

on him, failure to provide the proper equipment in this respect would be false economy, and it is hoped that all who are concerned with this department of work—whether as missionaries themselves, or as directors or members of committees of the missionary societies—will give their earnest attention to this matter. The Principal of Livingstone College will be delighted to advise any who will write to him at Livingstone College, Leyton, E. The new session commences on October 2nd, and this is the best time to enter. The College is not connected with any one missionary society, but is open to all.

A prospectus, giving full information, including the matter of fees, will gladly be furnished by the Principal, who will also send particulars concerning "The Mrs. Bishop Exhibition," which has not yet been awarded for the Session 1911-12.

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### HOLIDAY PAPERS.

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#### THE HILLS AND DALES OF CUMBERLAND.

A holiday to be ideal must be earned, and there is no more delightful place to spend it than the North of England.

The railway strike was anything but appreciated by those unfortunates arriving at Carlisle when the usually busy station boasted one porter, who was ticket collector and engine driver rolled into one.

After vain endeavours to get my luggage taken to the cab, a kind-hearted fellow-traveller who was sitting disconsolate on a pile of baggage helped me to get it safely outside. How he fared I did not wait to see, being only too glad to have a breath of real north country air again.

To the lover of the ancient, and the collector of the old-fashioned, Carlisle is the best of happy hunting-grounds. There are innumerable secondhand shops stored with treasures, and not one of them without a history, if one is only fortunate enough to get on the right side of the man who sells.

The hills and dales of Cumberland hold many an old farmhouse which has been the roof tree of the same family for hundreds of years. Old oak, gleaming pewter, copper, china, quaint pictures. Alas! they all sooner or later find themselves beneath the hammer, and one's eyes become disconcertingly misty when these pathetic tokens of industry and home happiness are laid out for inspection.

Here is the faded sampler worked over a hundred years ago by "Martha Mary's" nimble fingers. Those fingers have long since found

a resting-place in some country churchyard. One wonders what their history might be.

The oak settle, polished and black with age, once the seat of honour by the fireside; the pretty spode and willow china, relics of past days when the mistress of the homestead took pride in her belongings and washed and dried them herself after each meal.

The grim old castle of Carlisle still looks down on the land which stretches up to Scotland. How many reevers' heads adorned its walls in days gone by!

At Bewcastle, that ancient hamlet hidden in the fastnesses of the hills, the churchyard was said to hold only the bones of women and children; the men were all hung on Carlisle walls!

Cumberland is a land of castles, towers, ancient churches, early British and Roman remains. The Wall in many parts is quite traceable. Roman pottery and implements are constantly dug up. There is no county so full of ancient tradition or more beautiful in its wild scenery.

From Penrith, the "red town," the lakes are reached by coach without trouble or effort. And what roads—full of passing interest! Here a Druid stronghold; King Arthur's round table; an ancient peel tower; the long, picturesque frontage of the county home in all its hoary glory; and ever in the distance that grand inspiring range of hills cradling at their feet the blue waters of the lakes.

Every corner teems with interest and beauty. The difficult dialect itself, an inheritance from the Vikings, the proud, independent nature of the people, true sons of the soil, teach us town-dwellers an inner meaning of our country.

To those who want peace and beauty for their holiday I can only finish by saying come to the North, and spend your time with Nature in that charming old-world village, Pooley Bridge.

M. K. STEELE.

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### OUR PRIZE COMPETITIONS.

Our popular weekly Prize Competitions will recommence in the issue of October 7th. The list of questions for the month will appear next week.

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### TERRITORIAL FORCE NURSING SERVICE.

The Lady Mayoress, who is President of the Territorial Force Nursing Service of the City and County of London, will give a reception to the nurses enrolled in that service at the Mansion House on the evening of October 27th.

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