

knowledge of the laws that make for the health and happiness of her household.

When the preparation of our food and the management of our homes depend solely on the slipshod knowledge obtained from tradition, confined to dogmas which do not touch the understanding, it is a poor thing; but when the knowledge is based on regard to scientific fact, it becomes a study not unworthy of intelligent pursuit.

In an age when women are so anxious to take up outside work, when the inequality between the sexes is becoming less marked, are we not somewhat in danger of losing the substance for the shadow? There is such a wide field of useful labour before us, where we may fairly claim more aptitude than men, where our thorough proficiency must tend to make us such a tremendous influence for good, if once we grasp the full possibilities of the situation; possibilities which we sometimes neglect as beneath our notice, while we struggle and agitate for a larger share of man's work, forgetting that until we are perfect in our own immediate sphere, we are hardly fit to incur fresh responsibilities.

Is it not, therefore, a positive duty, incumbent on all who have the guidance and education of girls, to see that they are brought up with a thorough knowledge of the elementary laws of domestic hygiene? Too often the young lady of the present day considers the personal supervision of domestic details, which affect the sanitary condition of the house, as beneath her; but if we accept Dr. Richardson's views of the duty of modern women—"to know the first principles of animal physics and life; to learn the house and its perfect management; to learn the simpler problems relating to the fatal diseases; to ordain the training of the young; to grasp the elements of the three psycho-physical problems—the human temperament, the moral contagions with their prevention, and the hereditaries of disease, with their prevention"—we shall have attained to something beyond superficial acquirements; and we shall not be less cultivated or refined because we have a thorough comprehension of the laws which govern our bodies, and the sanitary details which conduce to health.

Pure air, pure water, and a properly selected diet, are alike necessary for a healthy life; if these could be obtained most of the diseases which afflict the human race would disappear. Food alone plays such an important part in the welfare of mankind, that a true knowledge of its properties should be widely taught. When we consider the wear and tear of the human frame, and know in what proportion we require the different foods—flesh-formers, warmth-givers,

minerals, and liquids, we shall cease to look upon even the ordering of dinner as a trivial matter, and we shall, I think, find common-place details dignified beyond our expectations. The use in undue proportion of any one kind of food, however good, means to some extent loss of health and vigour; a right choice of food becomes, then, of importance to us all; but to the woman who has to supply the wants of a family at the smallest possible expenditure the knowledge becomes infinitely more essential; it would be difficult to over-estimate to her its importance, and it would be, I fear, equally difficult to exaggerate the intense ignorance and lack of interest shown by those most affected. Dr. Richardson says: "If woman only knew what foods were requisite to feed the skeleton, or bony frame-work of the living body, while that skeleton is in the course of growth, and if she would act upon the knowledge, as she most certainly would if she possessed it, there would hardly be one deformed child left in the land in one or two generations."

All we who have any experience amongst the poor know how much the lack of good home-management affects the happiness and health of our towns. Conventionality of a determined kind meets us at every step in our efforts to educate the wife of the working man, in respect to economy and the laws of health. We need only instance the waste that goes on daily in the preparation of food, and the want of judgment displayed in its selection. It is difficult to persuade women to any new departure in their manner of house management. "They have always done a thing this way, their mothers did it before them," and they distrust any new-fangled notions which seem to involve more trouble.

(To be continued.)

## WOMEN AND THEIR WORK.

### LADY CLERKS.

THESE have become the fashion of late years, and in this sphere of work women are rapidly succeeding the men. The outcry raised about the difficulty of women obtaining work has caused several railway companies to give them employment as clerks, at salaries ranging from £20 to £80; and several large City houses have opened their doors to "our daughters," and as they are found to be more accurate and neater generally speaking than their brothers, and above all cheaper, the closed doors of even the mystic City are yielding to their gentle touch. The Stores employ many, the salaries ranging from £30 to £100 a year; whilst over two hundred young

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