

of brothers and sons. Men are moulded by women to an extent few of them would be willing to own. Let us look to it, therefore, that we who are mothers do our utmost to rear a generation of women worthy to mould the men of their day. And before all things, let us mothers worthy to mould the men of their day. And before all things, let us remember that this work of moulding is, or should be, essentially passive and unconscious—that it lies in being rather than in doing; for it is too true that the over-active brains and bodies of our present-day daughters tend to keep them so continually occupied in doing, that the duty of merely being gracious and restful and intelligently sympathetic is apt to get thrust aside and neglected.

But, to return to our main question, why is it that the average daughter of to-day so frequently proves an unsatisfied and unsatisfactory element in the home circle? The answer is not very far to seek. Compare for a moment her life, and the general scheme of her education, with that of her mother or grandmother, and you will see at a glance that the main difference between them lies in the fact that whereas in the sixties and seventies a girl was essentially a home produce—her interests, both in respect of work and play, being centred in and about her home—those of the twentieth century girl are most often centred entirely in school and in athletic games. Such minor domestic duties as may be required of her during the brief time spent at home are apt to be looked upon as "a bore," or as a waste of valuable time that might be spent upon matters more important; which, being interpreted, means more interesting or exciting. And with what result? "Many a mother," writes a woman of wide experience among modern girls, "is looking forward with more dread than pleasure to her daughter's return from school or college, because she knows that the neighbourhood is so quiet, and there is so little to do; and the home life, which is both a duty and an advantage to a girl, will probably seem an intolerable burden."

Surely these things ought not so to be. Home life is not only a woman's highest sphere; it is the finest possible training-ground for her after-life and work, however far afield these may carry her. Almost all girls in these days go through a phase of supreme contempt for what they are pleased to consider the pettiness of home life; they have the natural aspiration of the young and confident for wider fields and larger issues. But even this phase, if wisely handled by a loving and understanding mother, may be converted from a stumbling-block into a stepping-stone; for now is her opportunity to point out what a very poor foundation for public work is made by neglected work at home, since "no one is good for much except those who have so filled the smaller sphere of home life that it seems almost impossible to spare them." It is well to

bear in mind, also, in this connection, that "the smallest duties will be large enough to occupy a girl's energies, if only sufficiently large principles are involved in the doing of them." But unless you have first trained your own mind to perceive these same principles—which are, as it were, the soul of life's lesser tasks—you will hardly be competent, at this juncture, to enlighten or inspire your daughter. One thing, at all events, you can do—you can refrain from jeering at or belittling her young ideals, because you happen to have outlived your own. That way disunion lies; and it is unity—unity of thought, of interest, and of aim—that you must work for, if you desire to be not only her mother, but her best and truest friend.

And friendship between parent and child, remember, setting aside that which springs naturally from sympathy of temperament and tastes, is the outcome of happy early associations and companionships; of hopes and pleasures shared together; of respect on the one side, and confidence on the other. If desired, it must, like everything else in this world, be worked for in the right way. One does not plant wallflowers and expect sweet peas to spring up; yet there are still too many mothers who act more or less on this principle in regard to their daughters; who supply them with irreproachable nurses and governesses, and as soon as they enter their "teens" pack them off to a first-class boarding-school; who make little effort to keep in touch with their varied interests, and are ultimately more or less injured and surprised to find that this seemingly excellent process has not converted them into charming, ready-made companions and friends. If a girl is to love her home and her mother she must of necessity see a good deal of both during those most impressionable years, between thirteen and eighteen, when the child in her is giving place to first dim dawnings of womanhood; and the greater part of these, according to the above conventional programme will inevitably be spent at school.

Let it not be supposed for a moment that I underrate the obvious advantages to be gained by a short spell of school life, more especially for only girls, or the physical value of outdoor games, in moderation. "But," I am quoting a woman more experienced in these matters than myself, "there is a very great need to protest against games becoming athletics. Athletics have diminished the intelligence of the average man, if University tutors are to be believed. But, at least, he can generally stand the physical strain they involve, while his sister will suffer in mind and body. It is curious that in this age of violent outdoor life we hear of so many girls needing rest cures, and suffering from nervous collapse."

The substitution of gardening, where possible, for more violent forms of exercise, would prove a double blessing both for mother and daughter, for its advantages are manifold. It can be shared, despite disparity of age; it exercises mind as well as body; it is eminently wholesome and health-giving; and, last and best of all, the love of it tends to

keep a girl happy at home—a consumption by no means easy of achievement in these bustling times.

When all is said, my chiefest plea for the daughter of to-day is that, school or no school, games or no games, she shall be so reared that home stands first in her life and in her heart; that she should not be sent to school, unless necessity compels, till her moral backbone is at least partially formed—namely, after her confirmation; that she should early be made to realise the truth that, "to beings with minds and souls, the animal life is valuable only in so far as it supplies vigour for the intellectual and spiritual life;" that a special point should be made of teaching her betimes the priceless art of using her leisure in a manner conducive to mental growth; that, in short, she be so widely and wisely educated that the duller neighbourhood, and even advancing years, be robbed of their power to depress. All these things demand much personal care and thought and devotion on the mother's part; and it is unhappily true that the modern mother is apt to be every whit as deeply absorbed in her own particular fads—be they social, intellectual, or political—as the daughter herself.

Heart" or "Beer Heart." It has also recently made its appearance in London, and is supposed to be developing in every American city where malt liquors are drunk to any considerable extent. So far the experts have not been able to ascertain the precise cause of the peculiar condition of the heart. Its prevalence in London has been commented on by Dr. W. Hale White.

About all that is yet definitely known about "Beer Heart" is that it is developing wherever there is a very heavy consumption of beer.

The patriotic doctors of Munich insist that a better classification of the affection is one which ascribes it merely to over-indulgence in alcoholic drinks. Dr. Hale White declares that the disease is well known where beer is drunk to excess, but rare where other alcoholic beverages are taken to excess, this fact giving rise to a very strong doubt as to whether alcohol is at the bottom of the trouble.

Professor Krehl doubts if the symptoms follow excessive drinking, and says he never knew a case to result from whisky drinking. Professor Strumpell, in the Erlangen clinic, told Professor Osler, the celebrated American professor of medicine, that the "Beer Heart" was very common among workers in breweries.

The autopsies show an enlarged heart, without any renal or valvular disease to account for it. It is said the carbohydrates in the beer are the secret of the mysterious disease, but the German sharps ask: "Why do not the carbohydrates in potatoes give the same kind of a heart to the Irish peasants?"

Has Your Husband the New Disease, Beer Heart?

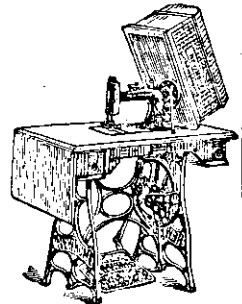
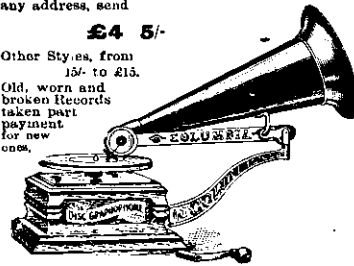
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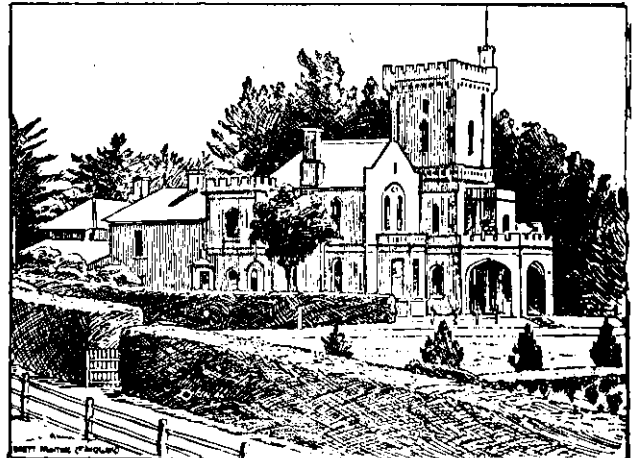
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