

over-exertion, for women are not, as a rule, many sided, and when they become possessed of an idea they are rather apt to ride that idea to death. It is Miss Sewell who tells us that when we have conquered our vices the next thing to be aimed at is to keep our virtues even. If we do this, we shall have large minds, but if we cultivate one virtue to the neglect of others, we inevitably become narrow-minded. It is even so with cycling. *In its place* it is excellent, but it must have a place, and not fill the horizon, otherwise it inevitably becomes pernicious. Dr. Turner ventured to touch upon the vexed subject of a cycling costume. "As a rider and physician, he considered rational dress the safer and the more healthful; as a man, he considered it excessively ungraceful." He said that quiet and recreative cycling for women was one of the greatest boons which had been conferred upon the sex in the present age. Morally, mentally, and physically, he expected it to improve not only the individual, but the race generally. Modern-day women, especially among the upper classes, were prone to a condition of under-health. Golf, tennis, and skating were not so successful as cycling in bringing the bodily functions into healthy operation. The innermost garment, when cycling, must be of wool, and the clothing generally must be loose. He emphasised the necessity of sitting upright, and of not doing too much, so as not to be able to sleep or eat, and suggested milk and soda as a drink. The less fluid consumed when riding between meals the better, and the cycle should be given an hour's rest after the midday meal. The ball of the foot should be placed on the pedal. From 52in. to 60in. should be the limit of gearing for a woman's machine. His four concluding words of advice were "moderation" and again "moderation" and "loose clothing."

In the course of the Conference Miss Dunn commented upon the subject, and expressed her conviction, as a cyclist, that in order to get the full benefit of the exercise rational dress should be worn. She drew attention to the fact that it was man who had appropriated the divided skirt first adopted by women. That this is the case visitors to the far East, where fashions change slowly, can testify. There the women wear loose trousers, and the men long flowing garments. At the same time it will be difficult to convince the average Englishwoman that rational dress is becoming, and therefore its universal adoption will probably be deferred indefinitely, whatever enthusiasts may say to the contrary.

Miss G. Rocliffe drew attention to the fact that, amongst uncivilised races, there was physical equality between men and women, as there was also among our Anglo-Saxon progenitors. That this is so is doubtless due to the natural and outdoor lives led by simple people, as contrasted with the artificial customs both of education and of society, which are expected of women in the present day. Miss Rocliffe held that "women must have sufficient self-respect to be neither the butterflies nor the drudges of society." In this sentiment we entirely concur. The time has gone by for women to be 'as they are in savage countries, the beasts of burden of the community, or to be to their liege lords, as in more civilised countries, "something better than his dog, a little dearer than his horse," but it is by the self-respect of women individually, by the discouragement they show of false standards, of parasitical life in any form: and by the recognition as honourable of all efforts of their kind for self-support,

that the true dignity of womanhood will be attained. Self-respect is a virtue which all women need to strive to cultivate and to inculcate.

Miss Raeburn advocated the use of Swedish gymnastics as calculated to develop a fine physique.

Miss Davis spoke upon the advisability of teaching working women the principles of ventilation, and the elements of Nursing by means of lectures and house to house visitation.

Mrs. Mather preached a crusade against the over-feeding of infants, and urged the use of milk as the only food which contained all the elements necessary to healthy life. This is so true that it "goes without saying"; at the same time we are afraid that it will take many years of teaching before the poor are convinced that "a little of what we have ourselves" is not a suitable form of diet for a baby. This may be understood to include red herrings, pickles, and tea in the diet of a baby under nine months old!

Mrs. Spence Watson and Dr. Manson considered that the laws of Hygiene should be taught to children at school. Dr. Manson also warned his hearers against living in houses built on a clay soil, as the damp arising from this predisposed to, if it did not cause, disease.

The subject of the disposal of house refuse was brought forward by Miss de Sumichrast Roussy. She advocated the system in force in Edinburgh of removing all refuse twice a day. It was brought out, in the course of the discussion which ensued, that in Sunderland ashpits were emptied only once a month, and there were other "insanitary abominations," while Miss Dunn stated that in Durham it took as many months as it did weeks in Sunderland to have the ashpits cleansed. Miss Dunn also drew attention to the opportunities enjoyed by the clergy of teaching the laws of sanitation. It must ever be remembered, in this connection, that one of the most enthusiastic and persistent pioneers in the matter of sanitary reform was the late Charles Kingsley, who, in consequence of his strong views in this respect, laid himself open to the misunderstanding and misrepresentation which is the lot of most reformers. We are now reaping the benefit of the foundation which he patiently laid, in happier and healthier conditions.

Miss Dupre read the final paper of the Conference on the "Teaching of Housewifery," in the course of which she suggested the addition of cottages to the school equipment, where scholars would live, and would have to do everything connected with housewifery.

A vote of thanks to the Mayoress for presiding, moved by Mrs. Watson, brought the Conference to a close.

Retrospective Review.

"THE EMANCIPATED," AND OTHER
NOVELS BY GEORGE GISSING.

HAVING lately been reading, for the first time, Mr. George Gissing's extremely powerful novel, "The Emancipated," the thought has come to me that a few notes upon the works of an author who, in spite of his great merits, has won but little appreciation from the English public, might be of interest to the readers of this journal. Mr. Gissing's previous writings are probably known, at least by name, to most of them, and if this short paper is the means of sending them

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