

think many a cold and cough might be nipped in embryo, if a little fire was thought necessary to undress by. The cosy feeling of welcome warmth, the flicker of a cheerful blaze, often makes "going to bed" a pleasure instead of a pain. Chills on feet and hands would not so often cripple our girls if flannels were put on hot and toasted, and nightingales even heated moderately before being wrapt round the slight shoulders. I would not call this undue coddling, but simply a husbanding of strength and vital forces for necessary work in life.

Plenty of work and plenty of play are equally necessary for the King's daughters. We all know what too much of the former made Jack. In Denmark alone 29 per cent. of the boys and 41 per cent. of the girls are in a precarious state of health from overwork. It has truly been said that "people anxious to make their daughters attractive could scarcely choose a course more fatal than overpressure. It sacrifices the body to the mind." Yet I assert that our girls ought to be educated as far as the limits of their strength will allow. Instruction is one thing, intellectual waste and overpressure is another thing. "The problem in all educational work is to communicate the

maximum of necessary and ornamental knowledge with the minimum waste of cerebral power in the child." The King's daughters have, in future domestic life, a *role* to play which they can never shirk. One day these children may have to morally and physically educate other children. It is for this function we have to give them the best preparation. In plenty of "work" I would include domestic hygiene and practical pedagogy. This will be, literally, the only knowledge absolutely necessary for our girls. It is, *ipso facto*, the only training so many of the King's daughters fail to get. In a future paper on Home Influence, I hope to enlarge this idea and show how our girls may be trained to be good housewives, good scholars and good women. If we have managed to give them the seven other things, food, warmth, sleep, air, light, exercise, and work in plenty, I think we shall find the King's daughters quite strong enough, quite quick enough, quite healthy enough to get plenty of play for themselves. Why, broom-drill and housekeeping will even be a pleasure! There will, of course, always be a small number of girls too sensitive, too delicate, too studious to make play for themselves. Rout them out, dear fellow-guardians! Invent messages.

Provide means that Fanny and Blanch may skip and jump with her kin. Remember, "no trout is half so shy as a sensitive growing youth or maiden." Encourage independent action and help the children to be happy.

The last requisite is plenty of "love." Of this I shall treat fully in another chapter. "A little child is a figure full of pathos. Without volition of its own it finds itself in a most difficult scene; it looks around on every side for help, and we who are grown waywise should make it feel at all times tenderly welcome, and nourish it in the fruitful atmosphere of love, trust and approbation."

With these words from the mouth of a greatly successful mother of King's daughters, I must close this article.

"Let the woman beware," said the Secret One to Manoaah of old. So let each one of us remember that loving our girls is part of our work in the world. Not an ornamental fringe, but the very web and woof of life. It is our duty to give our children an environment of loving sympathy. "Cursed be he that doeth this work of the Lord negligently, deceitfully, carelessly or heedlessly" (Jer. xlviii to. marg.)

(To be continued.)



COMPETITION FOR "STAY AT HOME GIRLS."*

FOURTH PRIZE ESSAY.

"WHAT I DO WITH MY TIME."

I AM a real stay-at home girl, for though I am 18 years of age, I have never been to school in my life. I am an only child and have always been taught by my mother, but have taken music lessons from a master. Until I was 17, my studies took up most of my time, but now I am free to do other things. My life is a very busy and happy one, & I have no desire to leave my home, unless of course I should have to earn my own living. I have a great many pets—a beautiful pony; a dog; parrots, & canaries—and my first morning duties are to feed and attend to them all.

I am my own groom & I quite enjoy putting my pony through his morning toilet, & he knows me so well that he will let no one else touch him with the brush or comb. Grooming a horse is splendid exercise & on a frosty morning there is nothing better for sending a delightful glow over one's whole body. If I wish to ride I just saddle up & go off for a good gallop.

After my family is put right for the day, there are the pot plants & garden to be watered, & the flowers cut for the dining & drawing rooms. Arranging flowers is a very fascinating occupation, & I generally spend a good hour over it. I take a great interest in the garden & have my own particular beds to plant & keep tidy. I sow & plant out all the annuals each year, & I sincerely pity the girl who does not know the delight of gathering flowers she has grown herself. Medicus advises girls to garden if they wish to be happy & healthy, & I am sure that if more followed his sensible advice, there would be fewer nervous & lazy girls in the world.

I am very fond of writing,—both stories & letters—and I am a reporter for several papers

and magazines. I also belong to a literary society & have correspondents in Scotland, America, Germany & New South Wales. My one ambition is to be an authoress, but though I have hitherto been very successful in getting short tales &c. published, I shall have to work very hard before I think of writing even a child's book.

I generally write for an hour or two in the morning & again at night.

I like to practise my music in the early part of the day, for one seems so much fresher than in the afternoon.

I mend & sort all the stockings & then perhaps do some plain or fancy sewing until lunch time. On busy days I arrange the table for lunch, & take the pot plants into the hall & drawing room. Cooking is also another of my hobbies & I delight in trying all sorts of new dishes. I make the cakes for afternoon tea & for any little party or musical evening we have.

About a dozen young friends, including myself, have formed a tennis club, & we play on our court every Saturday afternoon. One of our club rules is that we girl members must take turns to make the cakes for coffee each week. Of course there is much good natured rivalry & it is splendid practice for us, especially as we have to bake for half a dozen hungry boys.

Next year I am to attend cookery and dressmaking classes, for though I may never have to earn my own living it is well that I should be able to if necessary.

Friday is my busiest day, for besides doing little odds & ends in the house, I always make a point of giving all my bird cages a thorough cleaning & my pony an extra rubbing. I spend part of the morning in the kitchen, & in the afternoon I have to hose,

sweep & mark the tennis court for next day's play. It may seem strange for a girl to do these things, but we have such a splendid climate, that most girls would rather do a boy's work in the open air I think, than sit & sew in stuffy rooms.

I read a great deal, especially in summer when the heat keeps us indoors until 4 or 5 o'clock in the afternoon. I read mostly history & books of travel, but I think my favourite men writers are Sir Walter Scott & Charles Dickens.

"The Girl's Own Paper" has helped me in different ways many a time & I just love it.

My Sundays are spent very quietly and happily. In the morning mother & I go to church, but as our church is rather far away, we spend our Sunday evenings at home. The afternoon I spend in reading, & practising my sacred music.

My literary friends & I have rather a novel way of amusing ourselves. For instance,—I write part of a story & then send it on for a friend to conclude. The result is really very interesting & instructive, for different people have such different ideas. I am fortunate to know two clever young authors, & a letter from either of them is a lesson in itself.

To some girls, my life may seem very quiet & humdrum, but I would not change it for that of the average society young lady who is afraid to soil her hands by the lightest work.

I do not care for dancing, so when we have no visitors, I generally spend my evenings with my pen, books & music.

I declare the statements in this paper to be true.

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* These compositions are printed exactly as written by the prize-winners.—Ed.