

whom, at some time or other, a knowledge of even the drier parts of political economy—land tenure, banking, laws of bequest and inheritance, of bankruptcy and partnership—would not be of great value and assistance. In a State like ours, where the women so greatly outnumber the men, that thousands must depend for their own support on their own exertions—nay, in many cases provide a maintenance for aged parents, younger brothers and sisters, or a fatherless family—how much anxiety, misery, and privation might be spared if such women had even a slight acquaintance with the laws and principles by which, whether they recognise it or not, their work, their incomes, often even their lives, are governed.

“But when we come to such questions as the probable futurity of the labouring classes—indeed, of every class of our great empire—and recognise how much of our nation's future welfare depends on the mothers, sisters, and daughters of Britain, and the way in which they discharge their task of the early training and education of England's boyhood and girlhood—the future manhood and womanhood of our country; when we consider how often they may influence the choice of a trade or profession; how they may raise or lower the standard of comfort on which the increase of population and the rate of wages greatly depends; how, by their thrift or extravagance, they may affect the rate of interest and the amount of capital in the country, and so hasten or retard what is known as the stationary state of capital (that at which the rate of interest is so low as to put an end to saving, for at least this motive); how they may help or hinder the spread of co-operative principles; how they may affect the tone of national taste and national art and industry—when we consider all this, we are no longer justified in condemning the study of political economy as unwomanly and emancipated, nor in deprecating a knowledge of its first principles by every lady and working woman in the land. There are already many women in England to whom dress, the fashions, and the whirl of social life are not all-sufficing interests, and to whom their social and domestic duties yet leave little time for anything like deep and concentrated study.”

### SELECTIONS.

**SOME USEFUL HINTS.**—The first thing to be remembered is that the doctor's orders are to be implicitly obeyed. Be careful that the room is kept perfectly clean and well aired.

Endeavour always to have a supply of fresh flowers, or where their scent is too powerful branches of bright leaves without perfume may be substituted.

Never introduce disagreeable topics, but seek to entertain the patient by some pleasant news or tale, so as to keep the mind as much as possible from dwelling on suffering and disease.

Never ask a sick person what he will have to eat, but carefully procure such food as is suitable; should the patient particularly desire anything, hasten to satisfy the wish unless it would be hurtful. Serve the food in an appetising manner. A small dish well cooked and served awakens an appetite, whilst a large and carelessly dressed repast produces nausea and disgust.

Be very patient and of an even and cheery temper when attending on a suffering invalid. Remember that illness often renders us unreasonable and capricious. Listen with kindness to the complaints and murmurings of the poor sufferer.—*Miss Florence Nightingale.*

\* \* \*

IT is wonderful as we pass, step by step, from the lower forms of animal life to such as are higher in the scale, and thence to man, to observe how parts that are primarily devoted solely to maintenance of life—at first to the selection, prehension, and preparation of food for digestion, and later to the respiratory function as well—become also adapted to the performance of higher duties, which the growth of intellect depends on and demands; and how the comparatively simple mechanism which subserves these heterogeneous functions, not only remains perfect for its primary purpose, but proves itself at least as marvellous an instrument for its more complex, various, and delicate superadded duties.—*Dr. J. S. Bristowe.*

\* \* \*

“How is it that we hear?” This is a question which I think but few people are able to answer. Whilst the majority of mankind can at least boast with Bottom the Weaver of “a reasonable good ear in music,” and many people not only know what it is to have the teeth set on edge by a grating note, but can detect even minute errors in tone or pitch, yet the structure of the wonderfully beautiful and complex mechanism by which hearing is rendered possible, and the sounds that enchant the ear or the reverse are conveyed to the brain, seems to have been almost by general consent ignored.—*Mr. G. P. Field.*

\* \* \*

THE possession of good vision is of immense importance in the early years of life. The receptive faculties of the brain are then in the highest state of activity: impressions are then received and images stored up which are never acquired with equal clearness in after years; and if the vision at this period be seriously impaired, the whole system of education as usually carried out in this country is practically stopped.—*Mr. Henry Power.*

[previous page](#)

[next page](#)