

Paris—Hotel for Ladies.

CENTRAL, NEAR LOUVRE.

Comfortable Room, with or without board, from 3 to 8 francs. Ladies and families. Paris Branch of W.C.T.U. Temperance Restaurant. English Reading Room. Moderate Terms.

Apply (enclosing 2½d. stamps), LADY SECRETARY, 205, RUE ST. HONORE.

THE WOMAN'S SIGNAL

A Weekly Record and Review devoted to the interests of Women in the Home and in the Wider World.

Edited by
MRS. FENWICK MILLER.

No. 165, VOL. VII. REGISTERED AS A NEWSPAPER. FEBRUARY 25TH, 1897. Every Thursday, ONE PENNY WEEKLY.

Principal Contents of this Issue.



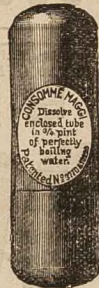
- A Book of the Hour: "Charles Dickens at Home," Reviewed by Mrs. Truscott Wood.
- "Nurses a la Mode;" Reply to Lady Priestley, by Mrs. Bedford Fenwick.
- Health Missioners for India, by Miss Florence Nightingale.
- Art of Attaining High Health: State of the Mind, &c.
- Girls at a Cookery School.
- Women and Scientific Housekeeping.
- Our Rulers: Are they Capable?
- The Suppression of Pertness; by Mrs. Scovell.
- Signals from Our Watch Tower:
- Who Supported the Women's Suffrage Bill?
- "Old Women," an Appeal to Girls; Women as Canvassers in Elections; Miss Beatty and a Society for the Protection of Hospital Patients;
- "Victorian Era" Lectures; Lady Henry Somerset and the Statue of Jesus Christ at Duxhurst; Mr. Moody on "Breaking up Homes," etc.
- Current News for and About Women.
- Treasures and Troubles: Chapter IX.
- Economical Cookery: Cold Fish.
- What to Wear (Illustrated).
- Open Column: Women's Suffrage; Sandals; Civil Service Appointments.
- &c., &c., &c.

Maggi's

CONSOMME.

In Gelatine Tubes.

Boxes containing 10 Tubes, 1s. 8d.; Post Free, 1s. 10½d.



Maggi's

FRENCH SOUPS

(34 Varieties).

In Packets of Six Tablets, each Packet 1s. 4d.; Post Free, 1s. 7d.



Of all Grocers, Chemists, and of the Sole Agents,

COSENZA & CO.,
95 & 97 Wigmore St., London, W.

Where frequent free demonstrations are held. Cards of Invitation to which will be sent on Application.

Paris Kid, 2/11, 3/6, 3/11, 4-Button. Paris Suede, 2/11, 3/6, 3/11, 4-Button. Chevette, 2/11, 3/11.

Price Lists free on application.

GLOVES * GLOVES * GLOVES

Of any make fitted on previous to purchase at
J. S. GREGG'S (FIRST FLOOR), 92, New Bond St.

NURSES A LA MODE.

MRS. BEDFORD FENWICK'S REPLY TO LADY PRIESTLEY.

In the Nineteenth Century, the same quarter in which Lady Priestley's attack on modern trained nurses appeared...

"We are told that in all Roman Catholic countries a 'holy combination' of nursing and theology 'still goes on'...

"As a rule, it is quite impossible for private nurses to save anything, and if the niggardly 'guinea a week' which Lady Priestley desires them to receive...

"It is an elementary principle that a good article is rarely cheap; and in sickness, when not only the comfort of the patient, but even his life or death may depend upon the carefulness, the obedience, and the experienced devotion of the nurse...

"But the article is question will probably be very valuable to trained nurses as a class. The explanation of the apparent paradox is very simple.

"Probably, however, the sweeping character of the assertions made has already tended to make the general reader doubt whether nurses as a class can be so utterly bad as they are painted.

"At present any woman, although she may be destitute of knowledge, or of moral character, or of both, can without let or hindrance term herself a trained nurse...

or 50 applicants, she will be admitted as a probationer. She will then be required to rise about six o'clock in the morning, to live on particularly simple fare...

"As a rule, it is quite impossible for private nurses to save anything, and if the niggardly 'guinea a week' which Lady Priestley desires them to receive...

"It is an elementary principle that a good article is rarely cheap; and in sickness, when not only the comfort of the patient, but even his life or death may depend upon the carefulness, the obedience, and the experienced devotion of the nurse...

"But the article is question will probably be very valuable to trained nurses as a class. The explanation of the apparent paradox is very simple.

"At present any woman, although she may be destitute of knowledge, or of moral character, or of both, can without let or hindrance term herself a trained nurse...

certificates can be, and have been, forged or stolen and used to obtain positions of great trust, to the manifest disparagement of genuine certificates...

"That indictment describes the Nurses a la mode, whom Lady Priestley, like others, has confounded with trained nurses; and it is valuable for the latter class to have the impostors exposed in so telling a fashion.

MOTHERHOOD.

NATURE holds a mother close. She has no choice. The passion of motherhood begins to mould her before ever the child is put into her arms...

GROPING.

By CHRISTINA ROSSETTI.

I HAVE done I know not what—what have I done? My brother's blood, my brother's soul, doth cry: And I find no defence, find no reply...

Among the replies to an advertisement of a music committee for a "candidate as organist, music teacher," &c., was the following one: "Gentlemen, I notice your advertisement for an organist and music teacher, either lady or gentleman...

HEALTH MISSIONERS FOR RURAL INDIA.

By MISS FLORENCE NIGHTINGALE.

(From India.)

MISS FLORENCE NIGHTINGALE, shut up in a sick room, and over seventy years of age, retains her interest in the progress and happiness of mankind.

"My proposal was that a system of simple and popular health lectures should be organised, to show the villagers the need of (a) a pure water supply, (b) the removal of refuse and (c) the diminution of overcrowding...

watch this seed germinate, shoot up the tiny flower, and in time bear the much needed fruit! This is a beautiful process, and the only one that is natural.

THE ART OF ATTAINING HIGH HEALTH.

No. VII.—By THOMAS WALKER ("The Original.")—Conclusion.

STATE OF THE MIND, &c.

ATTENTION to health has a powerful influence on the state of the mind, and the state of the mind has a powerful influence on health.

Where there is nothing particularly to affect the mind in the way of good fortune or of bad, of annoyance or of pleasure, its state depends almost, if not entirely, upon the state of the health...

It is good not to seek after those things the disappointment of missing which is greater than the pleasure of attaining; and such is the case with all the vanities of the world.

The greatest of all arts to prevent unhappiness is not to place too much value on the opinion of others. Here is the grand source of all anxiety, the thinking what others will think; and that is the feeling which is most unfavourable to real health.

have heretofore enlarged in several places upon the great, and often sudden, effects the state of the mind has upon that of the body...

The state of the atmosphere has influence upon the health in various degrees. No one is entirely independent of such influence; but the more we attend to the due regulation of our health, the less we feel outward changes.

I believe that moderation in liquids is one of the best preservatives against such evils; I mean liquids of all kinds, for some people think that it is only the strength of liquids that is prejudicial, whereas quantity is to be guarded against, as well as quality...

Besides the ordinary changes in the atmosphere a great deal depends upon situation, and therefore those who are able do well to avail themselves of choosing those situations which agree with them best.

The last subject I have to touch upon in respect to health is cleanliness. It is of great importance, and requires much attention and considerable labour in the advancement towards health, especially in particular kinds of morbid affections; but in an actual state of high health, it is not only easy of attainment, but it is hardly possible to be avoided.

I have now come to a conclusion of my articles on the Art of Attaining High Health. I could have said a great deal more on many of the heads, and may hereafter touch upon some of them occasionally; but as my principal aim has been to put my readers in the right way, and to set them to think for themselves, I have thought it better not to enter more into detail.

"STRONGEST AND BEST."—Health.



FRY'S

PURE CONCENTRATED

COCOA

OVER 140 GOLD MEDALS AND DIPLOMAS.

Everyone interested in Nursing Matters should read

The NURSING RECORD.

Edited by Mrs. BEDFORD FENWICK.

Published every Saturday.

Price One Penny.

Contains all the Nursing News of the week; Articles by well-known Medical Men and Nurses;



Notes on Science, Art, Literature, and the Drama; Hospital News; Discussions by Matrons in Council, etc., etc., etc.

11, ADAM STREET, STRAND, W.C.

THE 'SAFE' PURSE.



Patented by THE HON. MRS. PERY.

Prevents all danger of losing money while carrying it about. Cannot be snatched from the hand. Adjusted to size, leaving fingers and thumb free for other purposes. Safe and convenient for frequent use. No scrambling for pockets. No time lost in opening bags or other receptacles.

To be had at all Fancy Goods Warehouses.

where sample Purse can be obtained by enclosing 3d. extra in stamps at prices from 2s. 6d. to 42s.

DEPOT:

SAFE PURSE SYNDICATE, Ltd.,
7, Wood Street, London, E.C.

"Am delighted with the Knickers, they are such nice comfortable things to wear, so neat and take so little room."—J. D.—YELVERTON, July 10th, 1896.
"If women would wear knickerbockers always, many a chill and internal disease would be prevented."—From *Spinning Wheel*, Oct. 24th, March 17th, 1896.
"I find the 'Kals' a most comfortable wear."—E. M.—DUNBLANE, July 20th, 1896.
"I shall put all skirts aside for the future."—S. T.—ST. HELENS, July 20th, 1896.

If you want
A NEAT FIGURE,
with
FREEDOM,
HEALTH,
AND
COMFORT, wear



'KALS' The improved Knickerbocker for Ladies.
Well made in good materials only, twelve qualities.
Price List post free.
To be obtained ONLY of Sample Pair.
McCALLUM & CO., 3/11
17, Stonehouse, Plymouth. post free.
(State size corset worn and height.)



NEW HARRISON SWIFT GOLD MEDAL
KNITTER
KNITS Stockings ribbed or plain, GLOVES and CLOTHING in WOOL, SILK, or COTTON. INSTRUCTIONS FREE. Lists free per post.
25 TRIUMPHANT AWARDS, including HARRISON and SUN MACHINES.
HARRISON KNITTING MACHINE CO. LTD.
Works: 48, Upper Brook St., Manchester.

GENUINE GRAPE JUICE.

FREE FROM ALCOHOL.

Price List,
250 Testimonials,
Etc.,
POST FREE ON
APPLICATION.

UNFERMENTED WINES

Congress,
Madeira,
Alto-Douro,
Muscat, Marsala,
Red Alicante.

Reputed Pints, 14/- to 20/- per dozen.
Reputed Quarts, 24/- to 36/- per dozen.

EXCELLENT COMMUNION WINES.

SMALL SAMPLES of any four of the above will be sent carriage free on receipt of 2/6 by

F. WRIGHT, MUNDY & Co.
Merton Road, Kensington, London, W.

The above Wines are recommended by the Unfermented Wine Dept. of the B. W. T. A.

"THE WOMAN'S SIGNAL."

A Weekly Record and Review of Woman's Work and Interests in the Home and in The Wider World. Price One Penny, every Thursday, from all Newsagents and Bookstalls (to order).

The "WOMAN'S SIGNAL" is sent direct from the office, 30, Maiden Lane, Covent Garden, London, W.C., post paid, for three months, from any date, to any address at home or abroad, for 1s. 8d., for six months for 3s. 3d., or for one Year for 6s. 6d.

SUBSCRIPTION NOTICE.

Subscribers who desire "THE WOMAN'S SIGNAL" by post from the Office should fill up a Form as under, and forward it with Postal Note for the amount.

To the Manager, "WOMAN'S SIGNAL,"

30, Maiden Lane, Covent Garden, London, W.C.

Please send me the "WOMAN'S SIGNAL," for _____ months.

Name _____

Address in Full _____

Date _____