

How to Enjoy a Holiday.

THERE are travellers and travellers. One class get out of every experience something of benefit, if not of pleasure. There are others, of whom the reverse is true. To the latter belongs the wife of a man who is devotedly attached to her, but who will never take her with him on his journeys. She is fastidious to a fault—in her housekeeping and her dress. The habit of exacting perfection in both these particulars has made it impossible for her to overlook any defects in her surroundings. While at home she is polite, amiable and good-natured; away from her familiar environments she frets and worries over everything that does not meet her approval. Dust, the upper berth when she wanted the lower, being locked out of the dressing-room and kept waiting—all these familiar ills she exaggerates into evils that spoil not only her happiness, but that of the unfortunates who must be in her company.

The philosophical traveller starts out with the expectation of finding a great many things not as he would have them, but, thus mentally fortified, he is not annoyed, and, on the contrary, is agreeably surprised if the unpleasant experiences do not come. If the train is delayed an entertaining book has been provided to while away the hours of waiting, the surrounding country is explored, or the time goes by almost unconsciously in helping and amusing one's fellow travellers.

Men detest a lunch basket, but, in long journeys, where accidents occur, causing a detention of hours, and no food could be procured at any price, the rejected sandwich has a value that can scarcely be estimated. It was told of Nilssen that, during one of her last tours in the United States, she scornfully rejected some such refreshment, and afterward accepted it humbly and thankfully, being at the time an occupant of a derailed coach on the prairie, miles from a hotel.

Then there are people who seem to have only the most rudimentary powers of observation; they do not see, they are not interested because they do not see, and they never remember. About all the satisfaction such persons derive from travel is the petty satisfaction of being able to say "when I was in Cairo, or Constantinople, or London."

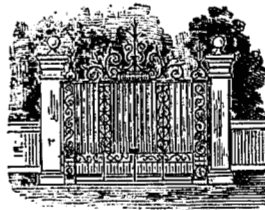
Of the real educational advantage derived from studying nature or places rich in historical association they know no more than clods. This is not always by any means because they have had no education. A woman returned from a tour through the Mediterranean recently who murdered the Queen's English with every

breath, but she had seen and remembered everything, and even her defective language could not spoil the vivid descriptions which she was able to relate to her friends. She had profited by her opportunities far more than half the college-bred men and women who had gone over the same route with her.

To summarize, then, the qualities necessary for successful travel are, a power of observation, patience, and inventive faculty.

Outside the Gates.

WOMEN.



THE Edinburgh School of Domestic Economy was organised by Miss Guthrie Wright, of whose splendid work one cannot say too much. Its object is to train ladies in cooking, laundry work, scientific dressmaking and house-keeping. Those who pass the examinations receive the housewife's diploma, which is of a very high standard. The School is situated in a fashionable part of the city at 3, Atholl Crescent. Women of all classes can receive training at the daily demonstrations, and ladies are received as boarding students for about 23s. weekly. The drawing room, dining room, bed rooms and range of bath rooms are excellent, and the spacious kitchen and various class rooms, where the students are engaged in cooking, laundry work and dressmaking, are most interesting to visit. Many ladies train there as lecturers on domestic economy, and others simply to fit themselves as house-keepers in their own homes. Lessons are also given to the male medical students on sick room cookery, and are much appreciated. "Our teachers," says the secretary, "have taught all over the country in England and Scotland, and in the far North; we have had labourers living together in bodies, coming to learn how to boil potatoes and make their porridge. It is so important to train women domestically when we consider that the working power of the world is enormously diminished by dyspepsia, for which bad cooking is largely responsible."

A number of ladies were present at a conference of women workers in girls' clubs, at Cleveland Hall, Cleveland Street. This had been arranged by the Women's Industrial Council to consider the attitude which should be taken by the leaders of girls' clubs, with reference to the industrial interests of working girls. The chair was taken by Mrs. Price Hughes. Sister Mary, of the West London Mission, said that she had been leader of a girls' club for six years. She believed they ought to help the girls on every question, and especially in their industrial interests. They must leave no stone unturned to raise the condition under which the girls worked. Their influence then would be much greater and worth far more in the

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