

this is a bad beginning to the day, for if the body be not well nourished it is folly to expect to get good work therefrom.

However, the call of duty must be obeyed, and No. 1 goes wearily away to her work. The excitement keeps her up for a time perhaps, but long before evening she is pretty well fagged out. She is listless, tired and not in the sweetest of tempers, and as likely as not her back aches or there is a weary feeling in it that makes her long to lie down. Oh, she can't take exercise. She is glad to get home, and before she can eat, she feels she needs a stretch upon the sofa and perhaps even a cup of tea. Poor No. 1!

But, it may be asked, do I propose the cold morning tub as a panacea for all the ills poor No. 1 is suffering from? Certainly I do not, but I say this, that the bath will assist her most materially, and that it may be the lever that shall lift and transport her into the rosy realms of health.

I repeat, that if a girl is fairly well, and suffers from no chronic ailment inherited or acquired, and has a heart of ordinary strength, the cold bath taken every morning, followed by a spell of dumb-bells or even body-movements, will give her strength of body and repose of mind, and what more does she need to make her merry and happy?

If, however, you are afraid of actually cold water at first, rather than you should not have

the bath at all, you can begin with it luke-warm—always swilling down with hot water and soap before going into the tub—and gradually lower the temperature till you can take it as cold as it may be.

You will thereby insure a good action of the skin, and this means that the blood itself will become purer every day. If the blood be pure, take my word for it that your health will soon be excellent.

The shower-bath is even more bracing and exhilarating than the sponge.

No convenience. This is very often alleged by my readers—boys and girls both—as an excuse for not taking the bath. But I won't have it on any account. Now just listen. A pailful of water is poured into the shallow bath over-night, and the big sponge placed handy. Then all is ready for the morning.

But you have to swill all over with hot water and soap at your hand-basin before taking the tub. And you can't get hot water? Is that your difficulty? Well, I can solve it. Get one of the nice new oil-stoves, and in five minutes it will boil you two quarts of water, and the cost is almost *nil*. I speak from experience.

Drink half a pint of this water as hot as you can bear it, and pour the rest in your basin.

Gymnastics are generally gone into in the evening. I may have a paper treating on this subject soon. They may be beneficial, or quite

the reverse. Anyhow, you cannot do harm by taking the spell of light dumb-bells before breakfast, which I so frequently recommend.

We have recently given papers on bodily movements. Go in for these if you would abolish extra adiposity, harden your muscles, and give yourself a neat and willow waist without the aid of corsets. Why, these movements if judiciously taken, will even increase a short girl's height.

I have already spoken of exercise; just one hint about food. You must eat slowly, and masticate well. You must not take fluid of any kind to wash down the food. Reserve fluid until you are nearly finished, or quite. A too-fluid diet even is objectionable. If it can be well borne there is nothing in the world strengthens the body so much as solid food in moderation.

About Medicine.—For all chronic cases of what I may call "only middlingness," physic, unless prescribed by a physician, should be abjured. There is incalculable mischief done every day in this country by the objectionable and dangerous practice of self-drugging. But above all, abjure those swindling quacks who advertise their remedies, here there and everywhere, as capable of curing all the ills that flesh is heir to. "Throw physic to the dogs," said Shakespeare. Well did this wise man know that the dogs would have none of it. Dogs know better.

HOUSEHOLD ROUTINE.

THE following is the detailed system adopted by the wife of a London curate for keeping her house in good order. The family consists of husband, wife, child, and one servant. The house is small, being in size and appearance similar to the other little houses of which the district is composed. The curate's house is the centre of a vast parochial work, of a pastoral and charitable kind, so that it is necessary that a detailed system of household management should be written out and strictly followed, otherwise between the numerous services, meetings, visitings and visitors, the husband might have to go mealless.

Duties for Every Day.—To be downstairs at 7.0. Light fire. Fill the two largest kettles, and put the big one on. Sweep the stairs and passage, not leaving a little heap of dust in the passage. Sweep the dining-room with a hard broom, and with the window open. Then sweep the drawing-room, then dust the dining-room, when the dust will have settled. Lay the breakfast with a slip-cloth, and then see to the coffee, etc. On three mornings of the week, stir the porridge which has been cooked over-night for baby. Breakfast at 8.30 on service days and 9 on late day. At 7.50 bring me the water for baby's bath. At 8.15 on late mornings. Before going upstairs put a little coal on the fire and fill the big kettle and put it on. Then fill the large water-can and take it up with you. During breakfast, make our bed and your bed and empty our slops and your slops, and give our bed-room a dust and every other morning a sweep out. Every other morning stand on a chair and dust the top of my double chest of drawers.

This should all be quite done at latest by 10.15, by which time the water will be hot. Clear out the breakfast things and sweep up baby's crumbs, and then wash up the breakfast things, which need not take more than twenty minutes or half-an-hour. As soon as the kettle is empty fill it again and put it on the fire. From now till cooking wipe and trim, and fill the lamps each morning, and dust the candle-sticks. Now comes any necessary cooking. Any onion-peelings or potato-

peelings, etc., should be put on the fire at once as they make a smell in the dust-hole. On mornings when there is a cold dinner it is only necessary to peel and prepare the potatoes and baby's milk pudding, and you will then be free to do the especial work of the day, such as turning out a room or dusting the dresser if any extra time is left.

It is well to begin putting the table-cloth and knives, etc., on a tray at 12.30, so that you may have a full quarter-of-an-hour in which to dish up the dinner and see that the room is neat and everything is clean. Baby's slip-cloth and mug must not be forgotten.

The moment the dinner is dished and sent up, the large kettle must be filled with a view to washing up. The blades of the knives can then be rested in hot water as soon as they come down, and they will be far easier to clean. The saucepans should be cleaned the minute the dinner is sent up as they can be cleaned easily while moist. Any that require soaking should at once be put to soak.

After clearing the dinner and comfortably eating your own dinner you should at once wash up, and do the grate. The tea-cloth should be hung to dry before the fire. When that is done it is necessary to dust the soup tureens, etc., on the dresser and the mantel-piece, to look round the kitchen to see if any garments, etc., are lying about, and to take them up to your bed-room when you go to wash. Then fill both the kettles and put them on. You should always be upstairs before 3.30, and then you can be down at 4 looking fresh and neat to open to visitors, etc. From 4 to 5 you may sometimes take baby a walk to the park, etc., or to get the next day's necessities, and if not you may rest or read a story, or sew your own clothes, and then at 5 you must always have your own tea and prepare Mary's. Our tea must be laid by 6.15 in order that you may do any necessary cooking afterwards, and that we may begin tea at 6.30. While we are having our tea fill the kettle, empty all the bed-room slops, including yours, fill all the water-jugs, including your own, and see that the rooms are neat and fresh. Baby's bath-water must be standing by her bath at 7.

Directly after tea clear the table and brush the crumbs up, and wash up the tea-things. These can be quite finished by 7.45, and then every night all the knives and boots must be cleaned. The knives must always all be done at this time. There will be one special task for each evening, but for the remainder of the time you can sew or read. On Saturday afternoon the kitchen must be scrubbed and the kitchen larder cupboard, so you will not be able to get dressed till 5 o'clock.

Monday night.—Rub up all the brass things and candle-sticks.

Tuesday night.—Stir some porridge for baby and me for next morning's breakfast for fifteen minutes. Evening out.

Wednesday night.—Go to church one week. Tidy lumber-room next week.

Thursday night.—Stir some porridge for baby and me for fifteen minutes.

Friday night.—Rub up silver and plate.

Saturday night.—Cook a pie or a pudding for Sunday.

Sunday night.—Go to church.

In these evening times after the routine work is done, herrings may be pickled or any preparations for to-morrow's dinner may be started.

Bed at 10 at night.

Monday.—Turn out and sweep with tea-leaves the study at 11 o'clock.

Tuesday.—Turn out, etc., your own bed-room.

Wednesday.—Turn out my bed-room and spare room and turn over the mattress and dust in corners, and shake the carpet and sweep.

Thursday.—Turn out the dining-room and dust and clap one shelf of the books in turn from week to week.

Friday.—Turn out the drawing-room and dust and clap one shelf of books in turn. This is done by taking them to the front door.

Saturday.—In the afternoon scrub the kitchen and clean the dresser and larder.