

# AT THE GIRLS' REFORMATORY

## A PRISON WHOSE INMATES HAVE AS MUCH LIBERTY AS THE PUPILS OF A BOARDING SCHOOL.

A reformatory in which the girls shall be as free as though they were in a boarding school—that is the ideal that prevails at the State Reformatory for Girls at Bedford.

In the first grade, membership in which can be earned by good conduct, the girls are as free as in any private boarding school, except for two things: they cannot leave the place and they cannot visit one another in their rooms.

One may see them playing croquet and games on the campus, practically alone, though a matron is in sight. They cross the campus to the school building, a thing permitted in no other reformatory. There is no restriction in conversation, except in the schoolroom.

"No one can ever do wrong, unless she has liberty," says Miss Katherine Bement Davis, superintendent of the institution. "You cannot say that any one does either right or wrong, unless she has liberty to do what she pleases. My idea is that we cannot tell whether a girl is fit for parole unless she has liberty enough so that we can see how she behaves."

My aim is to fit the girls conscientiously, giving those who show they deserve it more and more liberty, until finally they are almost free. Then, if they do not abuse this, we give them a long parole."

The girls are laughing and chatting gaily about their work and play. They are tending their flower garden, basketball, cottages, they are playing croquet, they are making hats and baskets and dresses; they are doing fancy work.

Some of them decorated the wall with a Greek pattern, neatly painted in a broad band next the ceiling. Mrs. Henry Marquand got an old-fashioned handloom from the mountain weavers of Kentucky. A little English girl was found among the inmates who was an expert card player. She taught others, and now the institution has a beautiful room in the dormitory and sitting rooms.

What sort of girls are these, busy with such proper feminine occupations, whom the State has found necessary to shut up in prison? "They differ just as much as other people," said Miss Davis. "They have their own individual characters, and they come from all sorts of reasons. But certain broad facts are true of them in general way. The large per cent. are very ignorant, 90 per cent. cannot read or write, 100 per cent. are merely literate; they can do no more than read and write. The remaining 25 per cent. have varying degrees of education."

"Last year out of 148 there were six who had been in high school. One girl has been here who had been in a normal school and one who had been in a private boarding school. But very few of them have stayed in school after the age of 12."

"Even more general than their ignorance of books is the entire lack of skill among them. All are unskilled workers, earning the lowest wages given."

"Nearly half are servants of the most unskilled description. They earned not more than \$3 a week and their board. A very few girls make \$5 a week. A very few very few we have had here could earn \$10 a week."

"The use of better education has seldom better earning capacity, owing to some fault of training or disposition."

"Asked in a broad, general way the best way to keep a girl out of prison, I should have to answer, Give her the ability to earn decent wages. It is not that the higher wages would keep her out; but the higher wages commanded the higher wages would. In the vast majority of cases, her only sale in the wage-earning world."

"Of course, there are exceptions. There are a few women who have had good homes and have good earning capacity that are sent here. But in those cases there is some personal weakness which explains the exception. We have had just one skilled worker here, a competent dressmaker; and she was here only because she could not control the drink habit and a trade in the lack of education and a trade in the most general truth about them is a bad bringing up. Not one among them, no matter what her education, has ever learned self-control. From the cradle up they have acted on the impulse of the moment, without any plan or principle of conduct."

"Very often there have been sad and sordid home histories; one or both parents, or they fought and quarrelled. I had one girl here who was deliberately sold her at the age of 14 and pocketed the cash."

"I had one girl here whose father and brother were as nice men as I ever saw; and another whose mother was a most able and conscientious woman, holding a position of responsibility and trust in a Western city. But generally speaking, bad girls mean bad parents behind them."

"High rents are a fertile source of ruin to girls. It is so much the actual crowding of the tenements itself, although that makes them familiar with evil from childhood up, as the impossibility of any social pleasure in the tenement homes."

"There is no play for the girls to entertain company or have a good time. So they go to the streets and the public dance halls. We have had girls here who had spent almost every waking moment of their lives on the street."

the public dance halls. Her father was determined she should not go to them and finally tried to compel her to stay away. Father than give up dancing she ran away from home.

Then the incessant dancing and chasing after amusement every night make the girls lose their places. None of them are really strong and well. Many of them have miserable nervous and physical conditions, the consequences of malnutrition, unhygienic surroundings and inherited weaknesses."

"They could stand their work alone, or their amusement alone. But when they try to combine the two, they break down and lose their places. With no money in the pocket, illegitimate means of livelihood come very quickly."

"Those who do the worst things are not always the worst girls. One day the mother of one of our girls came up here and said to me, 'My daughter, a girl of 15, was one of the worst women that I ever knew; worse than many middle aged criminals. The murderer, a girl of sixteen, had been led away by her affection for one man; her father and despair at her situation were such that she killed her baby. She was the only murderer we had, yet she was not a corrupt girl and she was not a prostitute.'"

"There was another girl, one of our educated ones. She came to New York from the South and was of a good family. A courtship of her better position than her own began to pay her attention. She earned very little, and she was extremely anxious to make a good appearance before him. She stole a watch and chain at her boarding place, and pawned it to get money to look well before him."

"She knew perfectly well that her act was both a crime and a sin. She could not explain her action, and she could hardly explain it either. She simply yielded to temptation in a moment of weakness."

"Almost all of them are going to marry her, and that will break her all up. A good many men, though, husbands, lovers, fathers and brothers, have shown themselves very unfaithful to women here. I have been surprised at times."

"Generally speaking, the girls divide into two classes, as to temperament: first, those of fine minds and weak will, and second, those of dull minds and strong will. It would seem as if the second class, stupid and obstinate, would be the most hopeless, but it is not so."

"The dull minded and strong willed type is most noticeable among the Hungarian and Polish girls; so much so that I sometimes wonder if we understand them, if we get their point of view."

"These girls are all egotists, all individualists. They all have an exaggerated idea of personal merit, and they will argue to them. They are ready with all the arguments in their own defence."

"Our system? We try to improve their bearing, create moral sense, and develop unused brain areas. There is no trouble about getting them to work with their hands. They love to make baskets and hats, to make all their own clothes, knit their own stockings, raise their own vegetables, do all the housework, and so on. The world owes what they have most of anything is to study. I insist on their spending a part of every day in study. I don't care what they do so long as they use their brains on something."

"Each girl on entering is placed in the middle class. She can work up or down, as she chooses. If she shows promise she has fewer privileges. If she works up, she has more privileges, and the chance of quick parole."

"Results? Well, the amount of liberty they enjoy and do not abuse is the most marked. I do not know any other penal institution where there is so much. And we give long paroles, a year or more, purposely to test the girl's power to use it wisely."

"It is more risky for our statistics. Our records won't look as well on twelve months paroles as they would on three. Many who could keep a three months parole fall down before the year is up."

"But that is what we want to find out—whether the woman is fitted for full liberty before we give it to her. We never let them go without a place to go to, and it is a good commentary on the value of domestic service that, while other occupations are largely closed to our parole girls, we have more applications for servants than we can fill. People will employ a woman from a penal institution into their own homes when they will not take her into their shops or offices."

"It is of interest to temperance advocates to know that of all the cases of habitual drunkenness sent out on parole last year, only one did not drink. It was one of thirteen cases of parole broken seven years by such cases. Four women who had to come back were quiet, respectable, hard-working women, perfectly able to earn a living if they had not drunk alcohol."

"I wish some one could be passed that would check the lawyers in their practices. Not a girl comes up here who has not her bag full of cards and letters of lawyers, offering to get her out for a price. The belief that if they only have money to employ a lawyer they can get out of jail is a very common one, and makes every effort for their reformation harder."

### THIS LAND'S 20,000 BANDS.

FOR THEM THE LATE P. S. GILMORE IS LARGELY RESPONSIBLE.

They Are Also In Part a Legacy of the Civil War—Birth, Rise and Glory of the Village Band—Famous Bands of Europe—American Bands in the Lead.

"Among the musical attractions at the St. Louis Fair," said a well known bandmaster, "will be the band of the Garde Republicaine of Paris. It is generally recognized in Europe as the most finished and superb of all bands in the Old World, and of recent years one of the two American bands have earned the right to lead the procession."

"But there is no question as to the superiority of the Garde Republicaine in Paris. When it visits America it will consist of seventy musicians, its usual complement being sixty men."

"This will be the second visit of this celebrated band to America, the first being its attendance at the Gilmore festival in Boston some thirty years ago. Many of the novel effects used by American bands to-day were learned from this noted organization."

"The band of the Guides in Brussels is probably the closest competitor of the Garde in Europe. The Grenadier Guards band of London also occupies a very high position."

"There are two bands of the higher class in Berlin and several in Vienna which have international fame among musicians. The band of the czar of Russia occupies a leading position, and to those who like Oriental discord the semi-barbaric music of the band of the Ameer of Afghanistan is not to be despised."

"How many bands are there in America?" asked the reporter. "Roughly estimated, I should say there were about twenty thousand bands in the United States," replied the bandmaster. "I have never been in a town of fifteen hundred inhabitants without finding a band there. A town containing from five to ten thousand inhabitants usually has at least two bands."

"A remarkable impulse was given to the formation of bands in America by the war of the rebellion. In order to recruit the bands in the army it was necessary to call upon the various regiments for volunteers to act as musicians. In this manner the bands of the army were organized, and many of the best bands of the country became passable players."

"After the war was over these men were scattered to their homes throughout the country and took with them the liking for brass music which they had gained upon the field. During the occupation of New Orleans by Benjamin F. Butler, the late President Seward, and the late President Grant, the city in which some forty military bands participated."

"This jubilee had a great effect upon this line of music, which has increased steadily ever since. The mammoth jubilee held in Boston after the war, to commemorate the centennial of the city, was the first of the kind. It was a system as that followed by the Millard instructor."

"His schoolroom is a miniature exhibition hall, and contains all of the national productions of the vicinity, samples of the pupils' handicraft in mechanics and the result of experiments in horticulture."

"How many men usually constitute a country band?" asked the reporter. "The lowest number constituting a full band is fifteen men," was the reply. "In the larger towns of twenty to thirty men, and in some cases as many as fifty men can frequently be found in a village band."

"These bands are supported in a great measure by the towns and villages in which they are organized. It is quite a common custom in the country districts to give the band a yearly benefit."

"A rehearsal is held once or twice a week, and after a few weeks of practice the band is able to play 'The Star Spangled Banner' and a few other popular airs, to the delight of the citizens. In the majority of cases, nothing about music as an art, but appreciate the discord because of its patriotic intent."

"The instruments used in a country band are usually bought at second-hand from a dealer who has taken them in exchange. The price paid is usually from \$10 to \$15 for each instrument, and the value of brass instruments is found by consulting the 'Yellow Pages' of the telephone directory. He may be a carpenter or even a shoemaker, but he fills the want."

"He engages himself for a small salary to lead the band, and is usually paid by the village as a clerk or schoolteacher, and the two jobs furnishing him with a living income. He begins his instruction by giving a few lessons to the pupils, and then he is left to his own devices. It is necessary in these cases, because a young man won't remain in the band long unless after a few weeks practice he can play what he calls a piece."

"The yellow pages were organized for a year, the country town will hold what is called a band tournament. This is usually held in connection with the agricultural fair."

"The bands from all the towns and villages, sometimes to the number of twenty or thirty, will assemble in a single village, and will inevitably be filled with the most torturing discords. Prizes ranging from \$100 down are offered, and a skilled musician is called in to decide on the merits of the so-called music."

"I have myself received as much as \$100 a day to act as arbitrator. At other times

### TAKE A WALK WHEN IT RAINS.

A KIND OF TURKISH BATH LIKED BY THOSE WHO HAVE TRIED IT.

You Don't Carry an Umbrella, and You Don't Get the Rain—One Pleasure Comes at the End of It, Another From Seeing the City Under New Aspects.

For New Yorkers of health, spirit and activity there is nothing like the rainy day walk.

It should be taken on a cool summer or autumn day when there is something more than a drizzle and less than a downpour. The things needed are suitable dress for walking, and a proper change of clothing when the walk is done.

Light flannel undergarments, outer garments of moderate weight, nothing starched, and well seasoned, comfortable shoes are suited to such an expedition, whether the pedestrian be man or woman. There is no objective point than a hospitable house in the northern suburbs, where a bathtub, an open fire and suitable liquid refreshment await the travellers.

From the lower end of Central Park to the upper parts of the Bronx is from ten to twelve miles, with the possibility that the route may be lengthened by devious ways. Such a route should give the pedestrian a brisk walk of 4 to 4½ hours.

The opening of the walk through Central Park is delightful, because the Park on a rainy day has a peculiar charm of its own that few persons know.

Vehicles are then few and pedestrians even fewer. Perhaps the only persons that the rainy day walkers in the Park will encounter are those whom business drives out of doors, and a few who know the delight and wholesomeness of occasional exposure to the elements. There are some hundreds among New York's millions who have discovered how good it is to be wet to the skin by the rain of heaven.

As a matter of fact the rainy day walker in good health is hardly conscious of being wet to the skin. If, indeed, that becomes his literal condition, for the warmth generated by the body in motion expels the moisture of the rain and substitutes for it a dry and suitably light atmosphere.

The whole body is in a pleasant, moist glow, and the thing is like a peripatetic Turkish bath, and perhaps as wholesome, provided there is no cause that gives the body a chance to reduce the temperature of the walker.

Moving briskly in this self-created atmosphere jacket, and talking freely with one's companions, the pedestrian gets relief of the rainy miles unconscious of fatigue and cheered by an ever-changing scene. It is possible to make a large part of the journey either on park lands, through fields and byways that are essentially rural.

If the pedestrians choose the Aqueduct as the point of the walk through Central Park in less than three and a half hours and can go east, west or north most of the time through fields or woodlands, amid the trees, the dripping leaves, fullthroated brooks and soothing damp winds.

There is time enough meanwhile to note the color of bird and beast in the rain, to conduct curiously different from that of sunny days, and to observe the behavior of the foliage under the influence of the storm. The fact that the rainy day walk is an instruction in nature in one of her intimate but unfamiliar moods, and an experience that the man or woman who has not tried it before will never forget.

The hostess should have a hot water bottle, the rainy day pedestrian will have the hearth fire going, the kettle on the hob and the bathroom duly prepared. The walk should be completed by the time the evening meal, so that the inner and outer man and woman may be refreshed with fire, drink and tepid water, and the pedestrian may rest in the warm, dry, and warm garments. Perhaps a fifteen minute nap will add to their comfort.

The hostess should lay in no scant supply of food for the evening meal, for such a walk whets the appetite amazingly. Finally, the guests should come prepared to spend the night in the suburbs, for the return journey in the city by steam car or trolley is decidedly tiring after the fatigue of such a day, and it doubles the hygienic value of the expedition for the pedestrians to go to bed early with the memory of the glowing hearth and the rainy outside atmosphere in mind, and to wake, not to bric and mortar, but to the fresh green charm of the remote rural suburbs.

Properly performed such an expedition is worth a week's holiday, and if it come at the week end, so that there remains a whole Sunday and two nights of suburban peace, it is worth even more.

Securing Immunity From Tramps. From the Philadelphia Record. "We owe our immunity from tramps to pastry," proclaimed a recently married man. "Neither will the tramps nor my wife made the pastry. It was my wife. To begin with, she insists upon the pastry. She makes cakes, and even pies, but she always forgets this important ingredient, so one time a tramp came in as heavy as lead, and the next as wet as water—this is when she is stinky with the flour."

"I happened early in our game of house-keeping a tramp applied at the back gate for something to eat. My wife said she was sorry, but there was nothing to spare, and in retreating to me she added that everything she had was too fine to spoil by cutting. She then insisted on making the bread, and discovered its leaven quality, and I rushed out to him with it, telling her that selfishness in the kitchen is a bad habit. Now, whatever that tramp told his brethren I don't know, nor do I care, but if he had made no more than ordinary noise in walking the pavement, I would have been organized for a year, the country town will hold what is called a band tournament. This is usually held in connection with the agricultural fair."

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### THE CAMERA IN SCHOOL.

Idea of a Missouri Teacher in Which the Pupils Are Interested.

MACON, Mo., Aug. 6.—Prof. J. Green Mackenzie, a young teacher in charge of the rural school at Millard, just north of here, uses a camera as an important accessory in his work. The object of the camera is to intensify the interest of the pupils.

A class is assigned to decorate a window by training vines around it and arranging ferns. Another class is put to work at developing a flower bed on the front lawn. Others draw maps of continents, islands and seas, or pictures of houses and natural scenery. In the woodworking department scroll brackets, paper racks and centre tables are made with fine saws and sharp knives.

Photographs of the best of the finished product are taken by the teacher. They are mounted on heavy cardboard and are displayed in frames in country stores, post offices and public places.

When each class executing a special project is finished, the teacher gets several pictures for distribution among friends. The pupils know that to receive the distinction of being photographed, their work must be above the ordinary. It would surprise old fashioned pedagogues to see the way tiny chaps of from 5 to 8 to wit with knitted brows to mold out of clay pitchers, jugs, vases, pedestals and statuettes, all animated by the hope that their work will go into the picture.

When a pupil had advanced far enough in Prof. Mackenzie's school to spell "botany," he was sent him out to weed the garden that he might acquire a practical knowledge of the subject suggested by the word. The Millard school-teacher has improved on Dickens's character by taking the whole school into the woods and there instructing his pupils.

The introduction of the camera into the schoolroom is a miniature exhibition hall, and contains all of the national productions of the vicinity, samples of the pupils' handicraft in mechanics and the result of experiments in horticulture."

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### Fads of the New York Girl

NOW SHE GOES SWIMMING

The New York girl has found a healthful, splendidly invigorating sport that won't make her waist large. With hoopskirts coming in, she must have a small waist at all hazards—and that settles her. There's no waist developer in the world like tennis, and enough rowing would make the New York girl's figure one vast, dreary waste of waist.

Swimming is the necessary, discriminating exercise that she seeks this summer, as swimming is the only athletic sport that doesn't misdirect half its energy, that can be trusted to develop the chest, strengthen the spine, round the arms and supply at once color, tan and a fine breathing capacity without developing a mortifying tendency to amplify the waist and shamefully increase the ankle girth.

Even Science would seem to have fallen under the spell of the new craze. Who but Science has for generations preached against the small waist? Yet no sooner does the metropolitan maid discover that a small waist is necessary to her happiness than Science gallantly lays aside all prejudice and hastens to her support with the comforting assurance that swimming will not increase her waist line, and that it is also the most healthful of tested sports.

From the laboratories of one of the big universities comes, just in the nick of time, the report that has made so interesting a discovery. It has been made to test the relation of health giving values of the various outdoor sports. Microscopic analysis of the blood of athletes before and after different kinds of exercise has developed the important fact that the percentage of red blood corpuscles showed the greatest increase after a short swim, indicating that swimming is not overindulgent in, is the most generally beneficial sport, and acting on the circulation, digestion and coöperation than tennis, golf or rowing.

It is all very well and important so far as it goes; but, great as is the microscopist, there are heights of knowledge to which he may not climb, and the greatest value of swimming to the human race it has remained for the New York girl to discover.

She did not acquire her information by a series of tiresome experiments in a laboratory. Not at all. Her intellectual methods had been used and more along the impressionistic line.

She had to learn to swim to be her own "skipper" on her new motor boat, and she picked up the discovery about the real value of swimming merely while picking up a new fad.

Until this summer the New York girl, as a rule, has had the smart, Trouville attitude toward swimming. Her interest has been sporadic, and her lessons, as a rule, she is an opportunist. So she talked about swimming condescendingly, because it meant prettily audacious beach clothes, though her swimming record could have been made in a bathtub.

The motor boat has changed all that, and the motor boat just now is the very latest and most desired possession, and one or two of the pioneer women in original deeds own them, and run them, too. Now you can be your own chauffeur, or "skipper," as the New York girl puts it, unless you can swim, for motor boating is a dangerous sport, and you don't need to know so much about running the boat as you do about swimming afterward.

And in this roundabout way we get back to swimming and the slender waist. With her determination to learn to swim, and to swim well, the New York girl decided from the start that her lessons should not be the work of women or the sport of men. She would not allow herself to be hung from a ceiling over a tank, nor would she dive into deep water with the superstition that necessity is the mother of invention.

Necessity won't teach a good leg stroke, nor can fear be galvanized into courage because there is an admirable opportunity to be had. Neither will the New York girl go out on rafts with jocosse friends, nor will she believe that her lover can, perforce, teach her to swim because "it would break his heart if she should drown."

At the start she superintended very largely her own instruction, and that began in shallow water. She remembered that, as a rule, she was apt to be distrustful and suspicious of people until she knew them pretty well, and from this she argued that certain cold civility from the ocean was because she was barely acquainted with it.

And the first swimming lesson which she gave herself was as it were, a letter of introduction to Father Neptune. Without rope or life preserver or lover, she waded out about to her shoulders, then very slowly ducked her head under water, slowly opened her eyes, without straining them, or staring, and looked about for a second.

Before she could get dizzy or frightened, she raised her head and briskly stirred the water, and, finding herself unharmed and very much interested, she repeated the operation several times, resting a few minutes between times, until she found that she could

the cold air and into the hot air—the big year round." "The answer was his face every day with a heavy father of pretty pure soap. Then he washed it off with many hot waters. The result was that he always had a clear, pure looking skin."

"To be sure well of getting a pure soap. The next time she waded out in many hot waters. When she had finished, she was finer and smoother and softer than it had been in many a day. She kept it up, and she was never again on a raft. Then there are special face lotions easily prepared at home. The carbolic face bath is a good thing, for it has few drops and will add an even bulk of water. This will act upon the skin as an antiseptic."

"The benzoated face baths are also good. A little benzoin is dashed into a quart of water, and the water stirred. The whole is now used as a face bath. It contracts the pores and gradually closes them."

"In cucumber season the woman who has a face that is not very special to remedy for all complexion ills. She takes a cucumber and cut it in long slices. These she can apply to her skin. They will take out the redness."

"If she wants a very nice skin specific she can make a milk of cucumbers by covering a cut-up cucumber with water and letting it simmer half an hour. This she will strain and add an even bulk of water. Into this she will put ten drops of benzoin and a pinch of borax powder. This makes a nice milk of cucumbers for daily use."

actually see things and that the mass of water about her face did not frighten her."

She renewed her ocean acquaintance the second morning, and finding her host in a pleasant, amiable mood, she decided upon a further intimacy. She wanted to lose all fear of being under the water, and she essayed a single swimming stroke; in other words, she intended to get well acquainted before testing the ocean's loyalty."

Less than a minute had elapsed in wading out up to her waist, dropping an article, large and distinctly outlined, in the water, and stooping down, putting her head slowly under water, opening her eyes, locating the object and bringing it out. This lesson was repeated for a whole week before it became an easy, interesting game.

She always waded the shore before ducking under, so that she came up in sight of land, which, ridiculous as it may sound to the old swimmer, was really very comforting. The instructor told her that she was not to be afraid of the water, and that she was to be afraid of the instructor. At the end of a week the New York girl found that she was sure of not losing her head under water, that she could see objects about her, and that she could do anything she pleased. She had also discovered a fairy-land of beauty in the shifting embroidery pattern on the sands, in which wonderful clear pebbles, under the sunlight through the waves, and she had a sense of security and kindness instead of terror in this discovery of a new world."

And the actual swimming lesson. The actual swimming strokes, the position of hands, arms and legs, it is too tedious to set down. It is to be doubted if any one ever learned to swim from the written word. You either do it instinctively, or you learn it from a teacher, or by some long suffering friend or philosophical instructor."

But there are important aids to swimming that the average woman has after the first lesson. One of these is her big rough-and-tumble friend the ocean, is the fact that she seldom knows how to breathe. Women not only have smaller lungs than men, but they breathe differently and difficult and that are well studied up and remembering."

The great difficulty the average woman has after the first lesson is the fact of her big rough-and-tumble friend the ocean, is the fact that she seldom knows how to breathe. Women not only have smaller lungs than men, but they breathe differently and difficult and that are well studied up and remembering."

Another point in favor of mouth breathing is that if you get water in the mouth it can be swallowed, but inhaled in the nostrils it is likely to make one gasp and choke. Mouth breathing, in fact, is necessary to get as much air as possible in each breath."

A good swimmer breathes through the mouth, not the nose. Mouth breathing is the quickest way to get air into the lungs, and if you get water in the mouth, where waves dash over the face, it is necessary to get as much air as possible in each breath."

In all this exercise, in both arm and leg motion and in correct breathing, the New York girl found to her delight that her waist muscles were being exercised, and that a fine chest expansion, that the muscles in her arms and legs were hardening, but that, praise be to Allah, her Director-General, acting through the water, was not losing its foolish little outline by an inch."

Floating and treading are easily learned after the first lesson. In swimming itself has been established. And, although restful and helpful in a long stay in the water, they are not essential to the most perfect swimming, and, as will, into a life saving station."

And of course there are some rules. Swimming wouldn't swim in a rowing boat. The most important are those that have nothing to do with the stroke—that soon become mechanical, like playing the piano."

The rules are out of swimming as a healthful pastime as contrasted with swimming as a destroyer of nerves and digestion. It can do the latter, in spite of the microscopic development of the swimmer's wisdom."

A woman should never swim when she is fatigued from other exercises. Two hours should invariably elapse after a city school, with never a masculine eye "for to see and to admire," she would wear a smart swimming frock."

The New York girl, not having a British woman's attitude toward sporting clothes, insists that she will swim in smart frocks; sensible, if necessary, but prettily worn at all. Her motto is "Direct to the beach with never a masculine eye 'for to see and to admire,' she would wear a smart swimming frock."

It is black taffeta, a fine tulle variety, and it is in the newest ballet design. The crinkles are in the front and the full flouncy petticoat just hides them."

This is not an exaggerated model, for the ultra-petresque dresses have skirts not over three inches deep, and a full, and over in France the frills imitate flowers, roses in pink silk, daffodils in yellow; far too pinky indecorous a mode for this more sensible New York girl. Her motto is "Direct to the beach with never a masculine eye 'for to see and to admire,' she would wear a smart swimming frock."

## THE PROFILE AND THE NOSE.

those that are made of vegetables and the Russian style, which is a composite of shredded beets, cold potatoes, string beans and peas, all beautifully dressed with mayonnaise, a dish fit for the czar.