

"Are they to be paid for?"

"As a matter of course, my dear sir. Editors and proprietors of newspapers must live like other people. How else—?"

"I'll not give a shilling," interrupted the miser, fiercely. "What care I for the opinion—the judgment of the world?—it's the judgment of the law I fear. I shall be ruined—beggared, beggared! left in my age to want and the poorhouse!"

The lawyer smiled: he knew how little probability there was of such an event occurring.

"I'll sell off! I'll fly!"

"Be calm," said his adviser—"be calm. Such a step would be ruinous, not only in reputation, but fortune. What do you calculate would be the loss upon your stock alone?"

"Thousands"—sighed his client—"thousands!"

"Then, the money upon mortgage, bills of sale—impossible to call it in so soon; and recollect, my dear sir, that in the event of your being outlawed for non-appearance, you could not recover a single shilling."

"I will be tried, then."

"I thought you would perceive it in a more judicious light," said Mr. Sutch. "I will take all necessary steps for the defence."

"But the expense!—the expense!"

"That," replied the former, "we can settle after the trial is over. Meanwhile, should I require cash to go on with, I can draw upon account."

James Hawes Masters had yet to find out what a lawyer's drawing upon account meant.

(To be continued.)

## John Cassell's Prize Essays on Social Science.

### SANITARY REFORM.

ESSAY IX.—By JAMES WALKER, BISCUIT BAKER, CARLISLE.

To whom was awarded a prize of £5.

#### IMPORTANCE OF SANITARY REFORM.

SANITARY reform must be held to rank next to educational, in point of importance and utility; inasmuch as the connection between the mind and body is so intimate as to make it well-nigh vain to educate the one, if the other is suffered to remain without due provision for its health and development.

Though it is a truth widely known now, that, if the body suffers, the mind suffers with it, and, *vice versa*, yet, in presence of the indifference to it which the great majority of our educational systems still betray, and the dire pain and misery which its neglect is continuing to inflict on the working-classes especially, it is not less worthy of being repeated. Nor is it less profitable, as long as these prevail, to embrace every suitable opportunity to explain, in the clearest and simplest language possible, the indispensable necessity of acting on it in any system of popular education, to make it effectual and of real use to those it is designed to serve; and to add some clear explanation of the nature of the rewards and punishments which obedience and disobedience are respectively sure to entail; and, which is the natural complement of this, to dwell in a manner becoming its importance on the moral obligation resting on every man and woman to render it, as far as in him or her lies, the homage of constant obedience.

My own experience of the evil effects produced by the—in a sanitary point of view—very indifferent homes and habits common to the majority of my brother workmen and their wives, inclines me to support those who regard it as a primary point in education—and seeking first to surround the body with the conditions of healthy existence as far as possible till this is done, would leave the mind pretty much alone.

#### NEGLECT OF SANITARY CONDITIONS CONDUCTIVE TO VICE.

I have always found it vain to speak to a fellow-workman—whose habits, home, and its surroundings, were at variance with sanitary conditions—of the many great advantages which flow from a good education, the comparative ease with which it may be secured at the present time, and the obligation this lays on every one living in ignorance to secure it. I have always found in him a depression of mind—a listless apathy, even when apparently in sound health, which no arguments or appeals, however earnest and cogent, could succeed in removing. He has remained wholly unaffected by all; and I have observed that nothing, in fact, but the pernicious stimulants of the alehouse or the gin palace have ever been effectual in rousing him into activity or cheerfulness.

I may remark, that much observation and inquiry has fully convinced me that this condition of things—this utter lack of good sanitary arrangements—is the grand cause of the ruinous and degrading intemperance and improvident habits which prevail to such a sad extent amongst the working-classes; and until it is done away with, it is, in my humble opinion, vain to hope that this intemperance and these habits will ever be extensively abated; or that, as a whole, the masses will ever show themselves anxious to possess the advantages, great, manifold, and ennobling as they are, conferred by a sound religious and secular education.

#### INFLUENCE OF CLEANLINESS ON MORALS.

Mere want of knowledge is productive of no evil worthy of being compared to that arising from inattention to sanitary matters. Ignorance, *pure and simple*, will always be found to be pliable and teachable, if approached and dealt with in a right spirit. The ignorant man in possession of a clean home, commodious enough for all the purposes of decency, situated in a clean neighbourhood, and whose personal habits are also clean, it is ever easy to turn to knowledge, if the task is only rightly and earnestly set about. Whoever, being duly qualified, fulfils this condition, will never fail to find, with respect to him, there is more truth and wisdom in the apostolic saying, that "cleanliness is next to godliness," than perhaps he ever supposed. But this same ignorant man, or even one much his superior in point of scholarship, if he lives in a dirty, incommodious house, standing in a dirty neighbourhood, and if his habits are dirty as well, will always be found, no matter how much wisdom, patience, and earnestness may be exhibited in dealing with him, to be a difficult subject indeed—if not absolutely an impossible one—to imbue with any love for wisdom, or just sense of its priceless worth and beauty.

The explanation of this, I believe, may be found in the fact that subjection, for any length of time, to the anti-sanitary influences I have indicated, invariably produces a low state of vitality, than which there is no more formidable obstacle, if, indeed, there is one as formidable, in the way of the social reformer. Besides predisposing the body to the attacks of many diseases, and rendering it less able than it otherwise would be to withstand them, and those of all others to which it is subject, it is productive of a moral insensibility, which is the grave of every incentive to well-doing—to the acquisition of moral and intellectual excellence. I advance this with all the more confidence, that I have repeatedly observed, that when it has been removed, as it always will be, by the adoption of habits of personal cleanliness and bodily exercise in the open air, and the introduction of sound sanitary arrangements and appliances into streets and dwellings, the most marked and gratifying change for the better in the moral and intellectual, as well as the physical condition, of the individuals affected has almost immediately followed—thus clearly showing, in the most practical and convincing manner, the intimate connection there is between cleanliness and good morals.

#### IMPROVED DWELLINGS SPECIALLY NEEDED BY THE WORKING CLASSES.

These considerations, and many others of a somewhat similar nature, which, however, it would not be exactly keeping within the proper scope of this essay to dwell upon, form the most material part of the experience which, as I have said, inclines me to go with those, and to think they begin at the right end—the very root of the matter, who would commence the education of the working classes by providing them with suitable parks, gardens, baths, washhouses, and last, though not least, well-drained and commodious dwellings and streets. The providing of good dwellings, should, indeed, hold the first place in any scheme of sanitary reform, as it is at home that the character is principally formed and the bodily organs trained—prepared, as it were, for their future uses at the most critical period of their existence; and being familiar with the straits to which the great majority of my brother workmen are driven as to them, I may venture, without making myself liable to the charge of rashness, to indicate the kind required, and which would do the greatest amount of good.

It may be as well, however, to begin by noticing those which at present form the rule as to working men's habitations, and which, indeed, as the rent of suitable houses at present stands, are the only ones within reach of the means of most working men—the small and inconvenient two-roomed houses. Except, perhaps, in the comparatively rare cases where there are no child-ren, they are very objectionable, as they neither afford the accommodation required for the proper observance of decency, nor the means necessary to the establishment of a due system of ventilation.

#### IMMORALITY FAVOURED BY CROWDED DWELLINGS.

With respect to decency, if we take the common case of a couple with four children, two boys and two girls, of ages ranging from ten to sixteen years, it will be seen at once that no due attention can be paid to it. The parents are sensible enough to know that the boys cannot be allowed to sleep with the girls; but where are they to sleep? There being only two rooms, there is but a choice of evils—they must either do so in the room occupied by their parents, or in that devoted to their sisters. As the least of the two evils, their bed is generally placed beside that of their parents; but this is bad enough, even although, as is generally done, a screen be placed between them. In short, the privacy absolutely essential to the growth of modesty and sound sexual morality is, in such houses, all but utterly denied to the whole family, despite all the parents can do to make it otherwise; and that much evil must inevitably result from such a state of things, it does not require the possession of any very great amount of penetration to see. When I think of it, and then of the modesty and good feeling which so generally characterise working men's children, I confess I am always filled with the deepest wonder and admiration at the phenomenon—for a phenomenon it is, under the circumstances—and one, too, that reflects the highest credit on their fathers and mothers. I know it to be the fruit of the noblest and most unselfish devotion on their part, and, though they are what the world calls obscure and nameless, I would sooner bend the knee to them than to kings. Talk of heroism in humble life! It is exhibited in this respect, if in any.

#### CONSEQUENCES OF HOUSES BEING ILL VENTILATED.

Then as to ventilation, as such houses are nearly all built without any internal communication between their back and front parts, it follows that the current of air their diminutive size renders absolutely essential to the maintenance of sound health, can at no time be established in them. That caused by any fire that can be burned is totally insufficient. This is an evil of double magnitude in times of sickness, when it may be said with truth, that Nature has to work double tides—has to combat with a condition of things as dangerous and as difficult to withstand, as the disease she is more particularly engaged in resisting. Join to it the facts, that the sick cannot have a room or even a bed to themselves, and that such provisions as bread and meat, which must be kept in them, or not at all, necessarily become greatly deteriorated by the carbonic-acid gas given out during the night by the bodies of the sleepers, who often rise in the morning more exhausted than when they lay down at night, from the effects of this poison, not to take into account those of other noxious gases, generated especially in such confined and inconvenient limits at such a time, and the measure of their insufficiency is filled.

In whatever light, indeed, one regards them, they stand self-condemned. With reference to the working classes, I am convinced, that, more than our much and unduly abused climate, or any other cause, they induce consumption and febrile diseases; and this holds good, especially with respect to children. I can say from my own experience, that many most dismal tragedies, and much acute pain and bitter sorrow, do they daily originate, and the sooner they are superseded by others of the right kind, the better it will be for the health and prosperity, not only of the working classes, but the whole nation.

#### WHAT A HOUSE SHOULD BE.

A house should never consist of less than three rooms (four would be the right number), with a small pantry or scullery, having a wire-covered orifice, communicating with the external air, attached to the one destined for the kitchen, for the keeping of provisions, cooking utensils, and such-like articles. Houses should have internal communication between their back and front parts, and the sleeping-rooms should be made as lofty and spacious as possible, and each of them have a window of its own. Wherever possible, there should be a garden, however small, attached to them. Such a place of recreation is invariably productive of humanising effects, whose power for good can scarcely be over-estimated.

If such houses were built, and offered at a rent, say of 2s. 6d. a week (the average rent of those above described), one of the greatest material boons that can be conceived, would be conferred on the working classes, and the cause of health, religion, and morality. They would, I am thoroughly convinced, from long experience and observation, not only reduce considerably the amount of labour the Registrar-General has at present to devote to the preparation of his list of deaths, but also prove the most potent auxiliaries that could be devised to the success of the school,

lecture-hall, reading-room, library, and the church or chapel.

#### ADVANTAGES OF BUILDING SOCIETIES.

But, before leaving this part of my subject, I would observe, that very many working men, who are at present content to live and lodge their families in the very unhealthy houses I have described, and even in others still worse, could, without much difficulty, from the amount of wages they receive, secure healthy and desirable ones of *their own*, by combining and forming land and building societies, or joining those already in existence, which are among our most valuable social institutions, in a sanitary as well as in all other points of view.

I regret to say it, but I have found it to be the truth, that such men waste more money in intemperance than would suffice for the attainment of this noble end, to achieve which, there is certainly not much need to remark, is their plain duty to themselves, their families, and society. And there are many others, not so favourably situated with respect to wages, who yet could put themselves on the road to do the same, by simply practising temperance and cleanliness; steadiness and honesty, of course, being added to them. They could increase the remuneration they now receive by doing so. I have remarked that these qualities always find great favour in the labour market, and have a marked effect in raising wages. There are none more alive to their value—to the greatly increased efficiency they confer on the working man, than employers; and, as a rule, there are none more willing substantially to recognise them. So much so, indeed, is this the case, that a man who once establishes a character for their possession, need never want employment at good wages, even though he may not be a very skilful workman.

#### SANITARY RULES.

In conclusion, I would be understood as addressing the foregoing observations principally to those whose wealth and position in the social scale enable them to move in the important matter to which they relate with more effect than others not so situated. In the few that remain for me to make, I have my own class solely in view—a circumstance which must stand as my excuse for mentioning matters in them so plain and well known to the educated at the present day.

To your serious attention, then, my brothers and sisters in labour, sincerely anxious as I am to promote your welfare, I would beg earnestly to commend, urging you at the same time to do your best (and you can do very much, if you will), to establish the material conditions, which I have already sufficiently indicated, necessary to their acting with the greatest amount of efficiency, a few simple but important sanitary rules which I have seen too much neglected, and, indeed, too little known amongst you, although their neglect often involves you in the greatest pain and misery. They have a most important bearing on your comfort and well-being. Obedience to them will not only increase your strength and prolong your lives, but also will always make the latter far more tolerable and pleasant than they are now. Many good and wise men and women belonging to the upper ranks, having your interests sincerely at heart, are now earnestly at work to establish the conditions I have alluded to as necessary to their complete success. Will you not aid them in the noble task, which, after all, is chiefly yours, for yours will be most of the benefits its accomplishment will realise? I would fain hope you will do so, and with a will. It is a duty you owe not only to them, but also to yourselves and to God. And, supposing for a moment that it is out of your power to do anything else, you can always give them increased heart to face the many great difficulties and discouragements in their path, by showing yourselves willing to make the best of your present position.

The houses and clothes of many of you may be unhealthy, poor, and insufficient enough; but do not make them worse by inattention to cleanliness. You can always make them much more healthy and pleasant in every way by keeping them thoroughly clean—bearing ever in mind that cleanliness is one of the greatest preventives of, and safeguards from, disease. And, now, the rules in question are:—

1. *Temperance*,—on the paying of due attention to which the success of everything else must chiefly hinge. Practise temperance both in food and drink, and take what bodily exercise you can in the open air.

2. *Personal Cleanliness and Bathing*.—Make it a daily practice to wash—not the hands and face only, but the whole person. The surface of the body is covered with innumerable pores, by which much beneficial to it is absorbed, and through which

most of the impurities generated in it are expelled; and if these impurities are allowed to choke them up, as they will do if the skin is not constantly washed, the most serious diseases will eventually ensue. The best thing to prevent this is the warm bath. If there is not such an appliance in your neighbourhood, or if there is and it is too expensive for your means, you can easily improvise one for yourselves at home in a large tub, not being chary of the use of soap in it, and vigorously rubbing yourselves dry with a coarse towel when done. Besides effecting this necessary cleansing process, bathing is productive of a permanent elasticity of body and mind—a pleasurable feeling which all the alcoholic or other poisons in the world could not give, and which, when you once experience, you will not willingly do anything to banish.

3. *Sanitary Regulation of Home*.—Keep the house thoroughly clean, and do not allow any manure, street refuse, or filth of any kind to accumulate near it. Do not hang up clothes to dry in it after they are washed. Besides making it damp—a condition which is a fruitful source of colds and rheumatic diseases—they absorb all the impurities that may be floating about it, and do not get the fresh air necessary to make them thoroughly clean and wholesome. It is better, indeed, to hang them up anywhere than in the house. Never make the bed immediately after you rise. It is charged with the poisonous gases given out by the body during the night, which act very injuriously if not removed. To do this you must take off the bed clothes, and let the fresh air have access to them and the bed for at least half an hour. Whitewash the walls at least once a year with quick-lime, and do not, if you can possibly help it, keep such provisions as bread and meat—and above all do not keep water you use in making food—in sleeping rooms during the night. They become, especially the water, saturated with the poisonous gases, always generated in such places at such a time when occupied, in which condition they are little short of poisons themselves. If you have a coal cellar detached from the house you should fit it up with a little shelf and place your provisions on it at night, and do not keep water, to be used in making food, at that time at all. If you observe these precautions, you will, humanly speaking, render your homes secure, even though situated in the most unwholesome districts, from the visitations of such dreadful scourges as cholera and typhus.

4. *Precautions as to Diet*.—If you would keep your children in health, and avoid all the grief, trouble, and expense their sickness causes, keep them as clean, warmly clothed, and well fed, as you can. Dirt, cold, and hunger, are the great destroyers of children; and it may almost be said, that, if they are preserved from these, they will never get ill. With respect to food for them, the best for breakfast and supper is oatmeal porridge with milk, or, when it cannot be had, treacle. Tea or coffee and white bread are objectionable, as containing very little, if any, of the particular kind of nutriment essentially necessary to them for the proper growth and development of their bones and muscles; whereas oatmeal and milk, besides being cheaper, contain it in abundance.

## The German Language

CLEARLY TAUGHT AND QUICKLY LEARNT.

#### LESSON III.

ONE of the difficulties beginners find in reading German is caused by the resemblance some of the letters bear each other; but, after a little attention, you will discover that this resemblance is not so close as to puzzle you long. The letters we wish you carefully to examine, in order never to confound them, are *A* and *U*, *B* and *V*, *C* and *E*, *G* and *S*, *J* and *T*, *O* and *Q*, *K* and *R*, *M* and *W*.

Amongst the small letters, those that are something alike, and that require attention, in order to distinguish their differences, are *b* and *d*, *k*, *h*, and *y*, *f* and *s*, *g* and *q*, *m* and *w*, *n* and *u*, *r* and *z*.

We take it for granted that you have been able to read the German words given you in the last lesson, and that you have been pleased to find how nearly they resemble the English words for the same things. This resemblance is very encouraging to pupils, as it enables them to acquire a good stock of words with little trouble. We shall furnish you with many more words in which you will observe this likeness; afterwards, we shall give you a few short sentences, introducing the verb "to have."

In some of these sentences you will find examples of German construction. You must not always expect to find words succeed each other in the same order as

in English. One German peculiarity is, that participles and verbs are often placed at the end of the sentences.

#### WORDS NEARLY THE SAME IN GERMAN AND ENGLISH.

Water.	Das Wasser.
Milk.	Die Milch.
Bread.	Das Brod.
White bread.	Weißbrod.
Crust.	Die Kruste.
Soup.	Die Suppe.
Fish.	Fisch.
Butter.	Die Butter.
Sugar.	Der Zucker.
Lemonade.	Die Limonade.
Coffee.	Der Kaffee.
Tea.	Der Thee.
Chocolate.	Die Schokolade.
The rose.	Die Rose.
The tulip.	Die Tulpe.
The hyacinth.	Die Hyazinthe.
Gold.	Das Gold.
Silver.	Das Silber.
Iron.	Das Eisen.
Copper.	Das Kupfer.
Quicksilver.	Das Quecksilber.
Arsenic.	Der Arsenik.
Steel.	Der Stahl.
The diamond.	Der Diamant.
The ruby.	Der Rubin.
The opal.	Der Opal.
The topaz.	Der Topas.
The pearl.	Die Perle.
The marble.	Der Marmor.

#### EASY PHRASES ON EVERY-DAY SUBJECTS.

I have some tea.	Ich habe Thee.
Thou hast some bread.	Du hast Brod.
He (or she) has some butter.	Er (or sie) hat Butter.
We have some milk.	Wir haben Milch.
You have some coffee.	Ihr habt Kaffee.
They have some oil.	Sie haben Del.
I had some sauce.	Ich hatte Sauce.
Thou hadst some meat.	Du hattest Fleisch.
He had some salad.	Er hatte Salat.
We had some beer.	Wir hatten Bier.
You had some lemonade.	Ihr hattet Limonade.
They had some soup.	Sie hatten Suppe.
I have had some water.	Ich habe Wasser gehabt.
Thou hast had some cabbage.	Du hast Kohl gehabt.
He has had spinach.	Er hat Spinach gehabt.
We have had some money.	Wir haben Geld gehabt.
You have had some silver.	Ihr habt Silber gehabt.
They had had some gold.	Sie haben Gold gehabt.

#### FOR A FRIEND'S BIRTHDAY.

If I might claim a fairy's power,  
Or art of old magician,  
I'd make thy life a charmed way,  
And all thy dreams elysian:  
I'd bring to thee most priceless gifts,  
Fit for the soul's adorning;  
And make the evening of thy life  
As bright as is its morning.  
But human hearts, though strong in love,  
Are weak, alas! to prove it;  
And human hands may never reach  
The good our thought can covet.  
Yet is there One who keeps for us  
Riches we may not measure;  
More free to give, than we to ask,  
The blessings from His treasure.  
And I, though human, weak, and frail,  
Can lay, in light caressing,  
My hand upon thy head to-day,  
And ask of Him this blessing:—  
Keep her, O Father! through her life  
The child of thine election;  
And own her in the morning of  
The blessed resurrection!