

albumen—which is good as preventing the emission of juices—but will render the whole joint hard and difficult of digestion; therefore, by the exercise of thought she will deduce effect from cause, with the result of a well-cooked dinner.

If I may be pardoned, one more illustration: Tell a girl that in preparing root vegetables, such as potatoes, carrots, &c., she should peel them very thinly, she will probably think the advice is actuated by parsimony, and is unworthy of attention; explain to her that the greatest nourishment lies immediately under the skin, and she will see the force of the instruction, and follow it intelligently.

From my experience of girls, I should say it is hopeless to expect to interest or influence them by a string of axioms, however excellent they may be. What we want is to arouse their understandings, and to make them think for themselves.

The prejudice which so often exists, for instance, against soup is, I believe, mainly attributable to its faulty preparation. We all admit the superiority of our French friends in this department. With them no scrap is wasted; the careful housewife does not throw away the water in which vegetables have been boiled, and into which so much of the gluten and mineral properties have passed, but keeps it as a foundation for future use in the form of stock.

A wide field of usefulness lies before the district visitor with the necessary tact and knowledge to give advice without giving offence. We must remember it is much easier to speak of things generally in a lecture or address than individually in the cottage. No woman likes remarks to be made on the dirtiness of her house; but if it can be explained that dust really consists of tiny particles of decaying matter, which are taken into the lungs with the air we breathe, she will see a good reason for trying to keep free from it. It is difficult, with due regard to the sensitiveness of the poor, to speak of the lack of personal cleanliness; but the importance of cleansing the surface of the body may well be urged on the score of health. As Miss Nightingale says, "Even in the poorest homes a basin of warm water, a piece of soap, and a towel can be procured." And if we could impress on mothers the necessity of bringing up their children to practise the habit of daily ablution from their earliest life, it would become a second nature, and would conduce immensely to their health, happiness, and vigour.

Mr. Chadwick gives us the following result of his experience on the subject:—"In one orphan institution, the progress made by the application of sanitary factors was thus denoted: The death rate amongst the children was 12 in 1,000. The impurity of the air was removed by better

drainage, and the death rate reduced to 8 in 1,000. A further advance was made by daily head-to-foot ablutions of the children with tepid water, and a complete skin cleanliness maintained, when the death rate was reduced to 4 in 1,000." He further dwells on the economy of cleanliness, stating that the food that would be required for four children that are unwashed would serve five that are washed.

It is often impossible to obtain an adequate supply of fresh air in the crowded houses of the poor, even when we can induce them to sleep with their bedroom windows partially opened; but with regard to cleanliness of the house, the person, and the clothes, very much is in the hands of the mother and daughter of the family.

In conclusion, I would again reiterate that my aim in writing this paper is simply to induce other women to take advantage of the present opportunity the Congress affords us of acquiring knowledge for ourselves, and adopting suggestions as to the best means of distributing this knowledge amongst those outside the direct reach of the Congress teaching.

Dr. Richardson said, some years ago, at one of these meetings: "It is from the million centres we call the 'home' that sanitary science must have its true birth. It is from those centres the river of health must rise. We men may hold our congress year after year, decade after decade; we may establish our schools; we may whip our lawgivers to action of certain kinds; we may be ever so earnest, ever so persistent, ever so clever; but we shall never move a step in a profitable direction until we carry the women with us heart and soul."

Could we not, with this end in view, endeavour to establish a ladies' branch of "The Sanitary Institute" in this city and county, which might be productive of permanent results in the amelioration of the lives of those we would benefit, through that wide-reaching charity which gives to every human being in want a claim on our sympathy and devotion?

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 LOVE, sympathy, help, knowledge, intelligence—the best part of our inner lives—what an infinite harvest might be reaped out of them were they given and taken, combined and recombined, with all freedom and harmony! Yet how continually is this work hindered by our own unreceptiveness!

THE passion of sorrow is peculiarly distinguished as being of a tacit, uncommunicative nature. Unlike joy it wishes not to excite kindred feelings in others—it is marked by silence; and retiring into scenes of privacy, it weeps alone. "Peter went out to weep."—*Fletcher.*

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