

unhealthy. A too prolonged sleep weakens rather than strengthens.

Benjamin Franklin wisely says :

“ Early to bed and early to rise.

Makes a man healthy, wealthy and wise. ”

Many people also sleep in the day; they take a short nap after lunch (a midday-sleep). I am not one of them; I think that if one sleeps well at night, and wakes refreshed in the morning, there is no further need for rest (for a *siesta*) in the daytime.

CHAPTER XII

DRESSING

A. — Washing, bathing, etc.

I. — Washing; bathing.

Before I dress, I go to the **bathroom** and take my **bath**, a *plunge* or a *shower-bath*, or perhaps both, and dry myself very thoroughly with my **towels**, or a *bath-sheet*.

In my bedroom or dressing-room, is a **washstand**, provided with **jug** and **basin**, **water-bottle** and **glass**, a **soap-dish**, a stand for **tooth-brush** and **nail-brush**, and **rack**, or *net*, for my **sponge**. I wash in cold water both winter and summer : cold water freshens and invigorates me, as washing in warm or luke-warm water could never do.

II. — Teeth and Nails.

In order to clean my teeth, I use a **tooth-brush** and **tooth-powder**. Sometimes I use **tooth-paste** instead.

Then I rinse my mouth thoroughly and **gargle** with the *tooth-wash* (or dentifrice).

My nails I clean with a **nail-brush** — nothing gives a more untidy and vulgar air (appearance) than dirty nails.

I cut my nails with a pair of **nail-scissors**; make the cut edges perfectly smooth, by means of a **nail-file**, then polish them with a *pad* of **chamois leather**.

Little children (sometimes big ones too) often bite their nails; that is an extremely bad habit.

III. — Combing the Hair.

I **comb my hair** with a comb, make a **parting** (on the left side, on the right), and brush it with a **hair-brush**. Every now and then I have my hair cut by the *hair-dresser*. Most men nowadays wear their hair quite short; I don't like it.

“ What colour is your hair? — Fair, dark or black? ”

In old age the hair becomes **grey** or **white**, or it falls off, one's head becomes **bald**.

Some people **dye** their hair when they find that it is getting grey. Some bald people wear a **wig**.

There are some people whose hair, even in extreme old age, remains thick, and does not change colour.

IV. — Shaving.

Some men have a **beard** and a **moustache**, others a moustache only, and others simply have **whiskers**. Many men are **clean-shaven**. They shave themselves, or are shaved by a barber.

In order to shave, one must have : a **razor**, a **razor-strop**, a **shaving-pot**, a **shaving-brush**, and some hot water, and soap to make a lather.

B. — Linen (Body-linen).

Day-shirts, as well as **night-shirts**, are made of **linen**, **cotton**, **wool** or **silk**.

The front part of the shirt, which is stiffened with **starch**, is also provided with small **studs**.

The **collar** is fastened with a *stud*. We distinguish **stand-up collars**, stand-up collars with **turned-back corners**, and collars which **turn down** all the way round.

The **cuffs** are fastened by means of **sleeve-links**, which are made of gold, silver, ivory, mother-of-pearl, nickel or bone.

Some people wear as **under-clothing** (beneath the shirt) a **woollen vest**, **jersey** and **drawers**.

Men wear **socks**, women long **stockings**.

In order to **blow one's nose**, one makes use of a **pocket-handkerchief**. These are made of linen, silk or cotton; sometimes they are white, sometimes coloured. The **edges** are either **plain**, **hem-stitched** or *embroidered*. Sometimes a border of lace is sewed on to ladies' handkerchiefs.

C. — Gentlemen's clothes.

I. — Suits (Clothes).

Gentlemen buy their suits **ready-made**, or they have them **made to measure**. They then go to the tailor's, in order to be measured for their suit.

A **suit of clothes** consists of the **trousers**, the **waistcoat**, the **lounge**, the **jacket** or the **frock-coat**.

The trousers. Of course in summer, gentlemen wear

summer trousers, in winter, **winter-trousers**. They are sometimes *wide*, sometimes *narrow*, and are kept up by elastic **braces**, which Americans call *suspenders*. At the present time it is fashionable to have a **crease**, or fold, in your trousers, in order to make them look like new.

The waistcoat. Some wear it with a single row of buttons, others wear it with a double row of buttons. At balls, you always wear a **low-cut waistcoat**.

The lounge-coat. The **lounge-coat** is nowadays much more worn than the jacket. The **frock-coat** is especially worn in paying visits, etc.

A frock-coat should **fit** very well. If it does not, if it creases under the arm, or if it pinches and is too tight, it is very disagreeable to wear. Mine fits very well, **fits like a glove**, for I have a good tailor.

You distinguish on the lounge-coat, etc., the **collar** and the **sleeves**. The part of the frock-coat below the waist is called the **coat-tail**.

The waistcoat, lounge-coat, etc., are **lined** with *woollen stuff*, or *silk* or *alpaca*.

The stuff of which clothes are made, may be **pure wool**, a mixture of **wool** and **cotton**, **worsted**, **satin**, etc.

It may be **plain**, **checked**, **figured**; **light-coloured** or **dark**; **light** or **thick** (*heavy*).

For certain ceremonies it is indispensable to wear a **dress-coat**.

In spring and in autumn, gentlemen wear *spring* and *autumn overcoats*; in winter, *winter overcoats*.

A man who remembers the proverb: "Fine feathers make fine birds," will always be *in the fashion*; or: will always be *dressed up to date*.

(Conversation between A, B and C).

- A. — Good morning (Good day), Mr B. Where are you off to?
- B. — I am going to my tailor's, I want to have a **suit** made (or I am going to be measured for a **new suit**).
- C. — Do you always have your things **made to order**?
- B. — Yes, always.
- A. — Do you never buy a **ready-made suit**?
- B. — No, never, and I'll tell you why. There is always a **misfit** somewhere in the things one buys ready-made. They are either too **tight** or too **big**, too **long** or too **short**.
- C. — Yes, that is very often the case.
- B. — The coat is almost always **ill-fitting**: sometimes it is too **tight** under the arms, sometimes it is **puckered** on the shoulders; the sleeves are, as a rule, either too wide or too tight, and the coat rarely fits well round the waist.
- C. — And in that respect you are very **particular**, that is well-known.
- B. — Yes, I must have a *well-cut coat*.
- A. — Who is your tailor?
- B. — I always go to N.
- C. — He must be an excellent worker, judging by the suit you have on; it fits you very well.
- A. — How long does it take your tailor to make a suit?
- B. — Oh, not long; in three days it is ready for me to **try on**, and in a week it is finished.
- C. — What sort of **waistcoat** do you order?
- B. — That depends upon the fashion; perhaps I have a **single-breasted**, perhaps a **double-breasted**

- waistcoat. If it is to wear with a **dress-suit**, I have it **cut low**.
- A. — Who introduces the fashions in the first place?
- B. — Probably the tailor. That doesn't concern me, however — but I never wear anything which is **old-fashioned** (*out of fashion*, no longer in fashion).
- C. — We know that. You always dress in the **latest style**.
- B. — Certainly. I say to myself: "clothes make the man."
- C. — Moreover, the fashions for men do not change so often as for ladies.
- A. — That is true; at most the change is in the **width** of the trousers, the **length** of the coat, and the overcoat.
- C. — You do not wear an **overcoat**, so far as I remember?
- B. — No, I wear a **fur-lined coat** with a fur collar.
- C. — That is too expensive for me; I wear an overcoat with a *warm lining*.
- A. — To return to your suit, what sort of **material** will you choose?
- B. — I have not yet decided. My tailor has sent me some **patterns**, but one must see the whole piece to get a fair idea of quality, etc.
- C. — Does your tailor keep the materials himself?
- B. — Yes; he has materials of **pure wool**, **half wool**, **cotton**; with or without a **pattern** or **stripes**; *light* or *dark*; *close* or *loose-woven*; **worsted linings**, **sateens**, etc.; in fact he has a most extensive assortment.
- A. — Do his stuffs wear well?
- B. — Yes, very well; they do not **fade** and are very strong.

C. — You have said so many things in favour of your tailor that I should really like to try him myself.

A. — I feel inclined to give him a trial too.

B. — Pray, do ; you will not repent it.

II. — Boots and shoes.

These are of various kinds — **goloshes**, **buttoned boots**, **laced boots**, **top-boots**, **shoes**, **slippers**, **pumps** (or *dancing-shoes*), etc.

When it is raining hard, or when the streets are very dirty, we wear **goloshes** over our boots or shoes.

In the house we wear house-shoes or **slippers**.

Boots and shoes are made of **calf-skin**, **goat-skin**, **Russian-leather**, **morocco**, etc.

You have **brand-new boots** on, I see. They do look nice. Where do you have your shoes made? I have them made at D's; he is a very good shoemaker: my boots always **fit** me well, and yet they do not **pinch**; the upper part does not **crack**, and the **soles** last well, so you see I do not wear out my shoes very quickly. At the same time my shoemaker is not dear: he does not charge exorbitant prices: a pair of new boots costs £ 1.5/; a pair of soles and heels costs 5/.

One pulls one's boots on by the **straps** sewed on them; shoes are put on with the help of the **shoe-horn** made of *silver*, *steel* or *horn*. To draw off long boots one uses a **boot-jack**.

Boots and shoes must always be **shining** and well **polished**. For this reason our maid **cleans** my boots every day; first she brushes off the mud and dust, then puts on the **blacking** with the *blacking-brush*, and then polishes them with another brush.

Nowadays blacking is going more and more out of use,

at least in rich families; **boot-cream**, black, white or yellow, is used; its application is very simple: one puts the cream on with a small brush or a rag, and polishes with a soft brush or pad. After a few strokes of the polishing brush, the shoe shines brilliantly — the **gloss** produced by this method has also this advantage: it does not become *dulled* by rain.

III. — Head-Covering.

Who is your **hatter**? — What sort of **hat** do you generally wear? — I generally wear a soft **felt-hat** with a **narrow brim** (not a *wide brim*). In summer I wear a **straw-hat**.

My father wears a **top-hat** (*silk-hat*); when he goes to a ball, the theatre, etc., he wears an **opera-hat** (a *crush-hat*).

The top-hat must, from time to time, be done up by **ironing**. I go to the hatter and say, "I want to have my hat ironed".

To keep it in good order, the hat is put away in a **hat-box**, when it is not in use.

One **takes off** one's hat before a person *to salute* him, then one **puts it on** again.

IV. — Gloves. — Ties.

Gloves are made by the **glover**.

Gloves for men are quite short, and have one or two buttons only; *ladies' gloves* are generally longer and have more buttons; it depends on the fashion.

Gloves are made of **dressed** or **undressed kid**, **wash-leather** (buckskin), **silk**, **cotton**, **wool** or **fur**.

They are made in different colours: *white*, *black*,

brown in all *shades*, varying from dark-brown to fawn, and pale *straw-colour* and *grey* of all shades.

What do you give for a pair of gloves? What **size** do you wear?

What do you do to have a pair of gloves *tried on* in the shop?

First I have them *stretched* and *powdered* inside with French chalk, or something of the kind. I then put one hand — let us say the left — into the left-hand glove, and rest my elbow on a plush cushion which lies on the counter for the purpose. The *shopman* or *shopgirl* now draws the glove on, pushes it well down on to the fingers and hand, in order to remove all creases, and then buttons it.

Some men wear ties with **ready-made bows**. Many people wear a **scarf-pin** in the tie. Ties without bows are more fashionable; but it requires a certain amount of skill to make a good bow.

V. — Umbrellas. — Walking-sticks.

In order to protect myself from the rain I carry an **umbrella**. As soon as it begins to rain, I **put up** my umbrella; when the rain is over, I **put it down**. **Sunshades** (*parasols*) which are used as a protection against the sun, are as yet little carried by men, except in the south.

Many men carry a **walking-stick** (with a *knob* or *crook*).

VI. — Various objects.

1. Anyone who has weak eyes should wear **eye-glasses** (**spectacles**). **Shortsighted people** must have *concave*, and **longsighted ones** *convex* glasses. Many people use a *pince-nez* in preference to spectacles.

Do you wear an eye-glass? — Are the glasses strong or weak?

2. It is very important to carry a **note-book**, for it is often necessary to make a note of something.

3. Those who **smoke** cannot do without a **cigar-case**, a *cigarette-case*, a **tobacco-pouch**. Most cigar-cases have a **cigar-cutter** attached, with which to cut off the end of the cigar.

If one has no **matches**, one asks the first smoker who comes along for a **light**, saying: "Excuse me, can you oblige me with a match?" or "Will you give me a light?"

There are many kinds of **cigars**. The dearest are the imported *Havanna cigars*. There are *strong* and *mild*, *light* and *dark* cigars. As for colour, the dealer in cigars distinguishes four. Every box of cigars has the colour of the contents branded on the outside.

Some cigars are best smoked with a **cigar-holder** — otherwise one draws in a great deal of **nicotine**, which is a deadly poison.

Some doctors disapprove of smoking, even in a very moderate degree. Others: say "use, but do not abuse, of the fragrant *weed*", (a poetical name for tobacco).

Young people prefer to smoke **cigarettes**, which they usually buy *ready-made*, with or without a **mouth-piece**. Very few make their own cigarettes.

Some people smoke **pipes**, sometimes very long ones.

Others take **snuff**. A good **pinch** of snuff is to them the height of enjoyment. One never sees them without their **snuff-box**. They take great pleasure in offering it to others, saying: "Would you like a pinch?" In olden times it was considered very elegant to take snuff, but now it is quite the contrary.

Sailors and workmen are often fond of chewing a piece of tobacco, which they call a "*quid*".

At the tobacconist's, one can buy all kinds of tobacco: tobacco for smoking, snuff, and tobacco for chewing. One buys cigars separately, or in boxes containing 25, 50 or 100.

4. Of the *greatest* importance is a well-filled purse.

We have valuable coins and *small change*. When we want to have a coin changed, we say: "Can you give me change for a sovereign, a half-sovereign?" or "Can you oblige me by changing this?" etc.

When one has paid more than an article costs, what is over is handed back as "*change*".

The various *coins* and *paper-money* now current in England are:

Copper coins. — A farthing, $\frac{1}{4}$ ^d. A half-penny, $\frac{1}{2}$ ^d. A penny, 1^d.

Silver coins. — Threepence, 3^d. Sixpence, 6^d. A shilling, 1/-. A two-shilling piece or florin, 2/-. Half-a-crown (two shillings and sixpence), 2/6. A four-shilling piece, 4/-. A five-shilling piece (a crown), 5/-. A sovereign, 10/-. A half-sovereign, 5/-. A sovereign, 20/-.

Gold coins. — A half-sovereign, 10/-. A sovereign, 20/-.

Paper money. — Bank of England *notes* are issued for £5, £10, £20, £50 and also larger sums, the highest figure is £1000.

In England one can change *foreign* for English money, a *percentage* being deducted for exchange.

The *signs* used for English money are:

£, *pound* (£ from the Latin *libra*);

s, *shilling* (or simply: / standing for *s*, from *solidus*);

d, *penny* (d from *denarius*).

The *pound*, or *sovereign*, 20/- (20 shillings) is the *monetary unit* of Great Britain, just as the franc is the *monetary unit* of France.

When we compare English with French money, we find that:

£ 1 = 25 francs 20 centimes;

10/- (a half sovereign) = 12 francs 60 centimes;

1 franc = 9 $\frac{1}{2}$ ^d;

1 sou = $\frac{1}{2}$ ^d (1 half-penny).

A shilling is 25 sous.

CHAPTER XIII

THE TOWN

I

GENERALITIES

There are *large* and *small towns*, commercial and industrial towns; sea-port and frontier, thickly and thinly populated towns, towns with much, and towns with little traffic, etc.

The inhabitants of a town are called *citizens*, in distinction to *countrymen*; those who live in towns are also called *townsmen*.

What is your native town? — In what town were you born?

II

LONDON

London, the English Metropolis and residence of the sovereign, is on the River Thames. The river flows through the town from west to east. According to the

census of 1901, the population of *central London* was 4600000; that of the *outer ring* over 2000000, so that the population of the agglomeration may be estimated at over 6600000. For the last ten years it has increased yearly by 40000 inhabitants.

London is the largest and richest town in Europe. It is divided into 26 **wards**, each of which is subdivided into 206 **districts**. Every district is administered by a **councillor**, every ward by an **alderman**.

The **Lord Mayor** is the head of the administration. He is elected once a year (on the 29th of September). On the 9th of November he is **sworn in**. On this day there is a great *procession*, called the "**Lord Mayor's Show**", which passes through certain streets of the city. In the evening, a great dinner takes place in the **Guildhall**, the *London Townhall*.

Several wards, taken together, form a **quarter**. The two most important are the **City** and the **West-End**. The City, wholly taken up with **offices, shops, banks and stores**, is the *business quarter*, and the West-End, inhabited by the rich class of citizens, the *aristocratic quarter*.

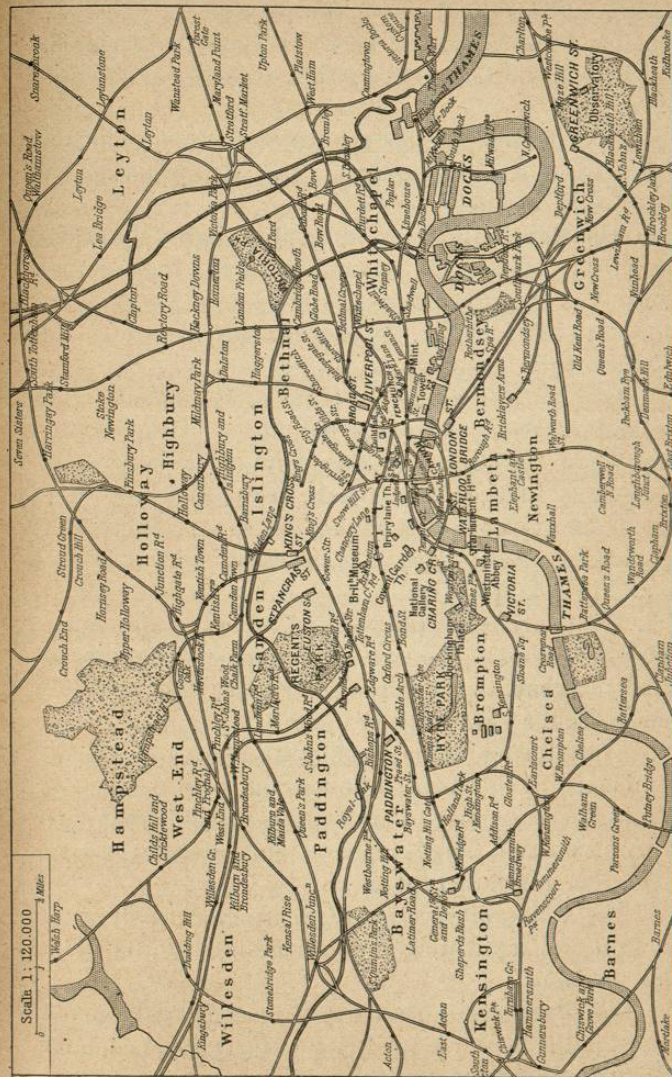
A. — Public Buildings.

Edifices.

We may mention the following : 1. **Buckingham Palace**, the residence of the King or Queen, is on the left bank of the Thames, between *St. James' Park* and *Palace Gardens*.

2. **Marlborough House**, the residence of the Prince of Wales, on the left of *St. James' Palace*.

3. **New Palace of Westminster** (the Houses of Parliament) consisting of the *House of Lords* (the Upper House)



MAP OF LONDON.

and the *House of Commons* (the Lower House). It is situated between Victoria Tower Gardens and Bridge St.

4. The **Royal Courts of Justice**, at the east end of the Strand.

5. The **Tower**, formerly a royal residence, later a *State prison*, is now an arsenal. It is situated on the left bank of the Thames.

6. The **Mansion-House** and the **Guildhall** are situated on the left bank of the Thames, near the **Bank of England**. The Mansion House is the residence of the Lord Mayor; in the Guildhall, the court of aldermen and councillors is held.

Outside London, in a *suburb* called Sydenham, is the **Crystal Palace**, a very large building constructed entirely of glass and iron, standing within its own grounds. It contains a large **concert-hall**, *restaurants*, etc. Terraces lead to **pleasure-grounds**, where one can listen to *out-door concerts*, watch **bicycle-races**, and take part in all kinds of **sport**, etc.

7. The **churches** and *chapels*. Of these there are about 1300 in London. The two most important are **Westminster Abbey**, to the left of the Houses of Parliament, and **St. Paul's Cathedral**, in the City.

In Westminster Abbey, the English Kings are crowned and buried. This has been the custom from time immemorial. The ceremony of crowning is called **coronation**. Many celebrated Englishmen — statesmen, warriors, poets, etc. are buried there.

8. The **University**, south of Kensington Gardens, in the **Imperial Institute** of the United Kingdom, the Colonies and India.

9. The **Museums**. The largest museum in London, indeed in the world, is the **British Museum**. It contains a **library** of more than three million volumes, and has

a **Reading-Room**, in which over twenty thousand books are at the disposal of readers.

10. The **Picture Galleries**. There are several good galleries in London :

1. The **National Gallery**, close to St. James' Palace.

2. The **National Portrait Gallery**, close to the National Gallery.

3. The **Tate Gallery** (National Gallery of British Art) containing modern paintings. It is situated near Vauxhall Bridge, on the left bank of the Thames.

4. The **Wallace Collection**, a very fine one, in Hertford House, near Manchester Square.

B. — Public Establishments.

Of these we mention only :

1. The **Hotels**, in which travellers stay. Some of them are called "*Temperance Hotels*", and there travellers can drink nothing alcoholic.

2. The **Tea-rooms**, in which tea, cocoa, coffee and other beverages can be procured (are served), with sandwiches, cakes, etc.

Many large **drapers' shops** have also *tea-rooms*, where afternoon tea may be had.

3. The **Restaurants**, where one can have any *meal* — breakfast, lunch, dinner, etc. and read the *papers*.

4. The **Clubs**, many of which are very luxurious and exclusive. Here the *members* can have meals, etc., as in an hotel, and even a bed-room, but the latter only for a fortnight at a time.

4. The **public bars**, where one can have *whisky*, different kinds of *beer*, etc.

5. The **Baths** or *Bathing Establishments*, where one

can have hot and cold baths, salt or fresh water, Turkish baths, vapour baths, etc.

In every quarter there are also **swimming baths**, and on the Thames as well.

6. The **Telegraph-Offices** despatch **telegrams** by means of *the telegraph*. The minimum charge for a telegram within the United Kingdom is 6^d, for which 12 words are allowed. The tariff of *foreign telegrams* varies according to their destination.

7. The **Telephone**. When I want to speak to somebody *by telephone*, I ring the telephone-bell, and ask to be *put on to number so and so*.

Then I hold *the trumpet* to my ear, and, after the attendant at the exchange has told that I am *in connection*, I say: *Are you there, Mr White?* (for instance). He will answer: *Here is Mr White. Who are you? What do you want?*

The conversation finished, I say: *That's all!* — and I signal the end of the conversation to the official in attendance, by means of the electric bell.

In London, the *charge* for a three minutes' conversation is 3^d.

C. — Roads, Streets, etc.

We may mention the following:

The **Embankment**, along the Thames.

The numerous **bridges** (exactly 19) uniting the two banks of the Thames. The three most important bridges in London are the **Tower Bridge**, **London Bridge** and **Waterloo Bridge**.

A small **street** is called a **lane**. If it is closed at one end, it is called a **blind lane**.

A **passage** is a covered way for pedestrians only, leading from one side of the street to the other.

An **avenue** is a wide road planted with trees on either side.

Where several streets join, forming a *junction*, the roadway is very broad, and much care must be taken not to be run over, in crossing from one **pavement** to the other. In such cases it is best to make for the little "islands" of raised pavement in the centre of the road called "**refuges**". Some of the more important junctions are round in form, and receive the name of "**circus**," as Picadilly Circus, Oxford Circus, etc.

The **Public Squares**. Of these there are many in London, usually enclosed by a railing, and laid out in garden-beds and lawns, with many trees. They are, as a rule, open only to the people living in adjoining houses, but Trafalgar Square, a large open space with a fountain and statues which is in front of the National Gallery, is public in the fullest sense of the word.

Public Parks. Large and fine are the London Parks. The largest is **Hyde Park**, in the most fashionable part of the West End. In this Park is the famous **Rotten Row**, (a corruption of "Route au roi"), sometimes called "*The ladies' mile*", so much frequented by riders, and the **Serpentine** for boating. The Park is thronged with carriages during the "**season**," and thousands of chairs are dotted about for those who wish to sit down. There are also **Regent's Park**, **St James' Park**, the **Zoological Gardens** (popularly called: the "*Zoo*"), etc.

To return to the **streets**, we observe that a street may be either long or short, broad or narrow, handsome or insignificant, full of traffic, or rather deserted.

We distinguish *main-roads*, *by-roads* and *cross-roads*.

I go into a street, I cross over, I walk along the street, I go from street to street.

Streets are paved with **wood, stone or asphalt**, and the side-walks with **flags** (flag-stones) or *asphalt*.

Asphalt is generally employed for the streets where there is much traffic.

In order that the streets may be kept clean, they are swept by **sweeping-machines**. **Watering-carts** go round, sprinkling the streets, in order to lay the dust, or, when very hot, to make the city as cool as possible.

During the night, the streets are lit with **gas** and **electric light**.

Advertisements are put up on walls, fences, etc., by men called *bill-stickers*. When bills are objected to, a notice is put up : "*Stick no bills.*"

In order to enquire one's way, the best question is : "I beg your pardon, can you tell me the way to.....?"

The answer will be :

1. "Just keep straight on!"
2. "It is the first street on the right (the left)."
3. "The first cross-street."
4. "Take the first turning to the right, and then ask someone to direct you further".
5. "I am sorry to say I can't tell you. I am a stranger here myself".

The best person to ask is the **policeman**. From him one can always be sure of getting correct information.

D. — Means of locomotion. Conveyances, etc.

I. — The omnibus.

The **omnibus** (the '*bus*') is a large heavy vehicle drawn by a pair of horses. It is usually covered with advertisements of the gayest colours.

In London, as in Paris, one can go on the **top** of the bus or **inside** of it.

II. — Cabs and carriages.

Of these vehicles there are different kinds :

1. The **four-wheeler**, which has seats for four, and a railing round the roof, so that **luggage** may be carried on the top.

2. The **hansom-cab**, so called after its inventor, holds two people. It has two wheels only, generally fitted with **rubber-tires**, so that it may run smoothly and noiselessly. The **driver** (the **cabman**) sits behind the cab.

In carriages, we distinguish the **victoria**, the **landau** and the **brougham**, the **phaeton**, the **dog-cart**, etc., etc. The *victoria* is an open carriage.

The *brougham* is a closed carriage.

The *landau* has a "hood" or upper part, and can be open or shut as one prefers.

London has also a large number of **motor-cars** or **automobiles**.

You hire a cab *by distance*, (6^d a mile) or *by time* (by the hour).

III. — The trams.

Of these there are two kinds — the *electric trams* and the *horse-trams*.

IV. — The Railways.

London has *four* underground railways. The longest is the **Metropolitan Underground Railway**. Of great interest is the "**Twopenny tube**," whose route lies in the city only, and is entirely underground. Large **lifts** convey the passengers from the level of the street to the railway-**platform** beneath.

V. — The Steamers.

These ply to and fro upon the Thames, but not during the coldest parts of the year. One gets in and out at the **piers**. The fare is one penny (1^d), hence the name “*penny-boats*”.

VI. — Bicycles.

Everyone who rides a **bicycle** (familiarly called *bike*, *wheel*, *machine*) is a **cyclist**.

There are several kinds of bicycles :

a) The *bicycle* with two wheels is the machine most in use.

b) The *tricycle*, a three-wheeled machine.

c) The *tandem-bicycle*, constructed for two riders, with only two wheels. There are also cycles constructed for three, four and five riders.

d) The *motor-bicycle*, worked by means of electricity, benzine, petroleum or alcohol.

We also distinguish men's bicycles, ladies' bicycles, excursion and racing machines.

The most important parts of a bicycle are :

1) The **Frame**. 2) The **saddle**, which may be raised or lowered according to the wish of the rider. 3) The **hand-bar**, which is either straight or curved upwards or downwards. 4) The **handles**, usually made of cork or celluloid. (5) The **wheels**, with the *india-rubber* (*pneumatic*) **tires**.

Bicycles are provided with **mud-splashers** (or *mud-guards*). Ladies' bicycles have also a **gear-case** over the chain and a **dress-shield** over the upper part of the back-wheel.

The **chain**, which runs on two **cog-wheels**.

The **pedals**, fitted with vulcanised *india-rubber* or with *spikes*.

The **brake**, by means of which one can stop, or slacken the pace of the bicycle, when riding down-hill.

The short iron spike to be found on the back-wheel, on which one places the left foot in order to mount more easily, is called a “**stand**.”

Secondary parts are the **lamp**, the **bell**, the **satchel** for tools, **dissolution** to mend a **puncture**, etc., the **oil-bottle** and the **pump** or *inflator*, the **keys**, etc.

Many improvements have lately been made in bicycle-construction. One of the most useful is the **free-wheel**, by means of which the cyclist does not need to pedal continually, but can allow his feet to remain on the pedals, which cease to turn, although the machine continues to move forward.

A less recent invention is the **chainless wheel**, and the apparatus for **change of speed**. Many have also a **cyclometer** fixed to the front wheel, to record the **mileage** of the journey.

The sport of cycling is as much cultivated in England as in France. In many towns there are **cycling-schools**, where one can learn to ride a bicycle, and **racing tracks**, where, from time to time, races take place. Those who wish to take part in the race, **train** for a long while beforehand, in order to be in good form when the day arrives on which the race is to come off. During the race the riders are *paced* by the **pace-makers**.

Have you ever been to a **race-meeting**? — If not, make up your mind to go as soon as possible; it is very interesting, especially when a **championship** is being contended for (or played).

Do you ride a bicycle? Can you ride? Can you get off and on easily?

The chief points to be remembered, when learning, are : pedal diligently; don't hold the handles too tight; don't look on the ground, but straight in front of you; *don't be in the least afraid!*

Very applicable in the case of cycling is the proverb :
" Practice makes perfect."

CHAPTER XIV

EDUCATION

Nowadays every sensible man tries to learn as much as possible; no one wishes to be *uneducated* (uncultured) and rightly so, for knowledge is a precious possession which no one can take from us: "knowledge is power." Every country should endeavour to make continual improvements with regard to the instruction given in public, as well as in private schools.

Like the French and Germans, the English distinguish three grades in their system of education, viz :

Primary, Secondary and Higher Education.

A. — Primary (or Elementary) Education.

This is given in the **Board-Schools**. There are *Board-Schools for boys* and *for girls*. Each is directed by a **head-master**, under whose supervision are the **class-teachers**. In these schools, the children of poor parents are educated gratuitously. Attendance at school is **compulsory** from the age of 7 to 14.

Every board-school has *seven classes (standards)*. The lowest class is the *first* and the highest the *seventh*.

For little children there are also **infant-schools** or

Kindergartens, instituted on Froebel's principle (1826), in which **object-lessons** and **games** figure largely. A teacher in a Kindergarten is called a **Kindergartner**.

There are also **night-schools** or *evening-classes*, where boys and girls or adults who have left their school may complete their education.

B. — Secondary Education.

Secondary Education for boys is given in **Grammar Schools, Public Schools**; each of which is directed by a **head-master** or **rector**. Instruction is given to the classes by **masters**. The pupils are called *Grammar School-boys*, or *Public School-boys*. Some Grammar Schools are **boarding-schools**; their pupils are called **boarders**. Some Public Schools, however, have also *non-resident pupils*, who live at home and come to school for instruction only. Those schools which receive no boarders are called **day-schools**.

The school is divided into **six forms** or *classes* — the first form, the second, the third, the fourth, the fifth and the sixth. The first form is the lowest, the sixth the highest. The fifth and sixth forms are again divided into *upper* and *lower fifth* and *sixth* (the Upper Fifth and the Lower Fifth, the Upper Sixth and the Lower Sixth).

In day-schools the hours generally are : Morning, 9 to 12 or half-past 12. Afternoon, 2 to half-past 4.

On Wednesdays and Saturdays, **half-holidays** are given in the afternoon. Some schools have no half-holiday on Wednesday, but take the whole of Saturday as a holiday instead.

At the end of every school-year, a grand **distribution of prizes**, usually with speeches, music, etc., takes place. The prizes consist of books and medals. After the