

then lifting their tiny heads, and think of dear old Herbert's quiet eye that watched them long ago and wove them into the patch-work of "Man's Melody"—

"Not that he may not here
Taste of the cheer,
But as birds drink and straight lift up the head
So must he sip, and think
Of better drink
He may attain to, after he is dead."

Though no snow has come the thick frosts in the morning make a very brilliant whiteness, and the sunrise over it in its opal glory has a grand and awful look that reminds us of the sky in Holman Hunt's great solemn picture of the scapegoat. We shiver as we draw the curtains and look at the familiar landscape in this sad wrath-like majesty of dawn. A touch of sorrow and a thought of doom always have a majesty of their own.

"Here I in sorrow sit, this is my throne,
Let kings come bow to it."

In the green mid-day the line of the low horizon-hills is straight and homely, and seems to frame a Dutch scene with Cuyper-like cows of red and black. The one round hill with its one tree that rises from the ridge calls for a touch of tower or turret to fulfil its beauty. But now in the freshness of the dawn, with the silvery whiteness of the frost distinctly pencilling the tree and bringing it out in delicate relief against the sky of gold and rose, we see in these hills all the beauty of Perugino's landscapes in the background that so intensify the pure stillness and holy grace of his Madonnas in the foreground.

Christmas with a singular feeling of untimely spring in the air, has come and gone with snow as far removed as ever. The year's stores

begin to stir in the fields, the honeysuckle over the porch has put forth blue-green feelers and the barberry quite hopeful little perfect leaves, as though assured that winter's cruel fang is drawn. This is the time to delight in all the curious shades of difference in the green of the young crops. On a pale afternoon when the trees on the far ridge stand very lonely and silent but for

"The little noiseless noise among the leaves,
Born-of the very sigh that silence heaves,"

when the sky withholds her treasures of colour and light and seems to muse on the sun she veils in her impassive whiteness, we are keen to note the deep emerald of that field of thick young rye which shows so bright and clear against the neighbouring hedge. The little separate blades of wheat in the next field that come up in timid rows have more grace, though their pale green, as of the chrysoprass, does not add such rich colour to the canvas. The horned sheep with their white faces in that pasture-field of dingy grass all moist and rooted by the flock, look grey and rough beside the one snow-white lamb nestled by its mother. On the other side of the road the unhorned black-faced sheep have lambs that are dull and rough in aspect. There are the two old types, always old and always new: the pure white lamb, "the Lamb of God that taketh away the sins of the world," and the other homely one, the strayed lamb foot-sore and weary that the shepherd finds and puts upon his shoulder. As we watch closely the monotony of country life these old types live afresh.

The afternoon grows paler still. How warm that spot of colour is where the great red-brown cattle slowly chew the cud as they lie near together in the dark madder-brown

of the farm-barton. There is still enough light to distinguish the graceful bird that shoots swiftly from the hedge and sails so near the ground, "a lady wash-dish," my country friend tells me, "a terrible proud bird, two parts like a tom-tit." We are far indeed from the train-whistle in these quiet lanes, the musing-ground of silver-tongued Sydenham, that ancient Commonwealth divine, and the birds seem to know it; in a few more minutes a lovely white-finch with many bright touches of red and yellow in its wings, flies across the road as we take a sudden turn, to find ourselves, before evening sinks, in a very parliament of rooks cutting the air with level flight or cawing hoarsely as they settle to their unknown business in that Rinnymede that lies beneath the ridge crowned with thick Scotch firs. "If you see one rook it's a crow," is the old country saying, and crows are far enough if that be true!

A wealth of berries that has given the lie to the saying that many berries mean a hard winter, have made that bright-eyed robin with his resplendent waistcoat so fat and impudent, that even the shake and rattle of the donkey-cart over the newly-mended road does not disturb him from taking stock of us with his bead-like eye.

Let no one imagine that the country is dull in winter. The winter-scents of earth and rotting leaves are keen and bracing, the winter-sights may "take their colour from an eye that has kept watch o'er man's mortality," but without them all the wealth of summer's glory would be in vain, and would only leave us, like the "brown faces" in Giorgione's great pastoral,

"Sad with the whole of pleasure."

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

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

PART II. IN HEALTH.



beloveds (Gen. xxvii. 15).

No less strict and abundant are the dietetic rules laid down. As far as a difference in climate will permit we should follow these rules. It has been truly remarked, that amidst every surrounding of neglect and privation the Jews are essentially a healthy people. If we want our girls to be equally so, we must exercise care and forethought about their food. We should consider individual

taste in the matter. Though it may be, and is, scientifically true that "a fresh herring offers the largest amount of nutriment, for a given sum of money, of any kind of animal food," it would not do to restrict our daughters to an entire diet of such fish. We should soon find that the halfpenny herring, though containing 240 grains of carbon and 36 grains of nitrogen, would cease to nourish. Then again, though beans and lentils may be the richest of all foods in certain constituents, yet a small appetite and weak digestion cannot assimilate enough of them to grow fat thereon. We need common sense so much in catering for our households. Highly seasoned meats are rightly condemned (by thinking housewives) for their growing families. Yet condiments are of extreme value in rendering food more palatable, stimulating a jaded appetite, supplying a necessary substance, and assisting in the due mastication of food. Salt, again, is eagerly sought for by animals and men. The saline earths called "saltlicks" are the greatest attraction to the wild beasts of the desert. Yet, though it immediately stimulates the sense of taste and increases the flow of saliva, we would not condemn our households to a continual course of salted meat. How to give, when to give, why to give, must be learned carefully by every guardian of the King's daughters. In this connection it would be useful to read prayerfully and carefully the fourteenth of Romans. The wisdom of St. Paul is even more in evidence therein than his principle.

I have begun this chapter upon the health of our girls by talking of food, as cookery has a great deal more to do with health than many persons imagine. It has much to do also with their moral and spiritual development, of which more anon. The chief object in cooking food at all is to render it more promotive of good health. Digestion is so much impaired by unskilful handling of meat. Heavy, half-baked bread, cannon balls of boiled puddings; badly made pastry; half-fried vegetables, are more than "misfortunes." They are culpable failures, bringing in their train delicate health.

In ordering the menu for our households, we should remember that our bodies need flesh-forming, heat-giving, and mineral matters in the food. All animal food, cheese, eggs, fish, peas, beans, and lentils, strengthen and toughen muscle and bone. Dripping, butter, sugars, treacles, jams, are so much carbon to keep the fire of life alight. Potatoes, all green vegetables, bread and fresh fruits supply potash, soda, iron and phosphates. Now, in different ratios, every girl requires all these constituents in her daily food. But remember, the volatile, active, energetic maiden needs a great amount of both nitrogenous and carbonaceous matter, otherwise her body would quickly wear out. On the other hand, our studious, indolent, peaceful daughter would only accumulate "too solid" and too much flesh if urged to share the quantity of her sister's feasts. Appetite must be regarded and