

The Girls' Empire

An Annual for English speaking Girls all over the World

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Extract

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How to be Strong.

SPECIAL EXERCISES
WITH THE SANDOW GRIP DUMB-BELL.



PART I.

AMONG the many marvellous changes that have taken place during the last ten years, none can claim to be of more importance than the transformed ideas in regard to the position which women occupy in the affairs and welfare of the nation; and consequent upon this, a large amount of attention is being paid to physical development.

The old-fashioned fallacies regarding health, diet, exercise, dress, &c., have nearly all been exploded, and to-day women are dis-

carding the old ideas and methods, and entering into the new *régime* with a zest and vigour which bodes well for the future.

Without further remarks, therefore we will proceed to the first of the series of exercises, which, if carefully and continuously performed,

ment, and uprightness and grace of carriage, that shall be the highest form of beauty.

At this juncture, however, a few words as to the most suitable form of dress, &c., is very necessary.

First and foremost, it is necessary to point out that these exercises can only be of fullest benefit when each

le is exercised to its st extent, and the should therefore be ctly free and supple, be ely uncramped and strained. The ordinary corset must be removed; no place in our *régime*. would, indeed, go so far say that, if a corset is o be absolutely neces- instead of the steel and contrivances now so 1 in vogue, a plain t made out of strong canvas, cut to shape,



EXERCISE 1.

will prove very beneficial, and tend to improve bodily health, muscular develop-

and about eight to ten inches deep, should be worn, it being made adjustable. As

will be seen in the illustration, the skirt (of blue serge) should be short, reaching to about three to four inches below the knee, and be cut sufficiently full to allow for a stretching or striding exercise in any direction. The bodice should not be of the tight-fitting variety, as you will be wanting to bring the lungs and chest into fullest play. The most suitable pattern of bodice is the sailor-blouse shape, with open neck. The under-vest should also be loose fitting. One last word as to shoes. Shun as a poison, the French high-heel shoe! Nothing is more injurious to the feet, and more

productive of deformed instep and undignified "strut" in walking, rather than a graceful step. Half an inch is quite high enough for a shoe or boot heel for walking.

Now as to the exercises. Take a pair of light dumb-bells (about 1lb.) and, standing in an upright position, with toes slightly turned out, and a dumb-bell firmly grasped in each hand, perform the exercise in the following manner: — The arms should be bent, the elbows being pressed quite close to the body, and slightly forward, thus bringing the forearms perpendicular. The dumb-bells

should then be level with the shoulders. Holding the head well back, shoot the right arm upwards, keeping the body erect the whole time. Draw back the arm to your side sharply, at the same time extending the left arm above the head in a similar manner. With each change of motion, the head should be turned in the corresponding direction. By this exercise, the muscles of the arms, shoulders, neck, and sides are brought into play. This exercise should be repeated morning and evening, commencing with fifteen to twenty times, and gradually increasing to thirty-five to forty.



Cosy Corner Chats.

I. — FRIENDSHIPS FOR WOMEN

MY DEAR HELEN: A week from to-day you will be having your first experience of a boarding-school. Here is my little preparatory ser-

mon. Your teachers, both in the high school and in the school to which you are going, will hammer away on the importance of your getting good training and good

equipment. Let me tell you that there is still a third object which you must not ignore. You must learn in a new and deeper sense the joys, privileges, duties, even

the sorrows of friendship. Whatever other mistake you may make in a choice of a friend, at least do not let it be a hasty one. I know it is a hard saying, but again and again a girl at school picks out her particular friend within two hours after she sees her, and in two weeks they have sworn each other allegiance. Fortunately, this does not always work so badly as one would expect, but often it does come out unfortunately for one or both of the young women; and, it seems to me, one can never have the highest satisfaction in a friendship so made. One is ashamed of being cheated in a gown because one chose it too hastily or in a poor light. Why not ashamed still more of being cheated in a friend?

Another word about the beginning of friendship. Friendship differs from what we call "love" in its character, its variety, and its greater freedom from jealousy. Society is organised on the scheme that each woman shall have one lover, but may have many friends. I think, myself, too few friends almost as undesirable as too many, and too many

as too few. The many-sided girl needs a larger circle of friends than the girl of extremely simple nature. Not too many to know well, and not too few, lest one becomes exacting!

If there is any one test sufficient to determine whether a given relation is to ripen into a friendship, it is perhaps this: does there exist an entire confidence between the two, together with that indefinable drawing to each other's society for which we have no name— Either of these without the other is a poor makeshift for the real thing. Without a more substantial foundation it is sure soon to wear out. The memory of such a failure is likely to be a sore one for a lifetime. In other words, there must be a real congeniality, as well as a certain fascination, when friendship is to be great and lasting. This congeniality must not be founded on a similarity of weakness if it is to be a healthy friendship, but on a similarity of aspirations.

I remember one particularly ill-advised association between two girls, which ended disastrously. I asked one of them why she had

picked out the other as a friend, since she seemed particularly unsuitable, and she replied, "Oh, well, we were each of us always ready for anything." You could scarcely find a flimsier reason for a friendship. The girl that is always ready to help on her friend in mischief is a poor friend. I do not say that I want you to select a prig as your chosen ally for the first year of your school life. I insist only that the correspondence of the two natures shall be of the higher and not of the lower qualities. Again, friendship must not be so absorbing as to destroy your sense of the proportion of things. You must see more than one girl in your horizon: you must see something besides the delights of conversation and of intimacy, in the seven days of the week. A good test of the healthfulness of a friendship may be found in the question as to whether the two friends waste each other's time. Of course, I do not mean that you are never to have the pleasure of leisure together. Years hence you will recall not only the pleasant rivalries of the classroom or the athletics

contests, but the long twilight talks in a window-seat, in which life grew and thrived; but that this should be the only business in which one feels a real interest is absurd. A friendship which wastes time presently begins to waste itself; and, before you know it, all its charm will have vanished.

Again, a real friendship must be truth-telling; it must hate the sweet flattery which is so easy to give and so tempting to take. Do not consider yourself called upon to tell your friend all the disagreeable truths that may come to your mind. Sometimes friendship seems to imply a certain brutality degrading to both friends. Delicacy and sensitiveness should be the very structure of the girlish mind: they must not be broken. To tell lies to one's friend for the sake of being pleasant is wrong. On the other hand, friendship has its own fine reticence, and does not talk too much about its ardours or its pains.

In our modern life I think it is pretty well settled that a genuine relation between women must be active, not passive, on the

part of both friends. The French have a proverb, long passing for truth, that in love one always offers the embrace, while the other presents the cheek. I think it a cynical and hateful belief, and I am sure it is not founded on fact. The most substantial relations I have ever known between women have been by no means those of the oak and ivy description. There has been a reciprocity, a partnership, a give and take, which have justified themselves in the eyes of the world. It is not self-respecting to be always sitting on a foot-stool at the feet of one's friend. If there is a girl who wants you always there, let her get on without you; and, on the other hand, do not accept a doglike devotion from anyone, least of all from a girl younger than yourself.

My ideal friendship must be impregnable on the side of right, against whatever temptation of impulse. That I am permitted to be a friend of a fine woman is a kind of pledge of loyalty to the highest. In a partnership one partner may well be held to a stern virtue by the thought that any lapse from

it will involve the name and honour of the firm. So in all human relations. Friendship is a series of concessions in respect to unimportant questions, but it must never concede when it comes to the weightier matters of life. My friend may be a refuge and a protection in temptation, but she must not be an apologist for me if I have fallen.

So much for the tests to be applied to friendship. About its joys it is not so necessary to speak. I like to believe that you will find them all out for yourself. Unlike most pleasures it is heightened by the passing of the years, and rightly so. It reveals to us as nothing else can the nobility of human nature. Of course it will have its stress and struggles; but they will pass. From its road, as from a mountain path, one catches the closest vision permitted to mortals of the divine nature which resides in the breast of every man and woman. In its noblest form it is the constant pledge and reflection of that Divine Friendship which alone saves and glorifies our human life.

HELOISE EDWINA HERSEY.

Athletics for Girls.

HOCKEY. – I.

BY E. M. ROBSON, HON. SEC. ALL ENGLAND WOMEN'S HOCKEY ASSOCIATION

PERHAPS no game has ever been taken up with such keenness by girls as hockey. The reason for this growing popularity of the game is not far to seek. It provides plenty of amusement and excitement, and is in addition a splendid form of exercise.

A girl, accustomed in the summer months to outdoor exercise, and by nature, if one may be pardoned for using a slang term, a "sportsman," is naturally anxious that she should be able to indulge in some form of really active exercise in the winter. Her thoughts turn to hockey, and when once initiated into the mysteries of the game, she cannot for the life of her understand how she has existed so long without it.

The girl who has made

up her mind to start, naturally first considers the most important implement required – a stick. Where shall I get it? What shape shall it be? Sticks vary very considerably in their shape. One

fancy. This much may be said, however: to one playing "forward," a short curve will be found most suitable, whilst to a "half" or "back," one provided with a longer curve; and for



PLAY! THE BULLY OFF.

manufacturer may make a shape with a long hook, and another one with a short and squarer bend. It is difficult to recommend any special shape as being most suitable, and it had far better be left to the player's own

this reason, that players in the back division are required to cover more ground.

With regard to its weight, do not let it be too heavy. For a forward, nineteen to twenty-one ounces is

quite sufficient, whilst for a half or back one weighing one to two ounces more will be found quite heavy enough. On no account let it be too long. The longer the stick the clumsier will be your play. Let it be one that can be handled easily and freely, and can be used, when occasion demands, with one hand. Too long a stick is a disadvantage, as there are occasions (as, for instance, when one is hemmed in by an opponent) when a stick of too great a length is absolutely useless. In the case of a forward, the stick should be lighter than that of one in the back division, and must also be shorter. A back or half-back has to hit the ball harder and farther, and, as has been previously said, has to cover more ground, and, therefore, requires a longer reach. For a longer reach, a longer stick is naturally needed.

Only a few years back sticks were made in one piece. At the present time they are very different articles. Cane-spliced handles, and handles bound like a cricket-bat, are now alone used. As in wet weather the string becomes slippery and

greasy, consequently causing the stick to slip in one's hand, enclose the handle either in a rubber or leather cover. You will then find you have a much firmer hold of your stick, and need have no fear of its slipping from your grasp.

A thick rubber ring placed at about the com-



PASSING TO THE RIGHT.

mencement of the splice is also a great protection, preventing as it does, time and again, an opponent's stick sliding up your own and giving you a nasty blow on the hand,

Now, as to one's personal attire. Boots or shoes?

Which are most suited for the game? Without a doubt one has no hesitation in saying — boots. And boots with low heels, too. Boots are but a trifle heavier than shoes, and whilst the latter may perhaps be slightly easier to move in, they do not afford the protection to one's ankles. Boots, however thin the sides may be, offer a certain amount of resistance to the force of a blow on the ankles, and, at any rate, lessen the force of it. Boots, in addition to protecting the ankles, also support them, and the strongest of ankles may be liable to get twisted on turning suddenly. Let the soles be either "studded" or "barred." Without "studs" or "bars" it is impossible to obtain a firm foothold on a wet ground. One stud of about half an inch long on the heel, and three of the same length on the sole, will be quite sufficient. Shin guards should always be worn. At first they may feel a trifle clumsy and uncomfortable, but one soon gets accustomed to them, and finds they in no way hamper one's movements.

Gloves should also be

worn. Many prefer cricket batting gloves with rubber backs, others wear thin kid ones. The latter perhaps are more generally used, because the hand and fingers are freer, and in addition are not so heavy. Of course, the rubber glove saves many a nasty blow which a kid glove can only do in a lesser degree. As a general rule, one advises forwards to wear thin kid, halves and backs rubber-back gloves. Each, however, to her own taste, but at any rate, protect your hands.

The skirt is an impediment to free movement, and should not be worn too long. At the very least it should be six inches off the ground. Of course, it is impossible to drive a ball through a skirt trailing on the ground, but in the long run one would find a shorter skirt far more advantageous, and, at any rate, you would be compelled to play a more scientific game, for you would have to stop the ball either with your stick, hand, or foot, and not rely upon the length of your skirt to do the work for you.

If you do not like to play without a hat — and by the rules of the All

England Women's Hockey Association, straw hats, or hats with hard brims are strictly forbidden — wear a cloth cap or Tam-o'Shanter. You would feel far freer if you eschewed a hat of any kind. Projecting hat-pins are also strictly forbidden, and very rightly too. They are most dangerous, and



A TRICKY PASS BY CENTRE TO THE RIGHT WING.

might be the cause of many accidents.

With this brief outline of the necessary outfit required, we will now turn to the game itself and give a few hints as to the way it should be played. A team is made up of eleven play-

ers, each one having a special place appointed for her. The eleven places are: "centre" forward; "outside" and "inside right" forward; "outside" and "inside left" forward; right half-back, centre half-back, and left half-back; right back and left back, and goal-keeper. The latter is often dispensed with, and plays as centre-back instead. Goal-keeping at the best of times is not an enviable post. To stand shivering, as a goal-keeper often has to do, with your side attacking and playing a winning game, is but a poor form of enjoyment. With but little to do except freeze, can one wonder that the post is not popular?

The backs, two or three in number as the case may be, must be strong hitters and good tacklers. With their side attacking they must also to a certain extent attack themselves, gradually moving nearer towards their opponents' goal. A back's position should be from twenty-five to thirty yards behind the half-back line. As the half-back line moves forward, so should the backs; on the half-back

line retiring, so should the back line.

Whilst actually on the defensive, the best plan to adopt is to get the ball away into "touch," and avoid as much as possible hitting in front of goal. Many a goal has been scored by the reckless play of a back in hitting the ball across her own goal, when it should have been driven into "touch."

Upon the halves may be

truly said to fall the hardest work. With their forwards attacking, they must follow them closely up to within a distance of five to six yards, so that should their forwards lose the ball they can at once return it. Then, again, they must be back in a moment to help the backs in defence. It is a hard place to fill, and one which requires stamina of no slight degree. The object of a half-back is

to let her line of forwards have the ball as soon as possible, and also break up the attack of the opposing forwards. Reckless hitting is useless. Pass the ball to whichever forward you consider is in the most advantageous position, and do not pass wildly. Perhaps this would now be a fitting place to discuss the question of "combination and passing."

(To be continued.)



How to Make Home-Made Sweets.

WHAT girl is there who has not made toffee and, alas! how few are there who haven't burnt it? We all remember that toffee that set so nicely, and was so crisp and looked such a rich brown colour, but when we tasted it what a shock we

had! We pretended to crunch it gleefully, but inwardly we loathed its pungent flavour, then when no one was looking we threw the rest away.

Or, worse still — we just left the toffee to cook itself for a minute, and the minute was rather long, and

soon we noticed an aroma of something burning. We rushed to our toffee to find a black mass bubbling over an utterly ruined saucepan, and our expensive cooking ran into shillings instead of pence.

But with a very little care it is quite easy to make

delicious toffee in a very few minutes, provided that we do not run away for that fatal moment. Here is a simple recipe for **EVERTON TOFFEE**. — Get a thick enamel-lined saucepan, and place it near, not on, a slow fire. Put quickly into it 3ozs. of butter, let this melt, then pour in three tablespoonfuls of golden syrup. Stir these together, then add 8ozs. (or heaped up tablespoonfuls) of white granulated sugar, and one teaspoonful of water. Stir occasionally until the mixture boils, then stir oftener, but do not let it boil too quickly. When it looks done, drop a little on to a plate; if it hardens quickly it is cooked enough. Pour out on to a flat tin, which must be slightly buttered. With a moderate fire this toffee will take about half an hour to make.

BUTTER SCOTCH can be made in the same way as the toffee, only that the ingredients are different, being simply butter and Demerara or any other brown sugar. Take twice the quantity of sugar and add to the butter, and thus

any quantity, large or small, can be made by remembering this simple rule. As before, if the toffee only boils gently it is not necessary to stir constantly, which is a great consideration; one's arm soon aches with a very little stirring. When the right colour test as before, and if crisp pour on to a buttered tin. When cold it will be very brittle and easily snap into pieces, and is very good indeed.

My third sweet is **RUSSIAN TOFFEE**, and is a little more difficult to make successfully, as it requires more care, but it is well worth the trouble and is always liked by everyone. As with butter scotch take a thick enamel-lined saucepan and have ready a slow fire. Melt $\frac{1}{4}$ lb. butter, then add $\frac{1}{2}$ lb. brown sugar; stir these together, then add one tin of condensed milk (the Milkmaid Brand is good). Stir continually until boiling. Then keep the mixture boiling slowly for a quarter of an hour, never ceasing to stir it, as it burns so very easily, and this is the difficulty in making it.

If it has boiled steadily

the toffee is now done; but before taking it off the fire add either one or two teaspoonfuls of vanilla, and stir in well. Pour the mixture on to a buttered tin, and leave until cold. When cold, Russian Toffee should be soft, not crisp, and not sticky; cut it into strips with a knife, and then across again to form squares the size of caramels. It is a most delicious confection, its only fault being that it disappears too quickly.

An easy sweet to make is **COCOANUT ICE**, as there is almost no cooking to be done, and desiccated cocoanut at sixpence per lb. can be bought at any grocer's. Dissolve 1lb. castor sugar in half a gill of water (half a teacupful), and boil together for four minutes after dissolving. Then take off the fire, and add quickly 3ozs. cocoanut (or a larger quantity if liked better), one teaspoonful of lemon-juice, with half a teaspoonful of cream of tartar. Mix thoroughly. Then pour out half the quantity on to a flat tin lined with a sheet of white paper (saturated in cold water beforehand). Spread it

evenly. Colour the remainder pink with a few drops of cochineal, and spread at once over the white ice. After five minutes cut the ice into blocks.

CHOCOLATE TOFFEE is very inexpensive and simple. Grate 2 ozs. chocolate, and melt $\frac{1}{2}$ lb. sugar with the chocolate in half a gill water, add two teaspoonfuls vinegar, and boil until the toffee snaps when dropped into cold water. Pour into a buttered tin, and make into squares when cool, break when quite hard.

The delicious sweet introduced I believe from Germany, and known as "MARZIPAN," is easy to make, but is not so quickly made as some other sweets. Blanch $\frac{1}{2}$ lb. of cooking almonds by putting them into boiling water until the skins loosen, then immediately plunging them into cold water – the skins will then come off quite easily. Add four bitter almonds, then pound all together in a mortar very finely, and moisten with a little rose-water. Put the pounded almonds next into a saucepan with $\frac{1}{2}$ lb. of castor sugar, and stir over

the fire till a paste is obtained which does not stick to the fingers when touched. Then turn the mixture out on to a pastry-board, previously sprinkled with castor sugar freely, and roll out thinly. Then cut into squares, and bake on paper in a slow oven until the marzipan becomes pale yellow. It is then done.

If you do not mind the trouble of shaving a fresh cocoanut you can very easily make COCOANUT CHIPS, and very cheaply too. Carefully cut a cocoanut into shavings, then whisk the white of an egg in a basin, add about $\frac{1}{4}$ lb. castor sugar, throw the cocoanut into the mixture, and stir well together. The lay out thinly on a sheet of white paper, and bake in a very slow oven till hardened without spoiling the white colour. Half of the cocoanut may be made into pink chips by adding a few drops of cochineal to the white of egg and sugar.

ALMOND HARDBAKE is a nice change from the ordinary toffee, and is no harder to make, except for the trouble of blanching the almonds. Get them ready beforehand in the manner I

have described before, only for hardbake they must be split and then dried. Take next $\frac{1}{2}$ lb. Demerara sugar, and add one gill of water, boil together until it hardens when dropped into cold water. Then add 1oz. of butter, and boil again until it hardens, when it is done. Pour out on to a buttered tin after adding as many almonds as you think sufficient. When cool, but not cold, mark into squares with a knife, and leave until it hardens, when it can easily be broken up.

The last recipes I am going to give are more experimental, as they are not so easy, although the ingredients are very cheap and simple. The first is the simplest and is LEMON CARAMEL. Boil 1lb. white sugar by itself, until it melts and snaps when poured into cold water, over a very slow fire; continue stirring until a very light brown, adding by degrees a little essence of lemon (any other flavour will do, or a little strong coffee), work well together, then pour out on to a slightly-oiled baking-sheet. Mark out with a knife in small squares, and

separate them when cold.

Next is BARLEY SUGAR. As with the above recipe, boil 1lb. sugar to the snap, add a few drops of essence of lemon, and one teaspoonful of citric acid. Pour out on a slab, and work the mixture with two knives by lifting it into a heap. When cool enough to handle, pull out into six-inch lengths, twist like a cord, and leave to cool.

SATINETTES. – Mix together 1lb. white sugar, two-thirds teacupful cold water with a pinch of cream of tartar. Boil to 280 degrees (212 degrees is the boiling-point of water.) That is to go on boiling a little after it comes to the boil, then put in, well mixed $\frac{1}{4}$ oz. tartaric acid, and $\frac{1}{4}$ oz. carbonate of

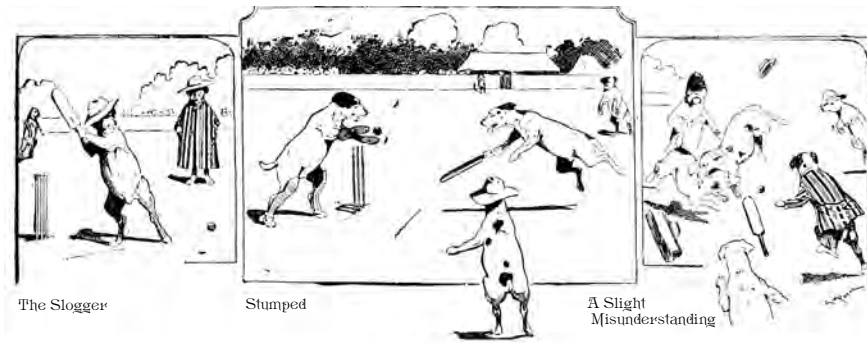
soda. Stir well, with a few drops each of cochineal, vanilla and almond flavourings. Pour on to a greased slab, and get a hook, greased also. When the candy is cool enough, pull it over the hook until it is like satin, then cut into cushions and leave to cool.

My last recipe is for AMERICAN PULLING CREAM CANDY, and is for a large quantity – of course, less in proportions could be taken. Put into a saucepan 5lbs. white granulated sugar, with just enough water to cover it, with two teaspoonfuls of vinegar, and three teaspoonfuls of vanilla (just before it is done), and butter the size of an egg. Boil slowly, but do not stir, only skim round the edges.

When brittle when dropped into water it is done. Then add the vanilla, and empty out on a greased marble slab, and pull until it is white.

I feel sure here are some recipes to please all my readers, and I hope that many of them will succeed in turning out sweets satisfactory to themselves and any on whom they bestow a taste of their home-made confections, and that there will be no waste of materials or spoilt saucepans by having too hot a fire or leaving the sweets to cook themselves. If neither of these untoward events occur I can safely promise success to all who follow my directions.





Girls' Pets and How to Manage Them.

THE FOX TERRIER.

FOR an indoor or outdoor companion there is no better breed of dog than the fox terrier. He is intelligent, faithful, easily trained, and a good-looking dog besides. Even the poorest specimen with a very mixed descent retains some of the bright intelligence of the thoroughbred.

Our advice is to obtain a puppy from a litter of which you know the history. The extra few shillings spent in obtaining a well-bred dog at the start will be saved in the long run. One must pay for a good article.

There is a hazard, however, in buying a puppy

even from a good stock, for you can never foresee how it will turn out when it grows up. Go, therefore, to a salesman whom you can trust.

There are two breeds of fox terriers — the wire-haired and smooth-coated kinds. As fanciers cannot agree as to which is the better variety, we will not express any opinion. The former, however, is generally looked upon as the hardier of the two.

A fox terrier when fully grown should have "good legs and feet, the former straight, clean, muscular, and not too fleshy; the latter close, round, and well

braced up. The chest should be deep and narrow; the shoulders should be thin, long, well laid back; the neck should be of moderate length and thickness, slightly arched, and sloping gracefully into the shoulders." As to colour, white should predominate, with black or tan, or black and tan, marking on the head. "A tan or lemon on each ear, and a patch over the eyes and at the root of the tail, is the best marking." A full-grown dog should weigh from 16lb. to 18lb.

Perhaps the best thing a girl can do is to visit some local dog show. She will

then see for herself what a well-bred fox terrier is like. This will be far more satisfactory than the mere passing glance at one as he runs at the heels of his master in the street.

Let us imagine then, that you are starting with a puppy, and have got to rear him in the way he should go. Buy your dog at from six to eight weeks old, and commence by feeding him on coarse oatmeal porridge made with broth from scraps of meat left from the table. This should be given in five instalments each day at stated times. For a change use potatoes, pearl barley, or a little rice with the broth, and occasionally bread and milk for one meal a day. Continue to feed him thus until he is about eight months old, when you can begin to try his teeth by giving him less of sopped foods. But, while growing, give him boiled skim milk. Spratts' bone meal mixed with it will help to build up his frame.

Spratts', Old Calabar, or ship's biscuits may now be used, and it is as well to drop down to only three meals a day — morning, noon, and

evening. Plain, wholesome food will suffice if you wish to preserve his health. Scraps from dishes, parts of cakes, sweetmeats, &c., which are sometimes thrown down to the dog will ultimately spoil him and render him liable to all sorts of diseases. Throw the food on the ground when feeding your grown-up dog; the earth that becomes attached to it does the dog a deal of good. Never give raw meat. Cold cooked meat, lean, or paunch well cleaned, occasionally, may be given, but this greatly depends upon the life your dog leads.

Now and again you can give, as part of a meal, some well-boiled green vegetables, which will go far towards keeping your dog healthy.

Take care that he does not get fish bones or small meat bones, which he can voraciously gulp down. A large bare bone may be thrown to him to gnaw at leisure, it will help to keep his teeth in good condition.

If your parents wish you to keep the dog out of doors and you cannot afford a big outlay, make him a kennel.

If you cannot do this, obtain from the oilman a paraffin barrel, which must be "burnt out" before using, by means of a handful of lighted shavings or straw; care must be taken, however, not to char the inside. After this has been done, thoroughly scrub out with hot water and soft soap, and allow it to dry before using. Place the barrel under the shelter of a wall, or better still, in one of the outhouses, and put a wedge under each side to prevent it rolling. You will find it answer very well for a kennel, and is easily cleaned out.

In the management of dogs, patience, firmness, and good temper are



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THE DUCHESS OF NEWCASTLE'S PRIZE TERRIER.

necessary. It is best to come to an understanding when the first act of disobedience is committed – that is, when your dog is old enough to know better. “One thorough good whipping does far more good than a series of minor corrections. The dog remembers it far longer, and in his heart he knows he deserved it for something or other; but if he is always being scolded and slightly punished, his master soon appears in the light of a persecutor, and the dog becomes either permanently cowed or of uncertain temper.”

Well groom your dog with a hair glove before giv-

ing him a weekly bath. The water should be cold, not warm; nothing is so debilitating to him as a warm bath. After you have well lathered his coat with soap, and well rinsed it, let your dog have a good run in the open air; never allow him to lie before the fire shivering and whining until he is dry. In the summer time he can have a dip in the river, if you live near one.

A dog is reckoned to be full-grown when he is about eighteen months old, and by the time he reaches this age he should have formed good habits. You can then treat him as an adult dog, and should feed

him regularly twice a day – one light meal in the morning before you have your breakfast, and a more substantial meal about tea time. One biscuit and a half daily is considered enough for a dog of the size of a fox terrier.

The most common disease a dog is liable to is constipation, and this can generally be relieved by giving him a piece of raw liver and daily exercise.

Plain, wholesome food, fresh water, a clean bed, and a wash once a week, combined with plenty of exercise, these are essential to the keeping of your dog strong and healthy.

only by our frequent attempts to keep it clean. It is for this reason that some people who love cleanliness, and others who are more or less fastidious in their habits, often suffer most from ear troubles. Many well-meaning mothers do more harm than good by drying to clean the wax out of their children's ears by artificial means. The child invariably cries or makes some demonstration of pain when this is attempted. Twisting the corner of a towel or a handkerchief and turning it round in the ear is one of the worst methods of trying to remove the wax, and does a great deal of harm. Not only is the wax not removed, but the canal membrane is irritated by the friction and often becomes inflamed.

It is a dangerous practice to introduce ear spoons, ear sponges, pins, hairpins, toothpicks, &c., into the ear to remove the wax. There is as much wisdom as humour in the old adage, “Put nothing into your ear smaller than your elbow.”

If an insect gets into the auditory canal, drop in a little sweet oil, which will

either drown it or cause it to crawl out. The ear should never be probed to remove a foreign body. Do not be afraid that it will get into the brain or even into the middle ear.

Washing the auditory canal with soap and water is also injurious, as it moistens the wax, thus increasing its quantity, and forming a better surface for the collection of dust and dirt. Washing should extend no farther than the finger can reach.

No cold water or any other cold liquid should be put into the ear. Bathing or swimming, when the ears are submerged, is no doubt one of the causes of ear trouble. It is a well-known fact that dogs that are in the water a great deal become deaf. Cotton should be put in the ears if one intends to dive while swimming. If out in a cold, piercing wind or in a driving snowstorm, the ears should be protected. It is best, if possible, to face the wind. If cotton is placed in the ear at such a time, it should be removed as soon as possible.

When there is an unhealthy condition of the auditory canal, as a result of

measles or scarlet fever, the accumulation of wax can easily be removed by dropping a very little warm sweet oil into the ear, letting it remain until the wax is softened, and then douching out the ear with, preferably, a fountain syringe, using from half a pint to a quart of water, at a temperature of about 105 deg., or not warmer than 110 deg. F.

Avoid violent blowing of the nose in an acute cold, for this may cause the inflammation to extend into the Eustachian tube, impairing the hearing, and perhaps resulting in deafness.

Never box the ears. Such a practice is both wicked and cruel, in that it drives the air with such force against the drum-head as often to rupture it, resulting in defective hearing.

Supposed inattention in children is often the result, not of a lack of attention, but of a lack of hearing. When such a person expects to be spoken to, he may hear distinctly; whereas, if unexpectedly addressed, he may seem very dull. This indicates that there is some fault in the hearing.

Leading from the middle

In the Doctor's Sanctum.

HYGIENE OF THE EAR.

IT is our duty to keep the external ear in a clean condition, but Nature has provided her own cleaning apparatus of the ear passages. At the entrance of the auditory canal are numerous fine hairs which serve to keep out dirt and

insects. The lining membrane of the canal contains small glands, which secrete a thick, yellowish, oily wax that is very bitter. Because of this bitterness, no insect will of itself invade this canal. What becomes of the wax? It dries up in the

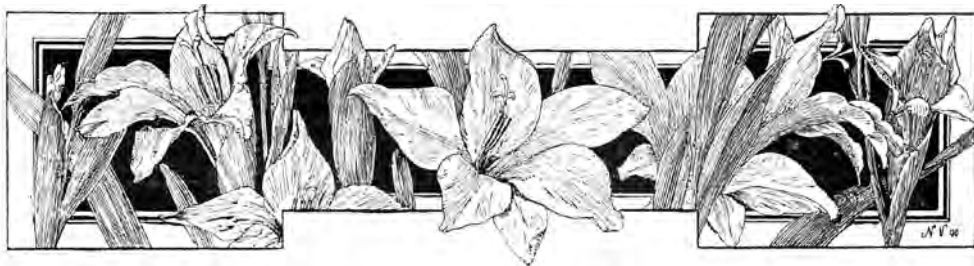
form of small whitish scales, which peel off from the surface, and, aided by the action of the jaw, drift out of the ear. This is Nature's way of keeping this passage clean.

In health the canal is never dirty, and becomes so

ear to the throat is a small tube, a little more than one inch long, called the Eustachian tube. Every time we swallow, this tube is slightly opened, and the air enters it, thus equalising the air pressure on both sides of the ear-drum. The air within the tube is quickly absorbed, and the increased pressure from without presses in the ear-drum, locking the little bones of the middle ear, and preventing their moving freely; if the tube leading into the

throat is permanently closed, and air prevented from entering, deafness is the result. Catarrh of the throat causes about ninety-five per cent. of all cases of deafness. The mucous membrane about the opening of the Eustachian tube, as well as the lining of the tube itself, becomes thickened, and this closes it, preventing the entrance of air. Normally, the tube is not always open, but only while swallowing, which is due to the action of a little

muscle attached to it just as it enters the throat. In a severe cold, when the nose is blown, there is a sensation of fullness in the ears, which is relieved only by swallowing, it being necessary to swallow several times before the air is drawn out. It is a bad practice to blow the nose violently at any time, and especially during a cold, for infecting mucus is thereby forced in the middle ear, producing earache, suppuration, and even deafness.



How to be Strong.



PART II.

ONE of the most useful adjuncts to these exercises is the use of the cold bath. It seems to put a life and vigour into our bodies, and we are enabled to go about our

daily occupation feeling full of "go" and ready for whatever may happen. It should always be taken in the morning, immediately after the exercises are finished, and whilst the pores of the

skin remain opened by the exercise.

As you are doubtless aware, there is a large amount of poisonous gases contained in the body, and these, having been brought to the skin's surface by the exercise, are given off by the pores. All persons are not constituted alike, and, although the bath need only occupy a half-minute, yet the shock to the system would be too great for some who are naturally weak, and we, therefore, want to point out that the place of the bath can be taken by a sponging of the body with cold water, and then, as after the bath, rubbing the skin vigorously with a rough towel. By this means the blood is put in circulation, and the whole body speedily feels all aglow. One word of warning is necessary, and that is — when you have finished your bath or sponging proceed to dress immediately, whilst the skin is still warm. Do not "poke about" and waste time; it is then that colds are taken, and the results of the same wrongly

set down to the cold bath when it is entirely erroneous. There is little chance of your coming to any harm if the foregoing instructions are adhered to.

The exercise for this month (No. 2) will doubtless

shoulder. The knees should remain stiff, and the legs entirely rigid, so that only the flat hand, and the toes touch the ground. When the body has been raised as far as it will go, lower yourself again to the original posi-



EXERCISE 2.

prove one of the severest tests as to how far you have profited by the previous exercises and instructions. By means of this exercise the muscles of the back, arms, wrist, chest, and neck are brought into play. The following method should be followed: — First of all, lie out flat on the carpet, face downward, with the hands underneath. Proceed to raise the body upward by straightening the arms until they are rigid from the wrist to the

tion and repeat the exercise as before. A steady and gradual rise should be cultivated, all jerking being avoided. The bicep muscles at the back of the arm will be brought into use in this exercise; and as this is one of the muscles that are more infrequently used than others, you will doubtless notice a considerable stiffness the first time this exercise is performed. This, however, will speedily disappear.

(To be continued.)

