

WON!

By WILLIAM T. SAWARD.

A GLITTERING sea and a flashing sky,
Give a good "God-speed" o'er the waters!
As the boat leaps out at the bugle cry,
Give a good "God-speed" o'er the waters!
"The price of my hand," the maiden cried,
"Is my Father—free—ere the new moon's tide."

A low-lying plain, and a blood-red field,
Give a good "God-speed" to the bravest!
Where the strong men die, but will never yield,
Give a good "God-speed" to the bravest!
"The price of thy life," the victor cried,
"Is a captive's life, ere the morrow's tide."

A moonlit sea and a cloudless sky,
Give a good "God-speed" o'er the waters!
And the maiden watched from her turret high,
Give a good "God-speed" o'er the waters!
The grey-haired chieftain was by her side,
And the lover had come to claim his bride.



"THE KING'S DAUGHTERS": THEIR CULTURE AND CARE.

By LINA ORMAN COOPER, Author of "We Wives," etc.

PART III.

IN HEALTH.

IN my last article on our care of the King's daughters in health, I laid down some broad and general rules. There are, however, many details which could not be included in that paper for lack of space. To-day, I would add a little on the care of the hair, eyes, ears, teeth and nails of our children. We will begin with that glory and crown of budding womanhood—the hair (1 Cor. xi. 15). It is almost strange how much is said about this "cellular filament" (as a dictionary defines it) in the Bible. The Hebrews were certainly fully alive to the importance of the hair as an element of personal beauty. Baldness was one of the disqualifications for the priesthood (Lev. xxi. 20), and cutting the hair was a mark of affliction (Jer. vii. 29). It would be interesting to enter into the history of braided, curled, and perfumed locks, but perhaps out of place in this series. So I will content myself with a few hints as to its management. Absolute cleanliness of scalp and head is always necessary. At least once a week, school-girls should have it washed. The yolk of an egg well beaten up, and applied to the roots with a soft brush or camel is a nice cleanser and keeps the "amber dropping" tints we so admire in childhood. Well wash it off in soft warm water, and the hair will never be rough or harsh to the touch. A few drops of ammonia will soften hard water sufficiently to use, but rain water collected in clean vats and tanks is infinitely better. I italicise clean as more people seem to think that all soft water

must be pure. To wash children's heads in muddy surface water is worse than useless. Strain it, if rain has not fallen for some time. Dry the damp hair by brushing gently in a circular fashion, encouraging the dank locks to separate and fall into tendrils. Every day the girl's hair should be brushed for, at least, ten minutes. There is an improper as well as a proper way of doing this. Who does not remember the hard scrubs of a brush wielded by an energetic but unscientific nurse? Compare that method of torture with the soothing effect produced by a professional coiffeur. The brush should be placed gently on the scalp, then drawn equally gently through the whole length of the hair. In this way the oily substance contained in the root gland is pressed through the hollow stem, brightening and feeding and nourishing each filament. In dressing the hair, may I plead for a due exhibition of the starlike brow of childhood? A long fringe cut over the forehead and hanging to the brow is well called the "idiot bang." It stamps a child with a stupidity not given her by nature. It altogether disguises the open look we so value in the innocent bairns. To cut short the hair of the King's daughters is another injustice to them. It may save trouble, and in cases of infectious disease is necessary; but it is really wrong to have them so shorn, when longer hair acts both as a veil and a crown.

The care of the eye is one but little understood. It is one of the most delicate organs of the body. Fortunately too, it is one of the strongest, otherwise how often would young girls suffer. Sent out in bright glare in

bonnets that do not shelter optic nerves in the least; made to read and write with gas-light falling on the face. Allowed to strain sight by working after dusk. Such are some of the every-day habits we see round us. Let us see to it, that hat brims cover the brown, blue or grey eyes of the King's daughters; that light falls over the shoulder, on to desk and book. That the twilight hour is spent in loving converse rather than in manual labour.

One cannot but notice how much more frequently spectacled youth is seen nowadays than it used to be. Even board school babies look solemn-wise in prepared glasses. It has been proved that position at desk and on form is the reason of this strained sight. Prevention is better than cure. *Verbum sap.* The eyes should daily be bathed—not rubbed over—with cold water. They should be carefully dried, and the eyelashes smoothed outwards; that ridge of protecting bone called the eyebrow should also have its arch of hairs carefully trained to go in one direction, not dried anyhow and left in the rough.

The care of the ear is an important thing. It is not until one has experienced sorrowful trouble in tending a sore ear that one realises how important. Every morning a little girl's ears should be gently washed with good soap and warm water. Every hollow of the curious modelling should be attended to. Then carefully dried with a very soft towel or handkerchief. The wisped up end of a cloth forced into the opening of the auditory canal has often done much damage. If a slight accumulation of wax renders any such treatment necessary, drop a little warm oil into the