

engine, which had been at work for about ninety years, and had had eight masters, seven of whom had died or become disabled. "Very strange," said the engineer, "that an engine should last so much longer than a man." But the engine was equable in its work, it never ran loose, it was bright as a new pin, true in its vocation, clean in every point, was served with the simplest food of its kind, had its furnace tubes kept clear, and drank nothing but water. So it lived on, while its masters died—a striking lesson. Presuming human beings are born of good and wholesome constitution, they are, except for accidental destructive agencies, in a fair way to live five times their maturity, that is, five times twenty-one years, the natural term of the anatomical life, namely, one hundred and five years, a term few reach, but which is attainable as a matter of experience, and so attainable, as a matter of natural law, that the majority of men and women would attain it if they lived properly. No person is well and happy who is pained at the sight of useful success in others, or who would rather dwell on the failures than rejoice in the progressive career of other men. Communion with man and nature lifts the mind above the jealous maunderings of the wayward, contributing new hope and new impulse to those who feel that they are making the most of life.

You see therefore that Sir Benjamin gives you the hope of living fifteen years longer than I modestly computed the possible term of your mortal career. I am afraid, however, that when you are one hundred years of age, you won't care to fly much more; you'll settle down and look at younger folks upon the wing.

Never mind, a long and happy life is worth trying for. How shall you begin? and when?

I answer the last question first. Begin at once. But how? Well, seeing how very defective as a rule the human memory is, I should say, begin by keeping a note-book or diary, in which you can not only enter your good resolutions as regards the care of your health, but mark day by day and week by week how these are kept, and how you progress.

Secondly, I must not be considered selfish if, writing for THE GIRL'S OWN PAPER as I do, I say, make up your mind to take this every week or every month. By so doing you will have your "Medicus" constantly beside you to advise. Moreover, if you have back numbers, you could not do better than consult these occasionally.

Thirdly, study and make notes upon clothing for health. As the time goes on, I trust to give you many hints concerning this, and on every other subject concerning your well-being. Here I have only room to say that if you indulge in the sin of tight-lacing and therefore displace important internal organs, you may never expect to be one hundred and five, nor ninety either. I am not running down the corset. I only say that it should be a support, but never a death-dealing ligature.

In this uncertain climate—as I have often said before—it is well to wear light under-clothing always. But it must be all wool. Remember what the old Scotch wife said as she fingered a bit of cloth in the draper's shop. "A' 'oo', manie?"

"A' 'oo'?" was the manie's reply. "Oh, ay, a' 'oo'!"

Boots and shoes ought to be soft as to uppers, and therefore easy to the feet; but the soles should be moderately strong.

If you want beautifully twisted ankles and a gait like a rheumatic old crane, wear very high heels.

The stockings soft and free from wrinkles. All clothing should be warm but *not heavy*.

Fourthly, about food. I have explained to you over and over again that unless the food is sufficiently masticated and detained long enough in the mouth to be mingled with the saliva, it will not be properly digested. This is why I want you to cultivate the habit of eating slowly; one who does so never overeats. Pray remember that a good digestion lies at the very root of good health and happiness. If the stomach is out of order, so is the liver, and the brain is quick to sympathise with both.

Eat slowly, therefore, and do not drink too

much fluid with meals; avoid also all kinds of stimulants, whether fluid or in powder, sauces and cayenne. They may help an old lame dog of a fellow who has no coat to his stomach over a stile, but you don't want them; and their action on you would be to cause an artificial appetite. You would eat, therefore, when not hungry, and dyspepsia would be the result.

Even a slight attack of indigestion is capable of making you cross or gloomy, of causing you a restless night. Indigestion ages people sooner than anything; it whitens the hair; it causes decay in the teeth, and parades the wrinkles in serried ranks around your eyes and across your brow before you reach the age of thirty.

Moreover indigestion causes dryness of skin, and makes one thin and weakened.

Fifthly, you cannot expect to live to be ninety unless you attend to cleanliness of yourself and all your surroundings. The skin must do its duty, and it won't and can't without the daily bath.

Sixthly, sleep and exercise. Unless you have the latter you need not expect the former. Let it be regular, day after day, and be pleasant and agreeable.

Live all you can in the fresh air, and sleep in a well-ventilated room.

Avoid hurry.

Avoid worry.

Cultivate a happy disposition, so shall you live long and live in health, and when death comes at last, as come it must to all, your last moments will be as free from pain as those of a tired child falling asleep.

There is no death! What seems so is transition:—

"This life of mortal breath  
Is but a suburb of the life Elysian  
Whose portal we call death."

Good-bye again then, girls. May one of the happiest years of your lives be the one before us—

1895.

## ITALIAN METHODS OF COOKING EGGS.

AMONGST the many valuable cookery-books with which housekeepers are supplied nowadays, Maria Gironci's translation of Italian recipes holds a deservedly high place, novelty being greatly needed in the average British menu. The following recipes for savoury dishes, culled from this instructive work, may therefore prove useful to those who do not number it among their culinary literature.

**EGGS ALLA LUCCHESI.**—Fry one sliced onion nearly brown in oil, or butter, add half a pint of milk, and six hard-boiled eggs, cut into halves, and stew over a slow fire for three or four minutes. Then stir in two well-beaten yolks of egg, a dessertspoonful of chopped parsley, an ounce of grated cheese, a pinch of cinnamon, and pepper and salt to taste. Stir over a slow fire for six or eight minutes; squeeze a little lemon juice over, and serve hot.

**EGGS ALLA PROVENZALE.**—Fry one small chopped onion, and two well scalded, and sliced mushrooms, in two ounces of boiling butter or lard. When nearly browned, add half a pint of stock, with a dessertspoonful of flour dissolved in it, half a tumbler of white wine, and a pinch of mixed spice. Stew over a very slow fire for about twenty minutes, then add six hard-boiled eggs, the yolks left whole, and the whites cut into quarters, warm through, and serve very hot on buttered toast.

**EGGS ALLA ROMAGNOLA.**—Melt two ounces of butter, stir in one ounce of flour, add one pint of milk, and stir over a slow fire until nearly boiling. Pass through a wire sieve, and replace in pan with four yolks well beaten, one dessertspoonful of powdered sugar and a teaspoonful of grated nutmeg. Stir over a slow fire until nearly boiling. Have ready on a dish four hard-boiled eggs cut into quarters, and pour the mixture over.

**EGGS ALLA CONTADINA.**—Pour four ounces of melted butter into a baking dish, and add six slices of bread, thickly sprinkled with grated cheese. Over each slice break carefully one egg, with pepper, salt, and nutmeg to taste. Put in a very slow oven, and when the eggs are set, serve upon the same dish, and garnish with fried parsley.

**EGGS ALLA GIARDINIERA.**—Chop finely half a small lettuce, one small onion, two or three pieces of the white part of a stick of celery, half a small cucumber, and half a bunch each of parsley, basil, thyme, rosemary and marjoram, and fry in four ounces of boiling lard or butter for ten or twelve minutes, stirring the pan constantly. Add one pint of milk, with pepper and salt to taste, and stew over a very slow fire for about half an hour. Stir in six whisked eggs, and cook for five or six minutes.

**EGG BALLS.**—Chop finely four hard-boiled eggs, add one dessertspoonful of chopped parsley, one ounce of grated cheese, two ounces of bread-crumbs, and pepper and salt to taste; mix well with two well-beaten yolks of egg, form into balls, dip in beaten egg and bread-crumbs, and fry brown in boiling butter, or lard.

**EGGS ALLA GENOESE.**—Fry two small sliced onions until nearly brown. Add one tablespoonful of flour, dissolved in one pint of milk, and pepper and salt to taste. Stir over a slow fire for six or eight minutes, then add six well-beaten eggs, stir again over slow fire for a few minutes, and serve very hot on buttered toast.

**EGGS ALLA FIORENTINA.**—Cut six hard-boiled eggs into halves, remove the yolks, and pound them in a mortar with a teaspoonful of finely chopped parsley, and another of thyme, the crumb of half a roll soaked in vinegar, and strained, one teaspoonful of powdered sugar, half a teaspoonful of powdered cinnamon, and pepper and salt to taste. Fill the twelve halves with the mixture, mix the remainder with three tablespoonfuls of white vinegar, one of powdered sugar, two of milk, and one teaspoonful of mustard. Arrange the eggs tastefully on a dish, place watercress or a little lettuce round, and pour sauce over. This makes a nice supper dish. G. C.