EMPLOYMENTS FOR GENTLEWOMEN.

BY OUR SPECIAL CORRESPONDENT.

IN this paper I am going to mention one or two side-walks which branch off from the main road, so to speak, of the medical profession, and for which it seems quite within the range of possibility that women could equip themselves with the necessary knowledge and thus claim a right of way.

The object my pen has in view is to act merely as pen-pioneer, to point out to women these new paths, and at the same time the obstacles which beset them; to mention the tolls which will have to be paid in the form of fees; to tell of the training which has to be passed through, and to speak of the length of road along which probationers travel before they can reach their goal, which to them is represented by the point when they begin to earn money.

Dental Surgery comes forward for our first consideration. I may mention, in passing, that a great many women, I am told, are employed in making artificial teeth, but it is not an industry that is well paid, because they do only the inferior parts of the work; but, as my informant remarks, "there is no reason at all why women should not be employed on the more delicate parts of dentistry."

There are many dental schools and colleges in various towns in the United Kingdom. A short statement about a few of them will serve to give an idea of fees required from, and training given to students.

In London there is a dental school attached to the hospital in Leicester Square. The fee for the two years' hospital practice required is fifteen guineas; the fee for lectures as well as practice is thirty guineas.

At the Dental College in Great Portland Street, the fee for hospital practice is twelve guineas, and the combined fee is twenty-five guineas.

The Victoria Dental Hospital, Manchester, fixes its fees at twelve and twenty guineas.

At the Dental Hospital in Liverpool the fee for the two years' hospital practice is eight guineas.

The teaching-staff at the Dental School in Dublin do not intend to undertake any further responsibilities after the close of the session now ending, because the attendance of students has been so small, it is not therefore needful to mention the fees or regulations of this school.

At the Dental School of Edinburgh the fee for hospital practice is fifteen guineas, and the cost for the course of study, which extends over four years, amounts to about eighty guineas.

I shall append a few particulars respecting this school, in order to give an idea of the training to be gone through. The rules are that each student is to be registered, and that a preliminary examination has to be passed previous to registration. The subjects for this examination are in brief as follows:—

English Language, Grammar and Composition. Latin, Ovid or Cicero. Elements of Mathematics. Elementary Mechanics, of solids and fluids; and one of the following optional subjects—Greek, German, French, Italian, Botany, Zoology, or Elementary Chemistry.

After registration students are required to pass forty-five months in professional study before they can gain a diploma. I will mention broadly the subjects set before the students and the course of procedure they are recommended to pursue. The first year is devoted entirely to the acquirement of Mechanical Dentistry. The second year to Chemistry and Anatomy as well as the practice of Dental Mechanics. The third year, Physiology, Anatomy, and Materia Medica. The fourth year is occupied with Dental and Clinical surgery, Dental Anatomy and Mechanics, and all the special and particular subjects closely connected with the profession of dentistry, as well as the practice requisite to insure skill and dexterity. Students must be twenty-one years of age before they can go up for their final examination and receive a diploma.

As a matter of course the doors of all these schools are open to admit male students, but only at one or two are women likely to find admission: let us run through the list.

At neither of the schools in London are women students admitted.

In that at Manchester, women are not admitted. I learn that the question of their admission was carefully considered about a year ago, by the leading members of the teaching staff, and the conclusion of their deliberation was, that women are physically incapable of becoming good dentists; the occupation is so arduous and fatiguing that they would break down under the strain and exertion. This opinion was also held strongly by others who had seen the daily hospital requirements, as well as by those whose part it was to give instruction.

At the Liverpool Dental School there are no rules for or against the admission of women as students, and it is thought that if applications were received the authorities would view them in a favourable light.

As yet no women students have passed through the portals of the Edinburgh Dental School, but I have reason to believe that a welcome would be given to any who might desire to enter. The dean of the school at any rate would vote for their admission, and the support of this member of the school staff is usually of great weight. This school is in close proximity to the University, to the Royal Infirmary, and to the other medical and surgical schools of Edinburgh, and therefore offers special advantages to its students. The length of training and the thoroughness of its examinations make its diploma a valuable test of proficiency.

Professional men who sympathise with these en-

deavours on the part of women to gain diplomas and so fit themselves for the battle of life in this particular field, advise them to pursue the following course. When they are qualified to practise they should seek to gain an appointment in some hospital that is set apart for the use of women or children, or they should become an assistant to a dentist of repute.

Another side-walk is that of chiropody. A chiropodist is not required to produce a diploma; at the same time an intelligent knowledge of all that appertains to the art, and real skill in the carrying out of this knowledge, are essential. Now it need hardly be said that chiropody does not rank as high as dentistry, but viewing it merely as a means of making a livelihood, it is much more likely that a woman would be able to gain an independence as a chiropodist than as a dentist. The very fact of the one not being so aspiring will tell in her favour.

I am looking upon the matter through the eyes of the general public, and it is that large body which really gives success or occasions the non-success of those in whom it places confidence or the reverse.

This being so, there seems to be every reason why this particular employment might be more largely taken up by women than it has been hitherto. To look at the matter from a practical point of view, the number of people whose feet are maimed and pained by corns, by bunions, by defective and refractory nails, and other additions or imperfections, is very considerable, and very many of this number would gladly seek for the relief which an experienced chiropodist can give. I myself know people who journey long distances to chiropodists, and also I know that the latter are often requested to go to patients many miles away, whose purses allow them the luxury of paying the extra expense of summoning the operator to their own dwelling.

Fees of five shillings, and seven-and-sixpence, and ten shillings are given to a chiropodist: some arrange to attend a patient for three guineas a year. A diligent study under the supervision of a skilful operator is the best means of becoming a proficient.

The first step is to watch closely and carefully each minute action on his part, and to be told by him the reason for each act as well as how it is to be done. I must give a word of warning and caution—it would be highly dangerous for any one to attempt to practise as a chiropodist who was not fully qualified to do so—it is to be hoped that no one will be so rash as to try to do this; for instead of giving relief to others there would be the certainty of causing them an irreparable injury.

A. S. P.

GARDENING IN THE WATERY MONTH.

ONCE again we find ourselves creeping out of winter quarters into the spring, with the return of which we shall have to redouble our energies in the garden. And before going into detail, let us recollect generally that spring is a trying time for man and beast, and—what is more to our purpose—trying to the vegetable kingdom as well. Last month we spoke a little about lawn-making, or at all events of its renewal where any settlement of the sub-soil had made its appearance. What we should do now is to prepare it for the first mowing of the season by either dragging over it a goodly-sized branch of a bush, or giving it a good sweeping with some new birch brooms: this will have the effect of destroying the endless little worm-hills, and in open weather we finish up with the heavy roller. In a few weeks' time we begin again with the scythe previous to the weekly use of the mowing machine. Enough then as to the lawn.

In the flower garden we shall have a well-spent morning in protecting our spring show of flowers from the frost. Ranunculuses, for example, that we planted in the autumn, ought to be covered with litter: this will keep off the worst of the enemy. Similarly, our tulips and Dutch bulbs will in a severe season want some protection. Yet, in a sheltered situation it is astonishing what some of the hardier bulbs will sometimes stand. Only last season the writer of this paper was mourning, during a bitter frost and snow that followed a mild winter, over a hyacinth bed, which seemed destined to destruction. The green spikes were well through the ground, and some of them appeared, after the ordeal they had gone through, to be turning black or yellow; yet in six weeks' time there was a brilliant hyacinth show: perhaps there were *some* failures; but in fairness it ought to be added that the situation was one wholly sheltered from the north and partly from the east.

Tulips, however, are more readily affected by the frost, and some good authorities attribute every split petal, every notch, and even every discolourment to the action of the frost. Before leaving our flower subject, let us take a turn to the kitchen garden, where perhaps—as we have often recommended—we have been preserving, in some now discarded cucumber

REMUNERATIVE EMPLOYMENTS FOR GENTLEWOMEN.

BY OUR SPECIAL CORRESPONDENT.

I AM told on good authority that constant requests come to London from the country for pianoforte tuners, and I am told that there is plenty of employment in towns for competent tuners—for tuners who have made a real and not merely a superficial study of the art. This art of tuning pianos is an employment which surely might be successfully undertaken by gentlewomen. I have before-time briefly mentioned it as one which might be placed on that list; but it will be well to dwell on it at greater length, and not leave it in a mere visionary state.

One requirement is what is termed an ear for sound, but I am told by those who understand the matter, that the tuner need not necessarily possess more than an ordinarily sensitive ear in this respect, as it is soon trained by practice. These papers are not intended for technical instruction, but merely for general guidance, and therefore I shall not attempt to set down the various whys or wherefores, or the details which the teacher imparts to the pupil, or the practice and drill through which the pupil has to pass—most of which were explained to me, but would be of no help, even if in place, in this paper.

Speaking, therefore, in general terms, there seems to be no doubt that many more tuners are required here, there, and everywhere, and also that there is a special demand for competent tuners. There seems to be no reason why this occupation should not be taken up by the fair sex, but there is an obstacle in the way. It is a big obstacle, and one which cannot be removed from the place in which it stands blocking up our way, for others have tried to move it, as well as myself, and every one, on coming to examine it, sees that there it will remain. We cannot push it out of our road, but perhaps we can find a way round it which will bring us to the same goal.

The facts are these: tuners can only learn and tuners can only be taught at manufactories where there are a great number of pianos at hand for their instruction. The managers of these works, one and all, strongly object to the entrance of any class of women for the purpose of learning tuning. In a conversation I had with a courteous member of a firm, he told me that he for one should decidedly welcome the idea of women tuners, and he believed that there would be no lack of employment for proficients; at the same time he, too, brought forward the obstacle, and showed the impossibility of admitting women pupils into the manufactories.

A suggestion was made, and I believe it was this particular well-wisher who started the idea, that the only way of getting over this difficulty was to take a large room, put a number of pianos there, and engage competent teachers to give thorough and practical instruction, and thus establish a place where gentlewomen might go, and where they might make a real study of the art of tuning. One year of close application should be spent in acquiring this knowledge. In the country, tuners are expected to be able to execute small repairs, and, therefore, a knowledge of this branch of the work is desirable. The payment received for tuning ranges from three and sixpence to five shillings for each instrument, and about an hour has to be spent over each piano.

Examinations for pianoforte tuners are held twice a year at Regent Hall (44, Devonshire Street, Portland Place, W.), where students who pass satisfactorily receive certificates certifying their professional efficiency. This examination consists of practical tests in tuning, of questions on Equal and Unequal Temperament, and of questions on pianoforte mechanism or construction. The fee for this examination is two guineas. Ladies are admitted to this examination; but this privilege is of no use unless they have been able to learn the practical work beforehand.

I am now going to turn to another employment that is also remunerative to those who are proficients; indeed, I think that I may venture to say that this might prove to be a lucrative employment to any one who is decidedly quick and apt. I feel that it is quite an act of daring on my part to use that word *lucrative* when speaking of women's employments.

Shorthand is the subject for our inspection. The general idea in the minds of many people is, that shorthand is only required by that class known as newspaper reporters, and that as men alone hold those posts, it cannot be necessary for women to make themselves acquainted with the mysteries of shorthand. But times and customs have altered of late years; everything must be done in the quickest way possible. A knowledge of shorthand is, therefore, now universally demanded of the applicants to many posts besides those of reporters, and if women desire to take up various employments, such as corresponding clerkships, private secretaryships, and secretaryships of charitable societies—all of which are open to them—they will find they have but little if any chance of election unless they can write down correspondence from dictation, and read and transcribe the notes of other people, by the quick method of shorthand. Those to whom a good salary is of importance must have a knowledge of shorthand if they mean to get that good salary. At this present time there are women who are thus enabled to earn a very much more comfortable living than many of their sisters who work equally hard for their maintenance.

It requires a certain amount of determination—a kind of dogged persistent determination—it requires one to put the shoulder to the wheel, and to be content to push on slowly and steadily along the uphill road of learning. For it is not an easy road to the majority of learners; perhaps I may say with truth that many

might find it wearisome, as well as puzzling and arduous. I do not think I shall frighten every one by these remarks. I believe there are those who possess pluck and energy; those to whom the very mention of difficulties to be grappled with and overcome, of hills to be climbed, of battles with self to be fought, will rouse their spirit and stir up their ambition to overcome, to gain, to fight, and to succeed.

Those who set themselves to learn shorthand will, I presume, do so not as a pastime, but as a means for making money. In that case great rapidity must be attained. To be able to record from 120 to 150 words in each minute as it flies by is required of writers who apply for the very best posts. To pass a test such as this, requires that the applicant possess quickness of thought as well as of fingers.

There are different systems of shorthand. Judging from all I hear, that known as Pitman's system is the most in favour, because it is said to be the quickest way of setting down the words. The reason of this peculiar rapidity is, that those who learn this system are at the same time taught to spell on the phonetic plan, that is to say, in writing the words down they do not use signs for *letters*, but write the words as they are pronounced, and in this way very many letters are ignored by the shorthand writer which we ordinary writers as good spellers of course would put in.

Residents in or near London can take advantage of the Metropolitan School of Shorthand, at 27, Chancery Lane, E.C. This school is open daily from 10 a.m. to 10 p.m., except on Saturdays, on which day its doors are closed; there is a separate department for ladies. New students may begin to take lessons at any time, as there is no division into terms at this school.

For the sum of five guineas, pupils may attend the school, and continue to receive instruction until they have gained a Pitman's certificate, the possession of which is naturally a high recommendation for employment. Or pupils can pay for six attendances, the fee for which would be from five to ten shillings. Certain teachers are set aside for correction of exercises sent by post. At least one year of studious application the learner should expect to give, and even if that time had to be considerably extended, the student should not relinquish the hope of gaining the knowledge for which she strives. Time—time—time—so many women grudge time spent in learning, and it is often owing to this want of concentration that many are tossed to and fro on life's surface.

I must not sermonise—you all know what I mean—my text is, be not faint-hearted, nor easily discouraged.

A. S. P.

FAMOUS FLAGS OF FIELD AND FLEET.

BY "NAUTICUS."

III.

THE FRENCH TRICOLOUR.

THE French Tricolour.—The Oriflamme was succeeded in the fifteenth century by the "Cornette Blanche." This when strewed with *fleurs-de-lis* was the Bourbon royal standard—the white flag—for which Count de Chambord contended in recent years. With the Revolution the spirit of change seized on the flag as on everything else. In 1794 it was formally decreed that the "national flag be formed of the three national colours in equal bands placed vertically—the hoist being blue, the centre white, and the fly red." In 1848, on the flight of Louis Philippe, it was ordered that the colours should be blue, red, and white, but the opposition was so strong that the order was annulled within a week.

Not less than four accounts are given of the origin of this flag. (1) The colours are the blue of the banner of St. Martin, the red from the banner of St. Denis, the white derived from the old standard. (2) Blue and red were the ancient colours of the city of Paris, and the citizens during the Revolution mounted guard in a blue and red cockade, but the National Guard, which was not unfriendly to the throne, admitted the white of the Bourbon standard. (3) When the French King John was in captivity, in the reign of Edward III., Paris became almost Republican in its principles, and it was decided to have colours of its own. A flag was selected, half blue and half red with an agraffe of silver, and the motto "À bonne Fin." These colours of the city were suppressed until 1789. After the fall of the Bastille, Lafayette restored the colours of the city, adding the royal colour, white, and thus composed the Tricolour. (4) The Tricolour was originally the field of arms of the Orléans family; this field being made up of the red of the ancient Oriflamme, the blue of the arms of the House of Valois, and the white of the Bourbon standard, all these being powdered with lilies. As the House of Orléans claimed descent from all three branches, they took for the field of their escutcheon the colours of all three fields; when Philip of Orléans called himself L'Égalité, he caused the *fleurs-de-lis* to be erased, and the field thus left was identified with his name, and became by degrees the purely Republican flag.

Pulaski's Banner.—It is not widely known that this banner, celebrated in Longfellow's lines, is still carefully preserved as a cherished relic of the American Revolution. Count Pulaski was appointed a brigadier in the

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I FEEL sure that our time will not be wasted if we spend it in an examination of the employment of type-writing, for the conclusion formed from information gathered from various reliable sources is this, that at this present time there is plenty of work for type-writers, and to all appearances the future will bring more, rather than less, employment of this particular kind. I will mention some of the different lines in which type-writing is of service, and then you will perceive that the business of a type-writer is likely—may I not venture to say, is certain?—to increase the more this valuable and efficient aid is known and felt.

The MSS. of authors can be written out clearly and legibly by this wonderful machine. The advantage is considerable, and lies in this :—When a manuscript is placed in the hands of a printer direct from those of the author, the type has to be set and the sheets printed off, and then sent to be corrected by the author. Naturally many corrections usually have to be made. Words are altered, some sentences are transposed, others are inserted, some are dismissed altogether. When these alterations have been made, the corrected proof-sheets are returned to the printer, who thereby has the extra labour of altering the type according to the corrections indicated. All this adds much to the expense of bringing out a book of any kind, large or small; yet it is essential that the author should read the pages of his book in print, for it is impossible to correct manuscript pages satisfactorily. At this point the type-writer offers its valuable help—it can supply a clear and distinct copy of the manuscript in characters which closely resemble those of printers' type, and these sheets obtained with comparatively so much less amount of labour, and at a cost so much smaller in proportion, will serve as a proof-copy on which to set down the corrections necessary before the book is finally printed for publication.

Consider next the piles of papers which it is desirable should be in distinct type, but yet need not be printed. Law papers have to be copied, examination papers have to be put in clear form before the student, and in these days of incessant examinations, with their attendant crowds of pupils and students, there will be a constant demand for the services of the type-writer.

Then there are the lectures which are delivered in public, and the speeches delivered in public. Now it is well known that lecturers often find a difficulty in deciphering their own handwriting, and when they stumble over their words and struggle with illegibility, and flounder about in a confused mass of words crossed out and sentences interpolated, they are very well aware and feel keenly that much of the enjoyment, and in a great measure of the instruction also, of those who listen, is spoilt and lost. In this difficulty the type-writer again steps forward, and at a trifling expense provides a clear copy, from which the lecturer can read the ,outcome of his brain and researches with ease. In this way, too, those speakers and preachers who do not speak and preach extempore, turn to the type-writer for the help it can afford them in the shape of easily-read notes in comparatively small space.

The copying of circulars, and the addresses on envelopes and wrappers, are other things this machine can be engaged to do; and, added to all the foregoing, there is another use for the type-writer, that of writing from dictation.

Many mercantile men dictate their correspondence to a type-script, and thus the letters are quickly written, and can be taken away and posted at once. When shorthand is employed for this purpose, the letters have to be copied into intelligible form before being sent off.

I have now enumerated some of the many ways in which type-scripts and their machines are employed, and I think you will agree with me that there is a very fair prospect of this becoming a remunerative employment. Printing is expensive, handwriting is slow, type-writing comes in and supplies the advantage afforded by the former process, and doubles the rapidity attained by the latter. Its clearness is equal to that of the printer's type, and its speed can reach seventy words per minute, while it is only a very rapid hand-writer who can reach thirty words per minute.

The instrument by which this operation is done costs a round sum of money. The value of a good machine reaches beyond twenty golden guineas. Small ones can, of course, be bought for less than that sum; but where the aim is to undertake work of all kinds, a machine which will write capitals and small letters, and print in several styles of type, should be the one chosen by the buyer.

So far as experience goes, the wisest plan to pursue is that of combination, by which I mean that instead of several persons each getting a machine and endeavouring to find work to do in their separate homes, success will be much more certain if ladies will join together, if they will enter into partnership and establish an office to which work can be sent. In this way their venture becomes more widely known, and also it wears a more business-like aspect, an important consideration to business men, and they, be it remembered, are the chief patrons. In several large

towns in England, offices such as these have been started by ladies who have entered into partnership for this purpose, and the records of all of these show that this comparatively new process of writing meets with increasing favour, and the ventures thrive and prosper. A type-script can earn from ten shillings to two guineas per week.

I will just give a few items of the sums usually charged for work done, which will serve to give an idea of the remuneration—

Fifteenpence per 1,000 words of MS. Ninepence per 72 words of French into English. One shilling per 72 words of English into French or German. Law copying, three-halfpence per 72 words. Typing from dictation, half-a-crown an hour. Hire of a machine and operator per day from 10 to 5 o'clock, seven shillings and sixpence.

The above items will also serve to show that the type-script has to be something more than a mere machine herself. Not only must she observe the rules of great exactness, correctness, and neatness, but those who transcribe the writings of others have to understand in a great measure the sense of what they are deputed to make clear, otherwise they will fail in the chief point for which their aid has been sought. A six months' steady training in a well-established office is needed before any one should attempt to start one under their own superintendence.

In London the art of manipulating this machine, and of satisfactorily conducting a business of this kind, can be thoroughly learnt at a type-writing office which was established by ladies more than two years ago in the Lonsdale Chambers, a large block of buildings in Chancery Lane. Here machines are kept on which learners may practise, and as there is a constant supply of work, and many women-clerks are employed, there is a certainty of each scholar becoming an adept who really sets herself to master the mysteries.

The difficulty of finding dressmakers who are skilled in the art of taking patterns and "cutting out" still exists. There appears to be throughout the country a lack of those competent to fit the varying figures of womankind. It is said that no two faces are ever precisely alike—of course difference of expression may have somewhat to do with this endless variety—but setting aside expression, the features of each face do differ to a remarkable degree. So, too, each form and figure has its own peculiarity; it cannot be said that any individual figure resembles another in every minute detail; this being so, it would seem reasonable to think that each figure should be measured for its own pattern, and not that we should expect one pattern can be made to fit many figures.

This more sensible view of the matter has been acted upon much more during the last few years. The American systems of dress-cutting have been gradually gaining ground in this country, and their use recognised. Before-time, and even now, a pattern was marked out such as would fit a perfect figure, and each dressmaker tried to adapt it to all the varying figures of her numerous customers; the result in very many cases was an utter failure, as you and I know too well, and this in spite of "tryings on," of "taking up" here, and "letting out" there. No doubt there are skilful, clever women, whose eye can guide them to trace the outlines of different figures; but I speak of the majority who depend upon patterns which have been traced by a pattern-drawer.

Now the drift of these remarks is that it is a matter of surprise that more gentlewomen do not take up this particular branch.

Whenever I propose dressmaking as an employment (and there seems to be ample room for more adepts in this work), I am always met by several objections, one of which is the expense that has to be incurred in starting an establishment, and the risk of losing by the venture—the rent of the work-rooms, the payment of, and the trouble involved in managing, its occupants, the difficulty of persuading ladies to send their work to be done by those of their own class, who they consider are sure to be incompetent; and besides these, the fear, by no means unfounded, of not being paid by their customers—at any rate until after the lapse of months, in some cases after years of waiting for payments due.

One can hardly wonder at this faint-heartedness. Nevertheless, for those who have skill in this art, and a fair amount of determination, and can afford to wait until the general public have discovered their merits, there seems to be every promise of success.

To return to the point from which we started—women can always be found who can sew, but few are to be found who are competent to "cut out." Think of the immense number of dresses which are spoilt in comfort and appearance, think of the moans and the groans daily uttered in town and in country by the expectant wearers who, on donning the new dress, find they are pinched and pinioned, or lost in space.

Well, gentlewomen could learn the art of taking measurements, and of tracing out the correct lines of each individual measurement, by the help of these systems, and would thus be able to supply a correct and reliable pattern. I feel sure that there are many, many ladies, in every town and country place throughout the kingdom, who would gladly pay five shillings to possess a pattern which they knew was a perfect representation of their own size and form—knowing that they could easily find sewers who could put the dress together for them.

I am aware that this idea has been carried out to a certain extent, but as yet this want is not fully supplied. The Eureka system—one easy of attainment as well as reliable and accurate—can be learnt at the school, 225, Regent Street, London. There are schools also in other towns. The sum charged to the learner is one guinea. All the various styles of bodice, skirt, and sleeve patterns can be studied, and lessons on the draping of skirts are also given.

The Scientific Dress Cutting Association has a school at Regent Circus, and in many towns in the provinces there are branches of this school.

A. S. P.

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HERE is a certain adjunct to medical treatment known by the name of Massage. This system is rapidly gaining popularity with the medical faculty in connection with the treatment of paralysis, spinal affections, nervous disorders, indigestion, and other major and minor evils to which our flesh is heir.

Massage is a form of mechanical treatment. It is one which a doctor orders or suggests as a remedy or an alleviation for the disorder of his patient. He does not apply it himself, but recommends his patient to undergo the system in the hands of some professional skilled in the art.

Why should not gentlewomen turn their attention in this particular direction and make themselves capable of attending those patients for whom massage is prescribed? A few have already done so, and are professional masseuses; probably others would follow in the wake of their enterprising sisters if they gleaned some information on this subject.

I shall give a slight sketch of what the curt term "massage" comprehends, not for the purpose of offering instruction to my readers, but to show them: first, that it is not an upstart remedy which has suddenly appeared and is likely to be but the fashion of the moment, and consequently does not offer any pecuniary inducement to spend money in mastering its mysteries; secondly, that, although massage may be spoken of as a merely mechanical action, the routine of this system is not quite such a dull and monotonous one as it is generally supposed to be.

The art of massage is of great antiquity. There are always some kind folk who will take the time and trouble to search deep down into the annals of the past and transmit to us the facts they there find recorded. On the question of massage, those who have traced out its history tell us that this system was practised in very early times by the Chinese, and that the Greeks and the Romans also resorted to its aid, evidences of which appear in the literature of those two great countries.

This ancient art has been revived, in the present day, on the Continent and in America, as well as in England, and is being very extensively practised. I have spoken of massage as a mechanical mode of treatment—and so it is; but those who undertake to perform it ought to have some head-knowledge concerning their work as well as finger-dexterity. The masseuse has to make herself acquainted with the structure and the function of the tissues and muscles on which she is called upon to operate, and therefore some study of books on this part of the subject is required. Then there are the necessary dexterous manipulations to be acquired; these particular movements can only be learnt from actual demonstrations, and nothing but patient practice will attain the manual dexterity needful to perform the process.

The general term of massage includes several kinds of manipulations; these are also designated by French names. One of these is known as *Effleurage;* this consists in gently stroking the part under treatment, which stroking increases in strength, and terminates in a firm rubbing of the skin with the palm of the hand. Under the effect of this treatment, hardness and dryness of skin give way to softness, and the effect is very soothing.

Another form of treatment is named *Pétrissage.* This process consists in pressing and kneading and rolling the skin and muscles: a form of massage brought into use in cases where the patient is deprived by infirmity or accident from taking bodily exercise. The advocates of massage affirm that the use of *pétrissage* also soothes and reinvigorates the over-tired and fatigued limbs of those who have gone through an unusual amount of physical exertion.

Tapotement is a rapid mechanical movement used as a stimulus for rousing into action organs which are inclined to remain dormant.

Massage à Friction may be described as a series of circular rubbings with the finger-tips, performed in a rapid manner, the object of which process is to squeeze out the waste products formed in the tissues of joints.

The above brief sketch will serve to show that there is something to learn and to study in the system of massage, even though the operations are termed mechanical. The only way in which the art can be learnt is by taking lessons from a professional masseuse. In London, Mrs. Marshall, 230, Marylebone Road, W., and Mrs. Maitland, Grosvenor Street, give practical lessons. The fees charged are from half a guinea to one guinea per lesson. As to the number of lessons required to make a skilful masseuse, that depends upon the aptitude of the pupil; from a dozen to twenty lessons will, as a rule, be required.

The above sketch of the system will serve to show that there are various things to be studied and to be learnt by those who wish to adopt the profession of a masseuse. Massage is not supposed to be a cure-all. This part of the question it is not my duty to consider; but it comes within the limits of my purpose, in writing on this subject, to draw attention to the fact that very many people have recourse to this remedy for the alleviation, if not for the cure, of the malady from which they suffer; also, that it is affirmed that massage possesses the power not only of benefit to those sick and ill, but adds to this the valuable quality of preserving good health to those who possess it. In this way:—

There are many town workers who have not time to obtain that which is essential to their well-being—namely, bodily exercise. It is said that a short daily course of treatment of massage will prove an excellent

substitute; for it has the power of producing exhilaration, of creating an appetite, and, greatest boon of all to the brain-worker, of insuring refreshing sleep.

The fees charged to patients for a course of treatment are from seven shillings and sixpence and upwards for each attendance. In every large town I believe that a professional masseuse will find occupation; more especially in those towns to which invalids resort, such as Brighton, Torquay, Bath, Southport, and others too numerous to mention.

I am now going to speak of cooking. As everybody knows, cookery will always be required, and good cookery is an essential. Everybody also knows that *good* cooks are not yet as plentiful as blackberries, although *cooks* are.

In London there are two Schools of Cookery established, and I think I shall not exaggerate in saying that thousands of women, of all grades and ages and classes, pass through these Schools in the course of the year. Some of these come merely for a single lesson; some in order to learn one particular part of cookery; some to learn plain, others to learn high-class cookery; and some to begin at the beginning and end at the end, and thus go through the whole course. In provincial towns there is not the same opportunity afforded to those who wish to become good cooks; and, therefore, I suggest to my readers that they look around them (I speak to those who have the inclination and the talent for cookery) and see whether they cannot establish a school on a small scale and teach the many who are still ignorant of the principles of good cookery.

Of course, the gentlewoman who undertakes to do this must first make herself a proficient and learn the art in all its branches. There is something to be learnt and to teach besides the actual cooking of ingredients, and that is cleanliness and order, and that very valuable knowledge, Economy.

When you enter the Schools of which I have spoken you will perceive the presence of cleanliness and order in a marked degree. You will see that it is compatible with grates and coals, with pots and pans, and the many utensils that a cook must have around her.

If you have the opportunity, pay a visit to Mrs. Marshall's School of Cookery, 32, Mortimer Street, W., and go when you may, you will see all kinds of dainty dishes in course of concoction and completion —dishes which look dainty as well as being delicious in themselves—all of them made and cooked in the midst of perfect order and most exquisite cleanliness. This shows us what can be done by those who know the secret of how to do it—of proper management.

At this School of Cookery lessons are given daily from ten a.m. to four p.m., the fees for which are half a guinea for a single day, five guineas for twelve days, and nine guineas for twenty-four days. These lessons need not be taken continuously. *Certificates* are given to all pupils who have attended the School for three months, the fee for which period is twenty guineas.

Diplomas are given to pupils who, having already had the certificate, proceed to pass an examination in the principles of plain and high-class cookery, for the purpose of qualification as instructors in cookery. These diplomas rank as first or second class, according to the ability shown by the pupil in examination.

The other School mentioned is the National Training School for Cookery, situated in the Exhibition Road, South Kensington. Royalty and many ladies of title are its patronesses. Students are here admitted by payment of fees or by subscribers' votes. If by votes, the applicant must be between the age of eighteen and thirty-five, and her object must be that of becoming an instructor in cookery when trained. The fee for the course of training to the ordinary student is twenty guineas. Pupils are required to pass a theoretical examination before they can receive a *diploma*.

The training in this School comprehends plain and high-class cookery, together with that neatness, nicety, order, and cleanliness which ought to attend closely the movements and arrangements of every cook throughout the land.

The *diplomas* gained from either of these Schools would be a distinct benefit and help to any one wishing to become an instructor. The authorities have the opportunities of recommending, and it is to them that associations apply when they wish to form schools, or to have classes held, in towns in the provinces.

I am fully aware that classes have been organised in various towns and have failed in their endeavours. My experience is that the failures were due to this mistake: the lessons were chiefly on high-class cookery, the dishes made were those rarely required by ordinary folk, and economy was ignored. Teach plain cookery, as it ought to be practised, and economy with it.

A. S. P.