

An old abbey furnished the requisite room, for high-born maidens slept in the cell where nuns had once repeated their *Ave Marias*, and were gathered by day in a school room which had formerly been used as a refectory or dining-hall. Separated from this building by a crumbling stone wall of great height was the ancient monastery, which was now transformed into an academy for the boys of Albion. Both building were well-nigh covered with beautiful clambering ivy.

The children of that day, in dress and appearance, were exact miniature copies of grown up people.

Queen Elizabeth numbered three thousand robes in her wardrobe, and the daughters of noblemen carried with them to school from thirty or three hundred dresses, according to the wealth and station of their parents.

Young misses of six and ten years wore trains on important occasions, and, all times, appeared in long, pointed waists, with deep ruffles around the neck. Silk robes were embroidered with serpents and birds, and ostriches, in bright colors. Handkerchiefs were trimmed with gold lace and sometimes ornamented with a dozen solid gold or silver buttons, which must have been particularly nice for young noses. Sleeves were worn separate from the dresses, and often of different material. Ladies' and children's boots were made with heels two inches high, which were called pantodes, and boots and slippers were frequently trimmed with artificial flowers.

Young lads also, wore sleeves of gay colors. Wigs had not, in 1570 become fashionable for children, but their hair was often dyed. Garters were worn conspicuously by men and boys, and were a test of rank and fashion. It is on record that these articles, for state occasions, sometimes cost "four score pound a pair," equal to some three hundred and fifty dollars of our money.

The tops of boots were of embroidered linen, and shirts were often embroidered in gold thread. In such apparel as this the school-boys of that day played leap-frog and hunt the slipper, and other ancient games.

The beds were the only furniture known, and were frequently of such size as to accommodate from twelve to twenty persons. Thus a teacher could sleep with all his pupils around him. How would you like that, boys? One specimen of these beadsteads, the great bed of Ware—of which Shakespeare makes mention—is still preserved in England as a curiosity, and was, at one time, the property of the late Charles Dickens.

Hashes and stews formed the principal food set before the school children whose mode of life we are depicting, and, as forks were not brought from Italy till 1580 and did not come into general use for fifty years, they ate their stews and hashes with the aid of pewter spoons and—their fingers.

Table linen was unknown, but on feast days narrow strips of Turkey carpeting extended the length of the dining-table, this being the only purpose for which carpeting was used when brought to England. Rushes were scattered upon the floor and the remnant of each meal were thrown down to the dogs upon these rushes, which were renewed, as history tells us, *three or four times a year*.

And now, perhaps you will inquire what were the studies pursued by the pupils of Norwich Academy in the year 1570?

Education was esteemed of much less importance than dress and amusements, and, therefore we mention this topic last of all in our account of the "good old times."

The boys were taught "Latin, Greek and figures," but we are told that the young ladies could scarcely read. Embroidery and working tapestry were the principal occupations of the fair sex, and the school girls were taught "to prepare physic and make pastry; to dry herbs and bind up wounds; to make banners and scarfs, and to be obedient to their fathers, brothers, and lords."

Early marriages were frequent and many of these Norwich school girls were wedded wives, were taken home to keep the keys and cut the bread, and rule a retinue of servants—duties which would be required of them in the castle of their husbands.

Knitting became customary and on the occasion of the visit of Queen Elizabeth to Norwich, in 1570, eight young girls walked in the procession that welcomed her, knitting yarn hose, which were then a great curiosity.

Having thus ransacked the annals of the past to bring before you this picture of the olden times, we humbly submit to your consideration, young readers, the question whether our Canadian boys and girls are not more highly favored, more sensibly dressed, and better educated in every respect in our

schools to day, than were the children of English nobles, with all their wealth, power and prestige three hundred years ago.

*Care of the Eyes.*—In the August number of the *Sanitarian* we find a list of rules for the care of the eyes which is worth preserving.

When writing, reading, drawing sewing, etc. always take care that—

1. The room is comfortably cool, and the feet warm.
2. There is nothing tight about the neck.
3. There is plenty of light without dazzling they eyes.
4. The sun does not shine directly on the object we are at work upon
5. The light does not come in front; it is best when it comes over the left shoulder.
6. The head is not very much bent over the work.
7. The page is nearly perpendicular to the line of sight; that is, that the eye is nearly opposite the middle of the page for an object held slanting is not seen so clearly.
8. That the page, or other object, is not less than fifteen inches from the eye.

Near sightedness is apt to increase rapidly when a person wears, in reading, the glasses intended to enable him to see distant objects

In any case when the eyes have any defect, avoid fine needle work, drawing of fine maps, and all such work, except for very short tasks, not exceeding half an hour each, and in the morning.

Never study or write before breakfast by candle light.

Do not lie down when reading.

If your eyes are aching from fire light, from looking at the snow, from over-work, or other causes, a pair of colored glasses may be advised, to be used for a while. Light blue or grayish is the best shade, but these glasses are likely to be abused, and, usually are not to be worn except under medical advice. Almost all those persons who continue to wear colored glasses, having perhaps first received advice to wear them from medical men, would be better without them. Travelling vendors of spectacles are not to be trusted; their wares are apt to be recommended as ignorantly and indiscriminately as in the times of the "Vicar of Wakefield."

If you have to hold the pages of *Harper's Magazine* nearer than fifteen inches in order to read it easily, it is possible that your are quite near sighted. If you have to hold it two or three feet away before you can see easily, you are probably far-sighted. In either case, it is very desirable to consult a physician before getting a pair of glasses, for a *misfit* may permanently injure your eyes.

Never play tricks with the eyes squinting or rolling them.

The eyes are often troublesome when the stomach is out of order.

Avoid reading or sewing by twilight or when debilitated by recent illness, especially fever.

Every seamstress ought to have a cutting out table, to place her work on such a plane with reference to the line of vision as to make it possible to exercise a close scrutiny without bending the head or the figure much forward.

Usually except for aged persons or chronic invalids, the winter temperature in work-rooms ought not to exceed 60° or 65°. To sit with impunity in a room at a lower temperature some added clothing will be necessary. The feet of a student or seamstress should be kept comfortably warm while tasks are being done. Slippers are bad. In winter the temperature of the lower part of the room is apt to be 10° to 15° lower than than the upper part.

It is indispensable in all forms of labour requiring the exercise of vision of minute objects, that the worker should rise from his task now and then, take a few deep inspiration with closed mouth, stretch the frame out into the most direct posture, throw the arms backward, and if possible, step to a window or into the open air, if only for a moment. Two desks or tables in a room are valuable for a student one to stand at, the other to sit at.

*Laughter.*—No man who has once heartily and wholly laughed can be altogether irreclaimably bad. The man who cannot laugh is only fit for treasons, stratagems, and spoils; and his whole life is already a treason and a stratagem. The remark of De Maistre that "the wicked man is never comic," is truly wise, as also is the converse, "that a truly witty man is never wicked." A laugh, therefore, to be genuine