

national in our schools, we cannot but express a hope that undue time will not be lost in teaching it to adult rifle corps now organized. A few movements are indeed indispensable to teach them to act in unison; but the Americans at New Orleans, who, from behind their cotton-bags, brought the choicest troops of England down, were, for the most part, men ignorant even of the mysteries of "the goose step."

HOT ROLLS AND THEIR CONSEQUENCES.

It would destroy many a fine-set morning appetite if the breakfast reflected on the iniquities which have been perpetrated in order to furnish his breakfast table. His sugar comes associated with memories of slavery, and perhaps the reality of it; and, as for hot rolls, they must have involved a slavery more intolerable in some respects than that which has oppressed the negro. The black slave at least has his night hours of rest; and, speaking of the Cuba slaves of to-day, Mr. Trollope testifies to the good treatment of them considered as mere animals.

The London baker is less happily situated. For him there is scarcely any night rest. Roam through London streets in the still hours, when every other artisan is refreshing himself with slumber, and you shall still perceive a dim fitful light glimmering through the bar-work of some dismal kneading-house. Look down, and you shall behold spectre-like objects almost naked, mixing the dough with many a thump and thwack, preparatory to its being made up in form to go into the oven. The housewife who kneads the materials of a cottage loaf cannot realize to herself the hard work which falls to the lot of the poor baker. I have spoken of their working by night, but the case is even worse. In London, as also in some of the larger provincial towns, the bakers' journeymen have to work day and night. On Sunday, for example, they begin work at 11 P.M. and continue it until four next morning. Then, instead of retiring to rest, a new day's work, so to speak, begins: they have to shoulder the heavy bread-basket, and supply their masters' customers. Up to Thursday, all days and nights are alike to these poor men, when matters, instead of mending, get worse, especially in the underselling shops, where, in a large number of cases, the men have to work continuously from 11 P.M. till late on the Saturday afternoon, making no less than forty hours' labour at a stretch: moreover, in most situations, the men have to attend on Sunday from about 10 A.M. till 2 P.M. to superintend the dinner bakings. Adding up the hours of these periods of labour, it will be found that a large proportion of bakers' journeymen are employed weekly for the most incredible period of 112 hours, an average of more than eighteen hours per day out of the twenty-four. The consequences of this barbarous servitude physically might readily be inferred, even were they not seen in the wan and withered aspect of bakers' workmen. Dr. Guy stated, in the course of a recent lecture, that he never found a baker's workman in what might be called robust health; that is to say, with healthy, florid complexion. Only 14 in the

100 had a tolerably healthy appearance; and out of 111 bakers, 48 had more or less severe diseases of the lungs and chest.

Of course, I need hardly say that religious observance of Sunday is quite impossible under these severe conditions. Those of the bakers' journeymen who go to church or chapel only go to sleep; they simply cannot help it.

Why should there be all this iniquity? Why cannot dough be kneaded and bread be baked in the day time? There seems no necessity why the baker's avocation should remain one of the most unhealthy. Reader, you individually have it, probably, in your own power to contribute to the redress of this great wrong. It is brought about chiefly by the love of hot rolls for breakfast. Now, hot rolls for breakfast can only come of dough kneaded and bread baked whilst you were in bed asleep. Nay, think about this yourself, and take care that your friends and neighbours think about it. What man, woman, or child, having a sentiment of human feeling in their composition, to say nothing of Christian charity, would knowingly and wilfully condemn a section of their fellow creatures to worse than negro bondage, for the sake of a hot roll? With this appeal I will be content. It would be an insult almost, to aim at carrying a point of benevolent justice by adverting to the unhealthiness of hot bread. Rest assured, however, that it is unhealthy; on this matter all medical men are agreed. Those who court dyspepsia, with heartburn, headache, skin eruptions, and a train of troubles, will find a most efficient health-disturber in the use of hot rolls.

I find, from a pamphlet written by Mr. Lilwall, that there are from ten to twelve thousand journeymen bakers in London alone, who are exposed to the bakehouse night-work and its destructive consequences. "Heads of families," Mr. Lilwall advises, "should make it a point of conscience to ascertain which of the master bakers in their respective districts have abolished night-work, and give them their patronage, that they may not be pecuniary sufferers by their kindness to their men. They will have no difficulty in obtaining this information from the journeyman who daily delivers their bread. In those cases—and they will be the large majority—where they find that the baker they respectively patronize adheres to the old system, they will be doing an act of real humanity by telling him they are resolved after a given period—say a month from that date—to get their bread from a baker who relieves his men as far as possible from oppressive night-work." It was remarked by the Earl of Shaftesbury, in presiding at a meeting at Exeter Hall, that "the heaviest amount of over-work would not be found at the west-end of London, but in the east, and in districts chiefly inhabited by working men." Let the working classes understand that, when indulging in the thriftless and unwholesome luxury of hot bread, they are imposing on their brethren that extra amount of toil, and let them consider whether they could not give up that selfish indulgence, bearing in mind the golden rule, "Whatsoever ye would that men should do to you, do ye even so to them."