL OF EDUCATION—"A full and able survey of women's education in England and Scotland."

SWAN SONNENSCHN & CO., Ltd., LONDON.

THE BEVERAGES OF THE PEOPLE.

LET us glance at the ordinary breakfast beverages of the people.

Tea, even if properly infused, is only a stimulant. It is not a nourishing beverage, and as usually decocted is washy, trashy, and deleterious.

Coffee, even when of the best, and prepared in perfection as you will find in the East, where Mahomedans are forbidden by their religion to use alcohol, is only a cardiac or heart stimulant. It increases for a short time the power of that organ without being in any sense of the word a nourishing beverage.

Cocoa.—The ordinary cocoa is not by any means a nourishing beverage. Its good qualities either in the English or foreign varieties are smothered in starch and sugar that induce and promote indigestion.

Dr. Tibbles' Vi-Cocoa is a nourishing beverage, containing four great restorers of vitality—Cocoa, Kola, Hops, and Malt. It stands out as a builder up of tissues, a promoter of vigour, and in short it has all the factors which make robust health. Being a deliciously flavoured beverage it pleases the most fastidious palate. Its active powers of diastase give tone to the stomach, and promote the flow of gastric juice, and however indigestible the food taken with it at any meal it acts as a solvent and assimilative.

All the leading medical journals recommend Dr. Tibbles' Vi-Cocoa, and Dr. G. H. Haslam writes:—"It gives me great pleasure in bearing testimony to the value of Vi-Cocoa, a mixture of Malt, Hops, Kola, and Caracac Cocoa Extract. I consider it the very best preparation of the kind in the market, and, as a nourishing drink for children and adults, the finest that has ever been brought before the public. As a general beverage it excels all previous preparations. No house should be without it."

Dr. Tibbles' Vi-Cocoa is made up in 6d. packets, and 9d. and 1s. 6d. tins. It can be obtained from all chemists, grocers and stores, or from Dr. Tibbles' Vi-Cocoa, Limited, Suffolk House, Cannon-street, London, E.C.

As an unparalleled test of merit, a dainty sample tin of Dr. Tibbles' Vi-Cocoa will be sent free on application to any address, if when writing (a postcard will do) the reader will name the WOMAN'S SIGNAL.

HE: Oh, you can't fool Spier; he has an eye like a hawk. SHE: Indeed! and what is the other one like?

TEACHER: "Tommy, what is meant by 'nutritious food'?" TOMMY: "Something to eat that ain't got no taste to it."

NEW PUBLICATIONS.

A BOOK FOR LADIES.

The information contained in this book ought to be known by every Married Woman, and it will not harm the unmarried to read. No book is written which goes so thoroughly into matters relating to married women. Some may think too much is told; such can scarcely be the case, for knowledge is power and the means of attaining happiness. The book can be had in envelope from Dr. ALLINSON, Box Z, Spanish Place, Manchester Square, London, W., in return for a Postal Order for 1s. 2d.

JUST PUBLISHED. DISEASES OF CHILDREN.

By DR. ALICE VICKERY. Price 1/- HENRY RENSHAW, 356, Strand, W.C.

SOUPS. SAVORIES. SWEETS.

With a Chapter on Breads. By H. B. T. 2nd Edition. Price 1s. 6d. Published by JOHN HEYWOOD, Manchester and London.

ECONOMICAL COOKERY

By MISS LIZZIE HERITAGE. (First Class Diplôme Cookery and Domestic Economy; Author of "Cassell's New Universal Cookery," &c., &c.)

SOME COLD BREAKFAST DISHES.

WITH the warmer weather comes the desire for change of diet, and cold dishes once more attract, especially at breakfast. And what a "stand by" a nice cold savoury is for the morning meal, where there is an early train to catch or sandwiches to be cut for somebody's luncheon. The first is recommended as a decided change from the brawns seen at ordinary tables, which usually contain pork in some form or other; there is nothing against them when well done, and they can be digested, but this will come as a boon to the many non-pork eaters.

BEEF BRAWN.

Another point in favour of this dish must not be overlooked, i.e., its freedom from salt. Although salted meats now and then do no harm, they always contain less nourishment than the same weight of fresh meat; as in the process, whether a pickle be made, or dry salting carried out, much of the albumen and other nutritious matters are drawn from it and thrown away in the brine. The leaner the meat the greater the loss in this respect. But to the recipe. Select a couple to two and half pounds of freshly killed neck of beef, and having rinsed it quickly, cut it up in lumps the size of an egg, and put on with four tablespoonfuls of brown vinegar and a teaspoonful of sugar; the acid softens the meat. Then add an ox foot, one from the tripe shop, sold as cooked, but they are but little more than half done as a rule; cover with cold water, and bring to the boil, removing any scum; a pinch of salt thrown in will help this. The next thing is to put in a small onion with a bay-leaf, a teaspoonful of black peppercorns and half as many allspice berries, tied loosely in muslin; a pinch of celery seed is a great improvement. Now cover and cook as softly as possible, barely boil, for how long? Two and a half to three hours on an average; but the ox foot bones should slip out easily, and the beef be very tender. Remove the brawn from meat from the foot and cut up all in a hot basin, the liquor meanwhile being reduced by quick boiling. The salt is best added, with any more seasoning to taste, such as cayenne or a little nutmeg, a few minutes before removal from the fire. To ensure thorough mixing, the meat may be put with the liquor for a final boil up. Small plain moulds or basins are to be filled, and the brawn turned out when cold. A simple salad eats well with it. Why small moulds, some may query? Because, anything of a gelatinous nature is best eaten up as quickly as convenient after it is cut. Where the family is large, there is of course no objection to a larger mould.

SCOTCH STUDENTS.

At the University of Edinburgh, during 1896, 188 women students matriculated; of these, 176 were enrolled in the faculty of arts, 3 in the faculty of science, 6 in the faculty of medicine, and 3 in that of music. Moreover, there were 54 non-matriculates who paid the 5s. entrance fee—the majority for attendance on the music classes—while 68 women medical students were attending the extra-mural lectures with a view to graduation in medicine.

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SPECIALITY: ABDOMINAL CORSET

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"Thanks for sending the 'KALS' so quickly, they fit splendidly."—E. D.—LEE, Mar. 14, 1897.

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Prevents all danger of losing money while carrying it about. Cannot be snatched from the hand. Adjusted to size, leaving fingers and thumb free for other purposes. Safe and convenient for frequent use. No scrambling for pockets. No time lost in opening bags or other receptacles. To be had at all Fancy Goods Warehouses. Wholesale at the Depot, where sample Purse can be obtained by enclosing 3d. extra in stamps at prices from 2s. 6d. to 42s.

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Current News FOR AND ABOUT WOMEN.

Mrs. Bishop (Miss Isabella Bird), who has just returned from her travels in Corea and China, has agreed to speak at the seventh great anniversary missionary meeting of the Presbyterian missions, which will be held under the presidency of Lord Reay in the Queen's Hall, on May 14th.

It is not strange nor unexpected to find women rated at 100 per cent. in the manufacture of silk, and in the making of silk and cotton threads. But it is remarkable to find them making 90 per cent. of the great heavy rubber belting and straps which bind the giant machinery of the world. In the manufacture of carpets, rugs, matings, and so on, the proportion of woman's work ranges, it has been said, from 35 to 90 per cent. In the making of cotton cloths and sheeting it is given at 50 per cent.; in the manufacture of corsets, 90 per cent.; in the making of rubber boots and shoes, 66 per cent.; in the manufacture of waterproof cloths it is 75 per cent., and in ready-made garments 90 per cent.

Amongst the novel occupations followed by American women, we find Mrs. Merrifield is night manager of the Western Union Telegraph Company in Wyoming. Miss Colfax is in charge of the Michigan City Lighthouse. Miss Clay has been appointed captain of a steamer

on Lake Sebago, Maine, after passing the examinations for pilot and navigator. Miss Grace Hubbard is a civil engineer, and has obtained the contract from the United States Government for the survey for the maps of Montana. Miss Hill is the owner of a big ranch, and acute business women are everywhere.

The plague now raging in Bombay is believed by the medical authorities to be identical with the Black Death which raged throughout the world in the 14th century. The Black Death ravaged England in 1348-49, 1361-62 and 1369. It is an aggravated form of the Oriental Bubonic Plague, with, however, special symptoms of its own. The first English victims succumbed in Dorsetshire, in August, 1348; and the "Death" reached London in the winter of that year. The mortality in London was 100,000, and Norwich mourned 60,000 deaths. Careful investigators calculate that the victims of this one visitation must have amounted to one-third, if not one-half, of the total population of England, which is estimated to have then been from three to four millions. Ireland and Scotland also suffered terribly.

Mr. C. Arthur Pearson, in his Weekly, gives the following just and kindly reply to a correspondent:—"There is, I think, no doubt about this. At one time there was a very general feeling that the sudden capacity which women showed for affairs was nothing more than a temporary outburst; but such apparently is not

the case. Wherever women have been granted a fair opportunity they have demonstrated their ability to compete with men. In many vocations they not only work equally well, but even better. I remember not long ago hearing of an examination held in connection with appointments to positions in the Agricultural Department at Washington. Though it was stated that women were not to compete, eight obtained permission to participate and to take their chances with the thirty men who were candidates. Every one of these eight women passed the examination, while every one of the men failed. It is facts like this which drive those who sneer at the intellectual inequality of women from their stronghold, and make it clear that the sexes deserve an equal opportunity for the utilisation of their powers in the worlds both of scholarship and business."

WOMEN MILITARY NURSES.—The Secretary of State for War has approved of a new military nursing order, consisting of a reserve of nurses to supplement the regular nursing service of the army in time of war. In the regulations for the control of the order it is stated that the body will be known as the "Army Nursing Reserve." In time of peace it will be placed under the direction of a specially constituted committee, which has very appropriately been placed under the presidency of the Princess Christian. In time of war the nurses, or as many of them as may be required, will be entirely under the control of the War Department. The newly-authorized body will consist of 100 or more nursing sisters, a certain number of whom may be detailed by the military authorities as acting superintendents. A candidate for the appointment of nursing sister must be not under twenty-five or over thirty-five years of age, and must have had at least three years' preliminary service in a civil hospital.

HOVIS BREAD

Strengthens the Digestion and Improves the General Health.

SOLD BY ALL LEADING BAKERS AND GROCERS.

6d. and 1s. Samples of Bread and Biscuits sent on receipt of Stamps, by

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Should any difficulty be experienced in obtaining Hovis Bread, Biscuits, and Flour, or if what is supplied be unsatisfactory, please write—in latter case enclosing sample, the whole cost of which will be defrayed—to S. FITTON & SON.

SUCCESS. ANOTHER COCKBURN TEMPERANCE HOTEL

13, Henrietta Street, Covent Garden, Bedford Street, Strand, LONDON.

Mrs. A. D. PHILP, appreciating the very liberal patronage hitherto accorded to her at Cockburn House, 9 and 10, Endsleigh Gardens, and regretting her inability to accommodate many intending patrons for lack of room during the past two seasons, is pleased to announce to the public that she has secured the above Hotel premises, containing large and numerous public rooms, and accommodation for 150 guests, by which she hopes to cope with the expected large influx of visitors to London during the coming season, due to Diamond Celebrations. Bedrooms very quiet.

It will be newly and comfortably furnished throughout, and open for reception of guests early in March. Owing to its excellent position, in close proximity to the Strand, Trafalgar Square, Westminster, New Law Courts, Lincoln's Inn Fields, and all Places of Amusement and Railway Stations, Mrs. Philp hopes by her close personal attention to the comfort of guests, combined with Moderate Tariff, that she will continue to receive the very liberal patronage hitherto accorded to her. Large Halls for Public Dinners, Meetings, Concerts, &c.

It will be the finest, largest, and only well appointed HOTEL IN LONDON built from the foundation for the purpose, conducted on strictly Temperance principles. New Passenger Elevator, Electric Light, Telephone, and latest improved Sanitation. Telegraphic Address: "Promising," London.

Mrs. Philp will give her general superintendence to all three of her Hotels, and will spare no effort to make all her patrons comfortable and at home. NOTE.—In connection with, and under same management—

COCKBURN HOUSE, 9 & 10, ENDSLEIGH GARDENS, opposite EUSTON (Telegrams—"Luncheon," London), and COCKBURN HOTEL, 141, BATH STREET, GLASGOW, and COCKBURN TURKISH BATHS.

A DRESSMAKER'S DANGER.

It requires a good deal to astonish the average journalist. But a member of the Newcastle Daily News staff was astonished when he called the other day on a lady, who, though reported to be dying of Consumption, proved to be perfectly well. This was the daughter of Mr. W. Allan, a well-known and highly respected gentleman, living at 159, Mowbray-street, Heaton, Northumberland. Miss Allan explained herself as follows:—"You see I am a dressmaker, and though naturally blessed with a sound constitution, work in a heated room, sitting most of the time, began to tell upon me. I was not one to give in, and continued, in spite of increasing weakness, to follow my employment. Like



most people similarly afflicted, I tried various remedies, which, in my case, had very little effect for the better."

"What was the nature of your indisposition?"

"The usual signs of Consumption, with a great feeling of weariness and loss of appetite; no real interest in anything I did."

"This was certainly not a very healthy state of things," remarked the interviewer. "By no means," said Miss Allan, "and instead of improving or getting any real good from my sleep, I gradually grew worse, my family naturally expressing their deepest concern for my condition."

"I don't think they need express much concern at this moment," said the reporter. "What has worked this great change?"

"Well, the real and only cause is the use of Dr. Williams' Pink Pills for Pale People."

"But your recovery has been very rapid?"

"It has. I commenced to decline in health several months since, but it was only at the beginning of December that my parents suggested a trial of these wonderful Pills. I am now taking the third box only, but I derived considerable benefit before the first box was finished."

"They evidently possess some special virtue if they have worked such a change in so short a time?"—"Yes," said Miss Allan, laughing, "for I can assure you I have the greatest faith in Dr. Williams' Pink Pills, and shall certainly not be afraid of recommending them to anybody who stands in need of them. Anyone seeing me a few months ago, and seeing me now is simply struck with the vast improvement in my appearance and condition."

To sufferers like Miss Allan, Dr. Williams' Pink Pills are invaluable, not only cases like this, but the disorders which arise from an impoverished state of the blood and nerves, such as consumption, anaemia, pale and sallow complexion, weakness, loss of appetite, shortness of breath, pains in the back, nervous headache, early decay, all forms of female weakness, hysteria, paralysis, locomotor ataxia, sciatica, palpitations, and wasting strength from any cause. These Pills are sold by chemists, and by Dr. Williams' Medicine Company, 46, Holborn-viaduct, London, E.C., at 2s. 9d. a box, or six for 13s. 9d. They are sold only in pink wrapper, with the full name, Dr. Williams' Pink Pills for Pale People; pink pills sold loose or from glass jars are not genuine.

HE who gets a thing is lucky; he who keeps it is wise.

"USE is the condition of brightness."

Our Open Columns.

[The Editor does not hold herself responsible for the opinions expressed by correspondents. Discussion is invited on the subjects here written upon.]

THE STATUE AT DUXHURST.

To the Editor of the WOMAN'S SIGNAL.

DEAR MADAM,—In reading the various letters on the above subject, I notice that one of your correspondents in March 18th, "A Mere Worker," says "we are not willing to be the ones to begin the erection of images of our Lord in the open air."

Lady Henry Somerset in placing the statue of Christ on the Green at Duxhurst is not "the one to begin" so gracious a deed.

Within the last 25 years there has been erected in the old town of Shrewsbury a beautiful hospital for healing diseases of the ear and eye.

Outside of this hospital, by the principal entrance, is a figure of Christ. The face is "looking up to heaven," the right hand is raised, and on the base of the statue is carved the word "Ephphatha" (be opened), the word Christ used when He cured the man who was deaf and had an impediment in his speech, on the coasts of Decapolis.

In days gone by I have often gazed at that statue while watching the patients passing in and out. No inclination to worship the figure stirred in my heart nor in the hearts of the suffering men and women. We turned and looked at it, and remembered that Christ with His great healing power was still in our midst, "to give us back our sight and cure our poor bodies, though He uses the doctors' hands to do it now," as said one good old man.

And thus the statue on the Green at Duxhurst will remind our sisters there that Christ Jesus is now, as He was when on earth, woman's tenderest, most forgiving and best friend.

If we can regard the carrying out of this beautiful idea of Lady Henry Somerset's in this light I feel sure there will be few to regret it.

I am neither a "Unitarian" nor a "Roman Catholic," but an ultra Protestant.—Yours faithfully, JANE KETTLE. Maidenhead Branch B.W.T.A.

HOSPITAL MANAGEMENT.

To the Editor of the WOMAN'S SIGNAL.

DEAR MADAM,—I have received various appeals to subscribe to the Prince of Wales' Hospital Fund for London, and would like to state the reasons why I and many others, both men and women, refuse to subscribe to it.

Our Hospitals contain, besides women and children patients, large staffs of nurses, and we consider that every institution which has women inmates, either patients, attendants, or female servants, ought to have women on their boards of management and committees.

This being the Diamond Jubilee of our Most Gracious Queen, it seems a slight to her as a woman that, in forming the general council for this scheme of raising money for our hospitals, not one representative woman is included in that council. If there were one of our lady physicians, or even any unprofessional, well-known philanthropic woman on that general council, we feel sure it would appeal much more strongly to a large section of the general public.

We hear continually of the mismanagement which is so common in our great public institutions, much of which would be obviated by the presence of women on their boards and committees, as it is admitted that in many practical details women can do more than men.

Our hospitals are great households where womanly supervision is essential for economy, efficiency and decency, for we have all heard of cases which could never have occurred if there had been women in authority on the boards of management.

Until this important reform takes place much

support is sure to be withheld from our hospitals.—Believe me, yours faithfully, EMILY CONYBEARE CRAVEN. 144, Ashley-gardens, Westminster.

FREE CIRCULATION FUND

FOR placing the WOMAN'S SIGNAL in public libraries, reading rooms, and sending to Editors of newspapers and other influential persons.

Whatever total amount is generously placed at the Editor's disposal will be strictly applied to the purpose named. A separate list and accounts will be kept for this money, and duly audited in six months' time.

SIXTH LIST.

Table with 2 columns: Name and Amount. Includes Mrs. John Anderson, Edinburgh (0 10 0), Mrs. M. Shepherd, Dawlish (0 5 0), L. B., Seacombe (0 5 0), and Amounts previously acknowledged (68 5 10).

Further subscriptions are respectfully asked for.

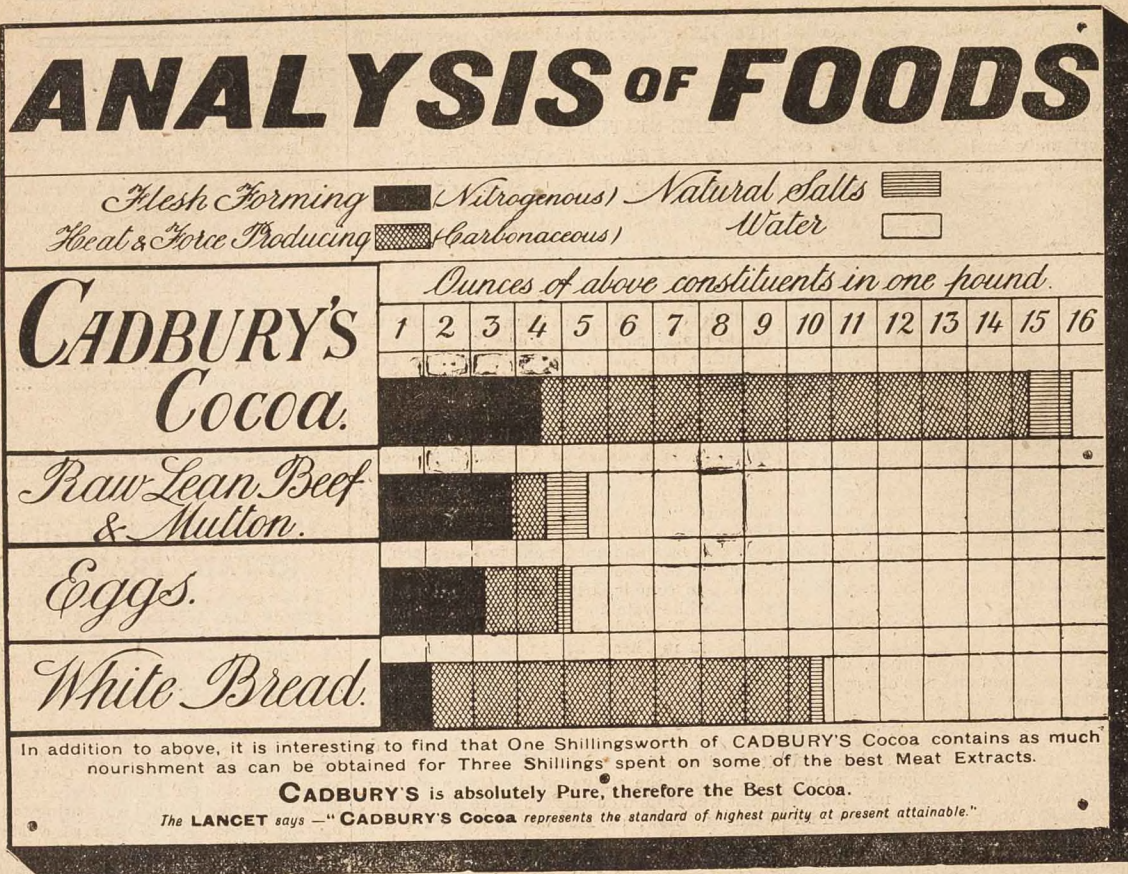
INJUNCTION AGAINST A RETAIL TRADESMAN.

In a recent action for infringement of the rights in Dr. Williams' Pink Pills for Pale People, in which a Mr. Henry Clinton, trading as Clinton's Drug Stores, Manchester, was defendant, Mr. Justice Stirling ruled as follows: "The attention of traders is drawn to the subject."

"Upon motion for an injunction this day made unto this Court by Counsel for the Plaintiffs, and upon hearing Counsel for the Defendants: and Plaintiffs and Defendants by their respective Counsel consenting to treat the hearing of the said Motion as a Motion for Judgment, This Court doth order and adjudge, that the Defendants, their servants and agents, be perpetually restrained from passing or attempting to pass off Bottles, Boxes, or Packages of Pills not of the Manufacture of the Plaintiffs by the use of the term 'Pink Pills for Pale People' or in any other way. And it is ordered that the Defendants do forthwith deliver up to the Plaintiffs all Labels, Bottles, Boxes, Packages, Circulars, and other trade documents, containing the words 'Pink Pills for Pale People' and not referring to or intended to be used in conjunction with the Plaintiffs' pills. And it is ordered that the Defendants, Henry Clinton & Co. (trading as Clinton's Drug Stores) do pay to the plaintiffs, The Dr. Williams' Medicine Company, their costs up to and including this judgment, but exclusive of the costs of the account hereinafter directed. And it is ordered that an account be taken of the profits made by the defendants in manufacturing or selling such bottles, boxes, and packages of pills, and the costs of taking the said account are reserved."

The Dr. Williams' Medicine Co. feel compelled to caution the trade and the public against imitations, and any information as to infringements of the rights of Dr. Williams' medicine (whether by the name of "Pink Pills for Pale People," or "Pink Pills for Delicate People," or the like) will be highly esteemed, and will be treated confidentially if sent to the Company, at 46, Holborn-viaduct, London, E.C., or to their solicitor, Mr. C. Urquhart Fisher, 19 and 20, Holborn-viaduct, London, E.C.

In a recent examination some boys were asked to define certain words and to give a sentence illustrating the meaning. Here are a few: Frantic is wild; I picked some frantic flowers. Athletic, strong; the vinegar was too athletic to use. Tandem, one behind another; the boys sit tandem at school. And then some single words are funnily explained. Dust is mud with the wet squeezed out. Pins are fishes' wings. Stars are the moon's eggs. Circumference is the distance around the middle of the outside.



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The "WOMAN'S SIGNAL" is sent direct from the office, 30, Maiden Lane, Covent Garden, London, W.C., post paid, for three months, from any date, to any address at home or abroad, for 1s. 8d., for six months for 3s. 3d., or for one Year for 6s. 6d.

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