

with Maltese and Torchon, all of which styles are sometimes found in one pattern.

Very few of the fine old horn parchments are preserved. If inquired for the answer generally given is: "Oh, I had a lot, but was tidying up the other day, and I threw all my 'itches' into the fire, because I thought they were just rubbish."

In order to prevent the art of lace-making becoming quite extinct, some small classes have recently been started for children in two or three places in Buckinghamshire. These are well attended, but as a teacher cannot properly instruct more than twelve pupils at one class, there are always two or three children eagerly looking out for a vacancy in it. The little pupils are most painstaking and industrious, some, who have pillows of their own, getting up early in the morning to do some lace-making on their own account before starting for school. Much of their work is really wonderfully creditable considering their

age, and that they have only been learning from twelve to eighteen months. A length once finished finds a ready sale, for many kind people are willing to buy a piece made by a little worker of eight or nine, and do not criticise it too severely.

An objection made against teaching pillow-lace is, that the pay earned is so small (from three to five shillings a week), that girls will not find it worth while to go on when they grow up, but will go out to service and forget it. Yet can this be called a drawback? Surely it is better they should go out to service, and as lace-making once learnt is not easily forgotten, they will always be able in later life to earn a little pocket-money for themselves, or to help their husbands if they marry.

Even in this economical age there must be some who are willing to encourage an industry which promotes the welfare of our labourers' homes by giving a few pence more for lace which is handsome. Should they do

so, they would find that not only would they benefit the cottagers, but they themselves would not be losers in the long-run, for it is a well-known fact that hand-made goods last nearly twice as long as those made by machinery, and this is especially true of lace. Let us give up buying cheap goods, and help our cottagers to help themselves, and we shall all be able to regard our purchases with more satisfaction.

In conclusion, let me draw your readers' attention to the four illustrations accompanying this article. The first and second of these are good specimens of old patterns, while the third and fourth are entirely new, and recently worked from very beautiful designs, specially prepared and drawn by Mr. W. A. Smith, clearly showing that our people can and will take up new patterns, and work them successfully too, if only anyone can be found with the necessary willingness and ability to design for them as Mr. W. A. Smith has so kindly done.

THE HEALTH IN SPRING-TIME.

By "MEDICUS."



HERE in all the wide world, or rather in my little corner of it, am I to seek for inspiration to write an article on spring on such a day as this. So dark, so gloomy, so "doure!" Doesn't it make one shudder? And yet when I looked out of my window early this morning, the clouds in the south-east, where soon the sun would rise, were all aglow with his herald rays. Away in the north and west from which the wind is now

blowing the sky was blue, and high in air the rooks were whirling, though this is always a sign of storms to come. Yet my guinea-pigs were frisking on the lawn like lambskins on the lea.

Stay, I'll go out to the paddock, and bring in my favourite St. Bernard "Lassie," and right cosily she'll lie on the bear-skin rug before the wigwam fire.

The sparrows come round me in dozens. I have fed them already this morning. I will not be imposed upon even by the wild birds. All day yesterday they were busy relining their nests here, there and everywhere with soft oat straw and feathers brought from afar. They are determined, they tell me, to keep their little ones warm in cold weather. Now that the trees are all leafless and bare, bar the yews and the stately pines, one can easily see where the sparrows had their nests last summer and spring. In one wisteria tree in front of the house I counted fifteen nests, five in the climbing ivy and many more in the wall plum-tree. This close around my dwelling, but every pine has its nest very high up, even the sycamores have been requisitioned, and the

ivy that climbs around the oaks and ashes, and every knot, on any old apple tree that has a hole in it, is or has been occupied by my sparrows.

Whew—ew! How the wind blows to be sure. I gaze upwards at my poplar trees, they are ninety feet high if an inch, but they bend like bundles of fishing-rods before the wintry blast! Were one to fall on my wigwam there would be no more "Medicus" and no more "Lassie." And now it is fairer and brighter though the wind is no less. Here is a proof of its strength. I open my western door—the window is always open—and let the wind blow across the strings of my guitar, while I touch the notes, and music more soft and sweet than that of the Aeolian harp falls on my listening ear.

Well, it is hard to be practical on such a morning as this, but presently I will try to be. Hullo! Here is cock robin at my window again. Three times he has been here before.

"You'd better go, Cockie, the cat's here."

He edges back a little and sings defiance at me.

"What care I for the cat," he says nodding viciously towards my hammock in which the great half-Persian Linton Lowerin is fast asleep.

"Well," I answer, "here is a sugar-coated pill for you; or rather, Cockie, it is a ferruginous tabloid with a little aloin in it. I've no more food for you, so you must have physic."

I place the tabloid on the window ledge, and next moment Cockie has flown away with it. Now I love that bird, and so I repent at once of my folly. Why, there is enough iron and aloin in that tabloid for a grown man, and surely too much for even the sturdiest and cheekiest of robins. But my fears are soon laid at rest. He stations himself on a post and proceeds to dissect it. The sugar tastes nice but the contents, ah! how bitter!

"A bad egg!" he seems to say as he throws it on the grass for some poor unhappy itinerant rat to eat.

Let me count now. Why! in a little time spring will be here. Long before then bud and burgeon will be appearing on hedgerow and tree; the rooks will have their callow young; many other birds will be building, the lark will be soaring and singing, the days

getting longer, and sunshine and hope everywhere.

What a happy, happy time is spring! Why, even delicate invalids who were confined to their rooms half the weary winter through, may now show their pale faces amid the greenery of the gardens, stroll slowly up and down the sheltered walks, or bask on rustic seats in the sunshine, drinking in health with every breath of the balmy spring air.

Sunshine? Oh, we don't get half enough of it, and we don't make sufficient use of it when we do get it. The ancient Romans knew nothing about telegraphs and telephones nor electric light, but they knew the value of a light far more wholesome, namely that of the sun. And they used to have sunshine baths in specially arranged rooms, that is the richer and wiser did. But in our busy days we never think of such a thing. We haven't time really, but anyhow, the invalid—you, miss, or your dear mother or auntie who has nothing to do but get well, should be out in every blink of sunshine. Because sunshine and light are tonics of rare value, especially if taken in conjunction with fresh air.

A ray of sunshine on a young girl's face is in reality nature's own pencil, held by nature's own hand and designed to make her beautiful. No girl who wishes to look well can afford to hide her face from the spring sunshine. The sun in summer may blister and burn, but in spring-time it is your dearest friend.

But while the sunshine at this time of the year is all that is desirable, spring winds are often high and cold. The east wind for instance, although bracing to those who can stand it and walk or ride against it, is often very trying to those who are subject to colds, or slight bronchitis. But I do not advise such tender morsels of humanity to keep indoors for all that. Nor to wear thick, heavy clothing. The dress should be warm but light, and of course all wool.

The corset of the invalid should just give support, but never be tightened. If it is worn tight I can assure you that your health will never improve. On a due expansion of the lungs much more depends than most people imagine. The generality of girls don't know how to breathe, or they can't do so owing to the tightness of the corset. Therefore it is

only the upper portion of the chest that has work to do in aerating the blood, and can you wonder if that duty is not always well performed or if that portion of the lungs be delicate? Girls would be better in health and far less liable to catch cold if they would only take the following advice, which is easier to take and of ten times greater utility than the best medicines in the British pharmacopoeia.

1. Go early and quietly to bed.
2. See that the room is properly ventilated. Leave the window down unless the breeze is blowing against your side of the house.
3. N.B.—A little fire in the room is salutary if the weather be cold, as it acts like a ventilator and keeps the temperature up.
4. Use a hardish mattress but soft downy pillows. Let the bed-clothes be light but sufficiently cosy, and sleep with the head to the north. If you have any choice in the matter, have the bed so placed that it will not face the window, for too strong a light in the early hours of the morning causes the sleep to be non-refreshing.
5. Get up in spring and summer at 7.30, and endeavour to harden the system and inure it to cold by taking a cold bath, unless it is strictly forbidden by half-a-dozen medical men. You see I don't say *one* doctor, because I know for a fact that not one in twenty use the morning tub themselves. If you can't get the advice of half-a-dozen—and I really hope you can't—just try the bath, gradually reducing it from tepid to cold.
6. Dry the skin well and rub the upper part of chest and neck beneath the organ of voice till it is red. This will render the voice stronger and lessen the liability to that species of semi-hoarseness to which so many girls and young women are subject.
7. Even those who do not take a cold bath should sponge the throat and upper chest with ice-cold water.
8. Don't wear chest-protectors, goloshes, nor an india-rubber mackintosh.
9. Invalids on going out to enjoy a walk in the spring air and sunshine should throw a light Shetland-wool wrap round chest and neck. Try to get the real Shetland-

wool shawl. This is difficult, but not impossible.

Why, it may be asked, is Shetland wool so valuable. Well, we cannot do better than be guided by nature, I believe. The Shetland Islands are bleak and cold and bare; they are, moreover, exposed to wet winds and drizzling mist and rain. In winter the snow lies deep; and at this time, the sheep, strange to say, will eat not only the mosses and seaweeds they find along the shores but fish itself. Well, they have two coats, one that grows close to the skin to protect and keep it warm, and the other long hair that grows through this.

In spring the thick coat is combed out, leaving the sheepies in their summer array, and this is the true wool of Shetland, though after it is brought to this country it is greatly adulterated. The eider-down quilts one is offered at upholsterers' shops for a pound or two have no affinity to true eider, and in the same way and for the same reason—greed and money-grabbing—half the Shetland wraps in this country haven't a hair of real Shetland wool in their whole composition.

Cold feet.—I am often queried by my readers concerning this troublesome complaint. Well, it is as much a constitutional trouble as a local. The circulation is either naturally weak or is temporarily weakened and the nervous system needs toning up. You never hear a hardy man or woman complaining of cold feet. There are one or two causes of this disagreeable sensation that I may mention here. Too much coddling of the system is one. People who live in warm rooms, wear heavy thick clothing, goloshes, etc., are very subject to cold feet. Perpetual medicine-taking is another common cause. Cordial-drinking, whether in the form of medicine or wines, is apt to deteriorate both heart and bloodvessels, and hence we have cold feet. If the body is worn and thin, cod-liver oil and extract of malt will act like a charm sometimes—I cannot say always. The word "always" isn't in a doctor's dictionary at all. Wear woollen stockings, anyhow; and before going to bed place the feet in cold water for a few minutes and have a bottle of hot water

rolled in flannel to keep the extremities warm after circulation has been restored.

Cold feet will often prevent restful slumber, and this cannot be wondered at if we consider that the blood must get chilled in passing through the feet.

Cold feet should never be neglected. The system does need seeing to and the laws of health must be obeyed.

Food in spring-time.—The body needs regeneration whether you have been ill or not, therefore the food should be plainly cooked and of the very best quality. One should not over-eat, but breakfast should be taken as early as possible and dinner about half-past one. If too stout avoid starchy foods, fat and sugar; if lean do just the reverse.

Prevention better than cure.—There are unfortunately on these islands of ours many who are disposed to phthisis or consumption, and to them spring is a trying time indeed. Sir Benjamin Ward Richardson, who is a student of physiology and hygienics as well as a doctor, gives in his magazine the following advice to those who are inclined to phthisis.

Rule 1.—Pure air for breathing is the first rule for the prevention of consumption.

Rule 2.—Active exercise, outdoor as much as possible, is also essential.

Rule 3.—Uniform climate is also important.

Rule 4.—The dress should sustain uniform warmth.

Rule 5.—The hours of rest should be carefully regulated.

Rule 6.—Outdoor occupation is preventive.

Rule 7.—Amusements should favour muscular development and sustain healthy respiration.

Rule 8.—Cleanliness in the broadest sense is of special moment.

Rule 9.—Every precaution should be taken to avoid colds.

Rule 10.—The diet of consumptive people should be ample, with full proportion of the respiratory foods.

These rules I can heartily endorse.

VARIETIES.

POMPS AND VANITIES.

A rather gaily-dressed young lady asked her Sunday class, "What is meant by the pomps and vanities of the world?"

The answer was honest, but rather unexpected—"Them flowers in your hat."

AN ORIGINAL JUDGE.

An American judge once intervened in an odd way to prevent a waste of words. He was sitting in chambers, and seeing from the piles of papers in the lawyers' hands that the first case was likely to be hardly contested, he asked—

"What is the amount in question?"

"Two dollars," said the plaintiff's counsel.

"I'll pay it," said the judge, handing over the money. "Call the next case."

SOUND ON ITS TRAVELS.—An American humorist was asked "How fast does sound travel?" His idea is that it depends a good deal upon the noise you are talking about. "The noise of a dinner-bell, for instance," he says, "travels half a mile in a second, while an invitation to get up in the morning, I have known to be three-quarters of an hour going up two pair of stairs, and then not have strength enough left to be heard."

WISE LIVING.

The following inscription is over a mantel-piece at Preston Hall in Northumberland. It probably dates from the last century. The first three lines are convex, and the last two concave, while the word "therefore" is placed in a central position—

"Spend the day well, and you will rejoice at night.

No good man can be miserable, nor bad man happy,

Whether rich or poor,

Therefore

May you your days in peace and wisdom spend,

That endless peace may crown your latter end."

WEATHER-WISE.—A French pastor when asked whether he thought rain might shortly be expected, replied, "To answer your question properly I ought to hear my choir girls sing this morning. It is a very simple matter. I find as a rule that when the atmosphere is surcharged with moisture their vocal chords are relaxed, and they sing rather flatter than the organ. On the other hand, in dry weather they show a tendency to sing too high."

WEIGHING THE CHILDREN.

The average weights of children have been made a subject of investigation by M. Guetelet. He gives the results in the following interesting table which shows the weight in pounds at different ages of both boys and girls:—

Age.	Boys.	Girls.	Age.	Boys.	Girls.
1	19·8	18·9	9	51·7	46·2
2	24·2	24·2	10	55·4	50·8
3	27·5	27·2	11	59·4	56·1
4	30·8	30·5	12	63·8	63·8
5	34·9	33·6	13	72·8	71·5
6	39·1	36·7	14	81·6	79·8
7	43·3	39·1	15	90·6	88·0
8	47·5	41·8			

MAN AND WOMAN.—Man is continually saying to woman, "Why are you not more wise?" Woman is constantly saying to man, "Why are you not more loving?" Unless each is both wise and loving, there can be no real growth.

PRAY WITHOUT CEASING.—Prayer is the pitcher that fetcheth water from the brook wherewith to water the herbs; break the pitcher and it will fetch no water, and for want of water the garden will wither.—*Bunyan.*