suitable food, warmth. That wee creature is of the most delicate mechanism. A very small thing will put everything out of gear. So it is necessary, first of all, to be punctual in our dealings with her. Baby should be fed, bathed, put to bed, etc., by the clock. This will ensure happiness between alike.

It is unnecessary for me to say that Nature provides the best food for her. But so often our little Queen has to be furred and hand-fed. In these cases plenty of milk-and-water is the secret of growth and health. Every three hours let baby have a bottle of half and half, slightly sweetened with sugar. I am dealing with a healthy child now, so I will not advise peptonised or humanised milk. Most children are able to thrive on the cow; if not, good's milk is easier of digestion and less expensive than the above preparations. When the little creature is six months old, a meal of Neave's, or Mellin's, or Benger's farinaceous foods may be given once a day. Gradually increase these meals until she can eat bread and butter from the hand. They vary the menu. Remember that uniformity is required in feeding a young infant; but variety is necessary in catering for a child. The infant becomes a child when she has her eighth front tooth. But also remember,—an aphorism is easy to carry in mind—it is always better to underfeed than to overfeed.

My twelvemonth-old babies have always been allowed fresh ripe fruit, bread, sugo, rice, and farola. They have never suffered from pains nor from constiveness. I give one diet table for Queen Baby when she has completed her first year.

7.30 A.M. A slice of stale bread with a breakfast-cupful of new milk.

11 A.M. A cup of bread and milk.

1.30 P.M. Butter begins to be added and baked into a custard with a cupful of milk. A couple of raisins.

4 P.M. Arrowroot-biscuit and milk.

6 P.M. A breakfast-cupful of prepared food—Neave's or Benger's.

Nothing between that and the breakfast at 7 A.M.

Of course changes should be rung on the above table. So much for feeding.

Now for bathing. A very young infant may be given a tepid bath morning and night. The morning one is all that is required of an older child. When we take our Baby Queen from the hands of the monthly nurse, I think it would be wise to learn from her how to do the loose, "wobbly" limbs and helpless head. I have found a square of flannel laid at the bottom of the nursery basin a great help. It prevents contiguity of plumbing, or that pitchy must rest on the strong wrist and palm of our left hand. The round head just fits into the hollow of our elbow. The water must be warm at first, gradually reducing the temperature. A cold douche is cruelty itself, and shocks the sensitive nape most unnecessarily. Dry her with a towel and a bit of sponge attached to a holder (this can be bought for sixpence) wash out the mouth gently. Our Queen will enjoy the coolness of water, and all fear of thirst is prevented.

Careful selection of suitable powder is necessary. White precipitated fullers-earth—sold in sixpenny boxes—is harmless and soothing. Dust every crease and fold of the fat flesh. It will prevent all excoriation. Now robe Queen Baby in the garments recommended in a former paper. Feed her and put her to sleep, either indoors or out. Personally, I always let my babies sleep outside. They are as comfortable in their little carriages as in a cradle, and so many extra hours of fresh air are secured. Of course this necessitates a maid of some sort to be on the watch. But mothers and sisters can often work and write notes, and so they are able to do a lot of work for the pauper and the poor child, and to the paralysed, that this "waste of time," as I have heard it called, can generally be prevented.

Children require fresh air and sunshine as much as plants and flowers do. As the latter are colourless and imperfect if excluded from direct sunshine, so children keep in close, unventilated dark, and warmth and fret. From a month old—before that, a terrible autocar named Mrs. Gump reigns supreme—a child must be out all day, except in KENNY BIRD WIND OR RAIN. Frost and cold will only brake a child, provide she be sufficiently warmly dressed. This she will be, if my former directions are carried out.

"Soft weather is the best, and good sense," so we think in Ireland, and baby is protected from occasional showers by the hood of his carriage.

A order to keep our bonny baby in health, I should say it is a necessity for the person who is really responsible for her, never to neglect to go to her any one else at night. It is tiring, of course it is, to be waked up occasionally by an imperious call from the monarch in her cradle. It is much more tiring, and, and, heart-breaking too, to find that baby has been "fetty" all night, and that the morning light shows several hours' start of us. Then there may be many nights of wretched, anxious, watchfulness, until perhaps "Ole Lukoye's" twin brother steps in and bullies baby back to sleep again. It is at night that feverish symptoms first show themselves, or restlessness tells us that something is wrong. On the other hand, if baby has been slightly cross and "difficult" all day, a calm nutter will show the watcher that it is not from illness she cried, but refused to keep quiet. Besides, who has not known the sweetness of baby helplessness, the clinging of soft hands, the dependent feel of feet held to the bed, and the "beating glory" 'brighten on the tiny face when baby comes out of sleep-would, ever do without it?

How can we expect a stranger to take the frequent calls on her attention at night, as patiently as mother, or auntie, or siss will? They will sometimes let the cry go on, or slip the gripping hands, or smother the wakeful bright eyes in blankets. Why even we are sometimes tempted to do so. Yet those eyes may be trained to close up of themselves if they discover those hands may be taught to be quiet. Crying may soon be shown to be useless. But it can only be done by patient, unselfish, watchful love. We shall not violently rock the restless brain into temporary oblivion and thus lay the seeds of future trouble. We shall see that baby is comfortable and dry and warm. Above all, we shall teach our little Queen that the first secret of ruling is self-government. It is wonderful how soon even a baby can be taught what is naught and what is good; what is right and what is wrong. I believe it requires a trained intelligence, a careful guarded knowledge, to keep her really in health. That is why I repeat the mother, or she who stands in the place of the mother, the first nurse always. If it be urged that such a duty leaves no time for recreation, or exercise, or self-culture, I say that all such may be found in the labour of it. There is nothing so amusing as intercourse with a child; nothing so tiring as toasting or amusing it; nothing that teaches us patience and humility, and ingrained self-control; and quite more than daily tendency of one such little person. Besides, on busy days, a bicycle can give baby's guardian more healthful exercise in ten minutes than formerly could be studied in an hour, and books can be studied in the hours when a healthy child is sleeping. Let each would-be care-taker ask Manosh's question, reverently and humbly, "How shall we order the child, and how shall we do unto him?" (Judges xiii. 12.) The necessary wisdom and strength will be given. He who is promised and He is faithful. Then, indeed, it is not without reason we strive to keep the child, in sickness or in health, in life or in life. And, in the last day we shall not be "ashamed," "Behold, I and the children whom Thou hast given me"—for we shall be like Samson's mother: all that has been commanded us we have observed (To be continued).
saw occasionally of monotonous. Of course, I think that no life can be altogether devoid of this undesirable attribute; but I do maintain that, if a girl have the pluck to pursue that calling, “gentle” is not the quality she is to have, for which taste, the dull level sameness of life may be minimised.

To begin with the lowest “storey.” Why should not a lady, who understands the profession, and has graduated at one of the many excellent institutions for teaching cookery, make for herself a very comfortable and profitable existence by the exercise of her own art? What, in the name of a despicable kitchen? To my mind, the beautifully scribbled white table, the shining paraphernalia of pots and pans, the easy fire, make up a fact essentially by itself, to be the solid work, not by method, the work need not be great, many peaceful half hours may be snatched for needlework or a refreshing “rest,” even the difficult, not merely to her dignity, is not really more arduous than insisting on historical dates or puzzling sums into a most unwilling pupil.

Many of these remarks refer to the lady-housemaid and parlourmaid, whose duties, though they may sound complicated and numerous, can always be simplified by the method, but not limited, look back on any subject. I am sure that many who have watched the feckless ways of our domestic treasures, whose heads certainly never save their legs, will agree with me in this.

To mount a few steps higher; what occupation can be more dignified than the care of children? The instinct of motherhood present in most women’s minds, the very weak and helplessness of the tiny charge are sure to excite that affection which in itself makes a pleasure of the hardest duties, and, well-housed, with little white coats, comfortable fire, and pretty pictures, is an abode to which doubtless the mistress, receiving her visitors in the drawing-room, feels back with longing. In the evening, when her charges are asleep, the nurse settles herself down with her book or her work, with the feeling that the day has been well spent, and has not been wasted, that she has “done good in her generation.”

Look well at these four professions, girls, and consider. Need there be anything disgraceful in being the nurse of the infant, and a great deal of health and comfort depends on the way in which it is prepared; beds must be made, rooms dusted and arranged, clothing washed, and so forth. Why should it be that a girl is educated, which fact, you must remember, is shared by thousands of schoolboard children (who, however, consider “mental” work far below their dignity), debar her from honourable independence? No!

Let us be up and doing,” let “our mind to a kingdom be,” let us remember that there is a world of honest work that is not so muched “menial,” which gives us true independence by making us feel that we are really competent to do that which we have paid for, and that you, “fauts du mieux,” which last is the fate of many governesses and companions of my acquaintance.

In illustration of this, I must really give you an instance which came under my personal observation.

At a large registry office some days ago a lady was interviewing an anxious girl, who was offering her qualifications for the post of a governess. She must have a lady with the highest references and certificates, capable of preparing her for college, her two daughters excelling in Latin, mathematics, French, and German. She must not object to sleeping with her youngest pupil, a child of six, nor yet to dressing her. She must be prepared to mend the children’s clothes, and make herself generally useful. Of course, being a governess, no time for going out or rest was specified, beyond the fortnight holiday yearly. The governess somewhat rashly accepted, impressed as to what salary she would receive. On this the lady remarked that she had been meaning to give £12, but she would not mind increasing it to £15. The governess naturally enough declined this munificent remuneration, on which the lady informed her that she could get plenty to come to the office, plus five per cent. for her bondage. On the other hand, the lady began eagerly questioning the manager of the registry office about a cook. It appeared that some treasure, whom she had only half equipped for her higher attractions. The lady pitiously mentioned that she had offered her £30 and laundress, a room to herself, a kitchen-maid under her, and a housekeeper, and was enthusiastic. The offices of the whole charge and education of three children.

I may mention that the teacher, in honour, given her in August, received only £7 per annum, on the first year’s salary she is to receive. This five per cent. is paid before entering on the engagement. I have known many a governess who has found that this does more than she could fit into the day, or who has come across a capricious employer, actually find that she has had to pay considerably more. Now the poor downtrodden servant pays her 1s., gets her work, hands over her 2s. 6d., and goes her way, with no debt hanging over her head. Of course, the railways are open to girls who have obtained a really high-class education; Gitron or Newnham girls with B.A. or L.L.A. certificates, or those who have a good classical education. These can always hold their own and command good salaries, as can also usually girls with influential friends and connections. I am speaking now to thousands of governesses, ladies by birth, whose friends are often as poor as themselves, and have not been able to afford them more than the average commonplace teaching to be obtained in cheap schools.

To such girls as these I say, if they are determined to teach, there is one way in which they can achieve their object. The younger they begin the better; it makes up for the minds to go abroad. Spend, say, two years in Germany and two in France, or they can substitute Italy or Spain for Germany if they prefer. It is the only obtain employment as pupil teachers in some large school, thus obtaining double training. If this is found to be unattainable, there are many many cheap schools to be found abroad as in England. Let them all this time hear in mind the necessities of their future life. The Oxford and Cambridge examiners, though their questions and course vary from year to year, always examine on the same subjects. A careful study of two or three sets of papers will enable a girl to see the style of the questions, and how to answer them. If she have the pluck to take the necessary books with her in her exile, and devote some of her spare time to them, three or four months in England, spent in mastering the particular periods in history and literature appointed for the year, will enable her to pass the Oxford Senior examination, which can be taken at any age. Then she is equipped for the battle of life. From the certificate, and the two or three years of languages and possible experience of teaching, it is hard if she cannot support herself with self-respect and comfort.

We will now consider, with equal good sense and philosophy more than equal brains, who feeds no attraction to a life spent in teaching and its necessary study. I say necessary, for the word “necessity” should be, and is, with what she knows and does not resolve constantly to pursue her own education as well as her pupils, will inevitably be left behind by the girls growing up around her. Then, if any girl who does not care for study for its own sake, should think twice before she enters on that which is unengaging to her, and in which, therefore, she cannot succeed.

Let us consider the reasons for which she chooses one of the three “gentle” professions. They are not far to seek. What will life be like for these products of the female education of her less easy life? Would she not cease to be a lady? My dear girls, what friend, worthy of the name, would despise a girl for honestly using those talents and gifts given her, who is not dishonestly taking money for work of which she is incapable? For those, and of course there are many such, who would cease to esteem her, the money would be in the same amount as themselves. How unhappy those “ladies” would have been could they have foreseen that the day would come when to them would be one day to these as their own children. How ungrateful those “ladies” would have been could they have foreseen that the day would come when to them would be one day to these as their own children. How ungrateful those “ladies” would have been could they have foreseen that the day would come when to them would be one day to these as their own children. How useless those “ladies” would have been could they have foreseen that the day would come when to them would be one day to these as their own children.

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THE CALLING OF THE WEIR.

By FREDERICK LANGBRIDGE, Author of "Miss Honoria," "The Dreams of Dana," "Sent Back by the Angels," etc.

CHAPTER IV.

"Here we are," said Hildegarde, "that is our bank.

"And don't observe," said Mary, as her sister walked on and drew it in to the bank, "that our bank is worse than ours.

The boat was a flat-bottomed thing, good for rapids and broken water, as drawing only a few inches, but, in the local phrase, "a thrifty giddy." Mary, you get in first," said Hildegarde, "taking, as was her wont, command. "Then you, Mr. Docker, and don't bounce about more than is neces-

sary—though, for your comfort, I may say we both swim.

"I should think," said Docker, as he took his seat, "Strangers in these boats are apt to be a little upset. They seem to me just the thing if you want a dip without getting out.

"Exactly," said Hildegarde, as she threw off the sweater and stepped in. She took the bow paddle—though the cut looks pretty much the same at both ends—and Mary the stern paddle. The girls pushed off together. In a moment the cot was moving quickly up the river. This is delightful," said Docker; "but how on earth do you manage with those paddles? I know the usual two-handed canoe paddle well enough, but those short-handed, square-bladed things—a cross between a cricket bat and a wooden shoe—are quite beyond me. No," he said, having watched the girls' movements a little longer, "I can't see where you get your purchase.

"Off the gunwale, so," said Hildegarde. "Would you like to take a quarter's lessons?"

"Very much," he answered, "but I fear your terms are rather ruinous.

"No," said Hildegarde, "we'll be tender to the stern lamb."