

small meal. If you know you can get the latter, then get it. The many new dépôts all over London make such refreshments easy to obtain, and a cup of good chocolate or cocoa, coffee or tea with any light accompaniment you may select will repair the waste and give you fresh fuel for your day's labour.

It is all very well for you to tell me you can go for eight hours or more without food, but if you are working, walking, or travelling, it is bad for you, though you may not discover that fact for yourselves until you are ill and you have to pay a doctor and chemist's bill in a lump, instead of having spent that money or less in small sums for little meals very necessary, and by no means to be classed under the head of luxuries.

Another very great evil which results from not taking enough food must be touched upon here. As I have already said, insufficient nourishment brings bodily weakness in its train, neuralgia, etc. When pain comes or you are very tired and depressed perhaps, often distaste for ordinary food is the result, and then?

Cannot you answer that question for yourselves? If you cannot, then let me in all friendliness do it for you, and tell you that many a drunkard—yes, do not shrink from the truth—has begun the terrible path downwards leading to moral and temporal ruin by taking stimulants to allay pain which might possibly have been warded off by regular habits of simple wholesome meals, or to get the filipp that stimulants undoubtedly give in times of depression.

Now don't misunderstand me. I am not a teetotaler. So far as I know I never shall be one. I give all honour, for it is due to all those who, feeling the taking of alcohol in any shape or form to be a temptation to themselves, give it up because they cannot be temperate, and must exceed if they use at all one of God's good gifts, and I respect those who, for Christ's sake, are willing to give up what is to them no occasion of falling, but a luxury, because by so doing they can help their weak brother.

You may say there is no danger to you. I hope there is not. Only—prevention is better than cure, and if you provide yourself with good food and take it as regularly as you can, you will arm yourself against that which has been and is a temptation, nay, an occasion of ruin to hundreds and thousands of your sex.

To be on the alert and to watch against your foes only argues a possession of common sense, not by any means an inclination to side with the enemy. Then, too, if you do take stimulants, make it a rule only to do so with your meals. This is most important. When tired and depressed, if you can afford wine or stimulants of any kind, it is often to many people a temptation to take it in between meals or whenever they are "down." There are many reasons for this. One is that it is so very convenient. If you are in lodgings where there is much work and few domestics to meet it, you may in your charity not like to summon the tired servant to give you a cup of tea or coffee or make you some substitute for beef tea, such as is found in the many preparations so much advertised. Consequently you take a glass of claret and a biscuit. In your case you may never exceed moderation; in others it is the beginning of a habit which often has fatal consequences to the health of mind, soul, and body. Another warning. Do not take stimulants to work upon. It is false strength and will do you no good. If you find them beneficial to your health, take them with your meals after your labours, whether mental or physical, are over. Then, if taken in strict moderation, they may do you good.

But if you are very busy, and as I have said you do not like ringing up the servant to give you other refreshment than that you can so easily obtain from stimulants, what are you to do?

Take the trouble of finding out what best suits you as a filip or restorative. Milk, soda and milk, milk with the yolk of an egg beaten up in it, is quickly prepared and can be kept in your room if that is cool. Even if kept downstairs and you have to ask for it, that is very little trouble.

If, however, you prefer tea or cocoa, or Liebig, etc., be independent and prepare it yourself. Have a small spirit-lamp and kettle for use when you have not got your sitting-room fire burning. Do not let it go downstairs at all, but keep it in your own possession and clean it yourself. A china Hobbs' teainfuser, which costs about eighteenpence, is invaluable in lodgings, as with it a breakfast-cupful of good tea can be made with boiling water, and the necessity of a teapot be done away with. This small article consists of a perforated receptacle for a spoonful of tea, which is put in when the cup is full of boiling water. It is then covered for three minutes

with the saucer which goes with it, and when that is removed, the top containing the tea is placed upon it. This with condensed milk makes you independent of servants, and your kettle can give you water at any time for beef-tea, etc. If these things are more troublesome than stimulants, it is worth taking the trouble.

It may be said that all these warnings about stimulants could apply equally well to those who do not live alone. So they may, but they are more than ever applicable to those who are alone, because the very fact of their solitude brings with it circumstances which render the liability of abusing instead of using stimulants very much more likely.

Some people get depressed when alone, and these had better never elect to live this kind of life unless very sheer necessity obliges it. But if they are obliged to do it, then they need to be more than ever careful.

Another circumstance is that there is no one to give them a hint or to regulate the quantity they take.

Many people who live alone get to be very slovenly in dress. This is to be guarded against. If you have many visitors, or few, or none at all, be as neat and tidy as you possibly can, for untidiness, like all bad habits, is not easily broken. If your evenings are usually spent indoors, it is a good plan to keep an old dress to get into, in which you can lie down if you are tired or sit over the fire in. It will save your walking-clothes, and the change of dress will in itself be a refreshment.

Now to turn to the lodgings themselves.

The girl who wants to live alone for the purpose of work or study has usually not a very long purse, and consequently I shall bear that in mind as I offer you a few hints about choice of rooms.

Having already touched upon the question of a respectable and quiet house being strongly advisable, I will say no more on that most important subject.

Upstairs rooms are more cheerful than those downstairs, and brightness of aspect is always to be aimed at, more particularly for the sitting-room. The higher up, in fact, that you go, the healthier will your rooms be, only if your sitting-room is very high up, you must remember that unless there are more servants than one that your chance of much attendance is small.

(To be concluded.)

UNIVERSITY DEGREES FOR WOMEN: THEIR HISTORY AND VALUE.

By KATHARINE ST. JOHN CONWAY.



UCH has happened since 1856 when Miss White startled the great men of the London University by her application to be allowed to enter for a medical degree. We have no actual record of the scene in the Senate House,

but tradition has it that it was of the stormiest kind, and that the one or two brave Senators who dared to support the application were practically compelled to recede from their position.

In the end a legal opinion was taken, and after many wigs, big and small, had met in its solemn conclave, it was declared "Impossible under the Charter," and the enemies of the Higher Education for Women rested in the

fond belief that their peace was finally secured.

But in 1862, Miss Garrett, now Mrs. Garrett-Anderson, M.D., and head of the Women's Medical College in Handel Street, London, had the temerity to bring the whole matter up again by an application similar to that presented by Miss White. When she was met with a refusal on the ground of the Charter, her friends were ready with a memorial addressed to the University, praying that the Charter might be altered.

In the debate on the matter in the Senate, Mr. Grote advocated the women's claim so ably, that a resolution instructing the Senate to endeavour to gain the admission of women to the examinations was only lost by the Chancellor's casting vote.

Cambridge and Oxford were then appealed to, and, after much persuasion, sanctioned the printing of extra papers for girls in the local

examinations, which had hitherto been only open to boys. This may seem only a slight gain in itself, but it had the effect of revolutionising the education given to girls in our Middle Class Schools, and was the indirect cause of the starting of the Girls' Public Day School Company in 1871.

Following up the attack upon the two older universities, six women began to study together in a small house at Hitchin, near Cambridge, and after much trouble obtained "extra papers" for the "Previous" or "Little Go" examination, which is the first step to a degree. They were entirely dependent upon the kindness of the examiners for their knowledge of the results of their efforts, but they succeeded in the work they had undertaken, and in 1873 were allowed the use of the papers for the Tripos (or the Honours Degree) on the same lines.

By this means, in 1880, Miss Scott received

the information that she would have held the proud position of 8th Wrangler had she been a man (!), and by her success largely contributed to the sweeping majority of the Senate which, on February 24th, 1881, formally admitted women to the Tripos examinations, but excluded them from the mere Pass degree. But by this time the tiny College at Hitchin had been succeeded both by Girton and Newnham Colleges. The former was opened in 1872 for nineteen students, and it is said that many a friendly professor and future student visited the buildings for the pleasure of laying a few stones with their own hands. Since then both colleges have been enlarged, till they have rooms sufficient for over two hundred and fifty students, and the newcomers are in danger of forgetting how hard a fight had to be fought for the privileges they are enjoying so light-heartedly.

A like story could be told of the genesis of Lady Margaret Hall and Somerville Hall at Oxford; but I must not dwell longer on this part of my subject except to add that although both the Cambridge and Oxford Universities now allow to women every opportunity of preparation for the Honours Degree and also admit them to the examinations and inform them officially of their place, yet they still rigidly exclude them from the degree itself. That is to say, they allow them the substance but not the shadow, as the two combined would admit them to the governing bodies of the Universities, and also make them eligible for their various bursaries and emoluments.

London, in spite of its early refusal, was the first to throw wide its doors to women. In 1878, by a Supplemental Charter, every degree, honour and prize awarded by the University was made accessible to students of both sexes on perfectly equal terms. Working purely as an Examining University, the difficulties in its way were fewer, and so popular has it become that last year some eighty-one women obtained their Bachelor Degree in Arts, and some twelve in Science.

The same good truth can be told of the smaller Universities in Scotland, Ireland, and Wales. To-day, those Universities which are privileged to grant degrees, do so for women on exactly the same terms as men, and freely accord to both alike the liberty of "cap and gown."

We come next to the question of the rival advantages or disadvantages of the different degrees, and here it had better at once be laid down in warning that no degree ought to be regarded as the aim or end of study. At best they can only act as guides, and the woman who works for a degree rather than for the perfecting of her own powers for service is degrading one of the grandest movements the world has yet seen. Head mistresses have already learnt that the mere possession of a degree is no proof in itself of a real education that shall fit a woman for the education or drawing out of others. Moreover, if there is

no royal road to learning, there are assuredly many to its love; and to "cram" and "grind" for a degree is one of the last methods by which the honest love for her subject, which every true teacher needs, can be obtained.

For this reason, therefore, the Universities which supply teaching as well as tests, and enable their students to live a corporate, student life, as well as to acquire knowledge, are in every respect the best friends of the Higher Education of Women. And in this respect the Cambridge and Oxford Degrees, which imply three years' residence at least, rank naturally above all others. Three years' mid classic shades, with wonderful traditions of the great men who are gone making sacred every tree-lined avenue and old-world cloister! Three years of perfect freedom for faithful, steady work at one group of subjects, such as modern languages, natural science, classics or mathematics. Three years of intercourse with men and women of wider thought and nobler powers than one's own, and fellow-students to hold one's hands by the way.

There may be dangers lurking in the very delight of the life. It is possible to begin to mistake the University for the Universe, and to grow conceit in the sense of privilege rather than humility in the sense of responsibility. It is possible to become absorbed too much in one subject and to lose sympathy for all others. It is also possible that women having once experienced the gladness of intellectual life may lose their balance a little and grow careless of the home duties which every woman, more or less, is called upon to fulfil.

But, on the other hand, there is the danger of life without colour; of an existence that has been given so little that it has little to give. To attempt a high standard in many subjects is often to fail of a thorough grasp of any one; but the conception of woman's work which confines her interests to the food, clothing and shelter of one particular household has been so often proved to lead to such sorry results, that it need only be mentioned here as an excuse for the inevitable reaction it has produced. Every day the world will grow more grateful for its "educated" women, and realise more clearly the meaning of the term.

From this point of view women have every reason to congratulate themselves on the number of institutions which are growing up in connection with the London University, and trying to supply its lack of corporate life. In London there are the Queen's and Bedford Colleges, where women can live and work together with the best kind of help for the degree they have accepted as delimiting their line of study: and near Windsor is the Royal Holloway College, opened in 1886, with Miss Bishop at its head, a vast building with some thousand rooms and three thousand windows, capable of accommodating over two hundred and fifty students, but as yet a little uncertain as to its special purpose and methods.

Other universities are following suit, and at Cardiff, Dublin, Edinburgh, St. Andrews, etc., the woman-student's life is already in full swing, and every new term brings news of fresh departures, and I can only apologise, if, in this brief survey, I have passed over other institutions equally worthy of note.

In comparing, therefore, the relative values of different degrees, the opportunities of preparation and self-culture which are offered must be taken into account; and I was not surprised to hear a head-mistress say that she would prefer an Edinburgh graduate who had been in residence three years to a London graduate who had gained her degree by sheer hard work under private tuition. Much, if not all, of the assumption of the inferiority of the standard raised by universities, other than Oxford and Cambridge, or London, is born of the cant of conservatism rather than of an experience of the truth.

From the report of the Gresham University Commission it would seem that the desire for a university training as well as for a university degree, has brought us near to the day when the London Senate will be compelled either to enlarge its sphere of work and inaugurate a residential university of its own, or to see another and newer body of men and women take the work out of its hands.

I know that to many earnest women the need for a degree, if they are to secure posts afterwards as teachers, has seemed so urgent, that they have worked for the London degree with hardly any outside help, and tried to fulfil a long day's duties besides. They have had no money to secure them the three quiet years of preparation which another university would require, and have set themselves to a task which only those who have watched its results in worn faces, dull eyes and bent shoulders can fully appreciate. A degree so won I do not hesitate to pronounce a very doubtful gain. Only the ignorance of the outside world can value it above a healthy happy effort at spending one's leisure time in self-culture. A holiday abroad, "reading, observing, thinking," as Matthew Arnold has it, and the companionship of thoughtful men and women may do far more for the would-be teacher and those about her than the mere hall-mark obtained under such sorry conditions as I have mentioned.

But better days are dawning. The spirit of a true democracy is fast equalising the opportunities of education, and offering them as the best gift a state can give to its citizens, instead of leaving them, as they used to be, almost a special privilege of wealth. The opening of university degrees to women is only one sign of the times. It remains for the women who have gained them to prove that they are but the outward sign of that "culture" which must ever work "to humanise knowledge, to broaden the basis of life and intelligence, to diffuse sweetness and light, and to make reason and the will of God prevail."

"BLIND."

SING to me, Child of light!
 Thy face I see not—sing!
 Till o'er the blackness of my wintry night
 There floats a dream of Spring.

Sing of the Saviour's Love,
 Mine eyes His hand hath bound
 That so mine ears might quicker catch above
 His coming footfall's sound.

Sing! though the winds still sigh,
 Sing! though still dark the night,
 He cometh—He Himself our tears shall dry,
 They only hide the Light!

C. Y. F.