

E. G.—There is no form of food which acts primarily on the complexion. There is a popular delusion that the colour and clearness of the face depend upon the diet. They do not! Unless the food you take produces constipation, or indigestion, it does not affect the complexion. To this there is an apparent exception. People who drink large quantities of alcohol or tea often get red noses and bad complexions; but even here, these effects are secondary to indigestion, although the digestion may appear to be tolerably good. Even foods (such as chocolate, sweets, tea, etc.) which tend to produce indigestion and constipation, have but a very slight effect upon the complexion. The habit of taking drugs often does great harm to the complexion—especially those drugs which are taken to "clear" the face. Though but little effect upon the face is produced by what is taken into the stomach, a great deal of good or harm can result from what is put upon the face. Thus, bad soaps, most cosmetics, washing the face in very hot water, or exposure to strong dry winds will greatly injure the complexion; whereas, good soaps, washing in warm water, and a few cosmetics, improve the complexion of the face. You can make a good soap yourself, and we could give you the details of its manufacture; but it is certainly not worth while, for it is by no means an easy, nor a satisfactory, nor in any way a necessary operation. There are plenty of good soaps in the market. The best are those that are fairly hard, opaque, and scented or medicated with carbolic acid, eucalyptus, etc.

E. J.—In your case the flushings which trouble you are due to indigestion and anaemia. Flushings are exceedingly common from various causes, and as indigestion is a frequent concomitant of anaemia, flushings are often a prominent feature in that disease. We have so often given the rules for diet, etc., in anaemia and indigestion, that we cannot again repeat them. Read up the correspondence in the back numbers of *THE GIRL'S OWN PAPER* and you will find all the information that you require. You must not take iron when the digestion is feeble.

MAUDE.—We have given many "answers" about superfluous hairs, and we cannot again enter into the discussion of the treatment of this annoyance. In the June number of *THE GIRL'S OWN PAPER* a complete account of this condition was given, and we therefore refer you to that account.

MARTHA.—Decidedly people do die of "broken hearts," though such an accident is very rare. It is doubtful if the heart could "break" if it is healthy; but in old persons, where the heart is fatty, a sudden violent emotion may cause fatal rupture of the heart. Usually the expression, "a broken heart," is used metaphorically to express a sudden death due to directly violent emotion, or the quiet gradual dissolution which sometimes occurs as a result of excessive sorrow. Both these kinds of death from emotion do occur, but they are rare.

SIVIA.—Space forbids us from giving you a complete directory for diabetics, but we will give you the most important details about feeding in this condition. Sugar in every form must be scrupulously avoided. Fruit, sweet wines and drinks, carrots, parsnips, etc., and, indeed, any food which contains sugar should not be taken by diabetics. Bread, potatoes, and all foods containing starch may only be taken in very small amounts. Gluten bread, almond cakes, bran biscuits, cocoanut biscuits, etc., are usually given to diabetics instead of the ordinary bread; but the first named usually contains such a large quantity of starch, that there is little or no advantage in its use, and all these special foods are very indigestible, innutritious, and nauseous to the last degree when taken for any length of time, so that it is better to allow patients a very small amount of toasted white bread than to tie them down to the above-mentioned special foods. Diabetics who have "sweet teeth," may sweeten their drinks, etc., with glycerine or saccharine. Meat of all kinds, except liver, fish, and poultry; the green vegetables, eggs, fruits which contain very little sugar, the lighter wine, and aerated waters may be taken by diabetics with care.

AMY.—The best thing to do for your trouble is to take a lozenge or tabloid of salutarin (1 grain) overnight, and a mild aperient, such as rhubarb and soda, in the morning. This treatment may be repeated if unsuccessful the first time.

STUDY AND STUDIO.

RESTLESS RACHEL.—As you modestly say you can see several faults in your "attempts at rhyme," it would be unkind and unnecessary for us to single out one blemish after another. We must, however, tell you that the metre and rhymes of "Spring-time" are defective. "Storm and Calm" is the best of the three poems. You should read all the good poetry you can.

NOXON.—The couplet—
"Men may rise on stepping-stones
Of their dead selves to higher things"
is from Tennyson's *In Memoriam*. The verse begins—

"I held it truth, with him who sings
To one clear harp in divers tones,"
and the poet referred to is Goethe.

NIP.—If you have "taken in *THE GIRL'S OWN PAPER* for so many years," you will find your inquiry as to recitations frequently answered. We will, however, say that you will find some good humorous pieces in Alfred Miles' *American Reciter*, price 6d.—2. You cannot "keep your hair in curl in damp weather" by any device known to us. Two questions only are allowed.

VARECH.—We sympathise with you in your ambition, but you may leave "footprints on the sands of time" by faithful performance of your work as a teacher. It would be wrong of us to encourage you in the hope of becoming a poet. Few indeed can claim that title. Your metre is incorrect; for instance, the line "Jeanie and her sailor laddie," is of different cadence from the line "Or dash against the rugged rocks," yet both occupy the same place (third) in the four-lined verse. You might be able to "write verses for Christmas cards," if you studied the laws of versification.

B. M.—We cannot complain of your metre, but this inversion is inadmissible, from its awkwardness—

"Give me, as I then ponder o'er."

You use "magnate" for "magnet." If you wish to write verse you should study the laws of versification. "Time" and "shrine," "laugh" and "path," "hands" and "plans" do not rhyme. But we can well understand your longing to express in poetry your memories of a childhood which, as you say, must have been singularly happy. As you grow older you will feel more and more the force of Wordsworth's lines—

"There was a time when meadow, grove, and stream,
The earth, and every common sight,
To me did seem
Apparelled in celestial light,
The glory and the freshness of a dream."

PEARLS AND DIAMONDS.—Your thoughts "on hearing one of Beethoven's Sonatas," show you to possess musical feeling; but they are not cast in any recognised poetic mould, and cannot be called verse. Every poem should have some correct "form" in which it is written. Cultivate your ear by reading good poetry.

PERSÉVERANCE.—We have received your letter, and though we cannot enter into all its contents, we must tell you that we by no means agree with your synopsis of "Voiceless." It is not a "hopeless dirge" at all, but a pathetic and beautiful expression of a truth. Try to avoid methods that are too introspective or ultra-critical, and do the best you can with your life from day to day.

E. A. P.—Many thanks for your kind letter. "Rosebud" has already received several replies about "The Doctor's Fee"; but we are grateful to you all the same for your offer, and sympathise with you in your past illness. We hope you will soon regain strength.

MRS. STRATHERN refers the quotation we have several times mentioned, beginning "I expect to pass through this world but once" to Marcus Aurelius, but cannot verify it.

INTERNATIONAL CORRESPONDENCE.

"**MISS INQUISITIVE**" wishes to "correspond with some nice girl in a distant land, not for the sake of learning a new language, but to know how they manage things so many miles away." Will some "nice girl in a distant land" volunteer her name and address?

MISS MILDRED C. DAVIES, 70, Broad Street, Blaenavon, Monmouthshire, would like to correspond with either a French or German young lady aged eighteen.

GIRLS' EMPLOYMENTS.

STEWART'S DAUGHTER (Book-keeping).—It is in your favour to be "quick at figures," and your handwriting (on which you ask our opinion) is neat. You should study punctuation. We discover not a single comma in your letter, and only two full stops. You need not be dismayed by this criticism, as punctuation is easily mastered. You cannot hope to earn much at first as a book-keeper, for you have yet to obtain experience; but there is no reason why you should not obtain a good position when you are a little older. In the meantime study account-keeping carefully, and if possible, master the difficulties of account-keeping by double entry. Your parents are wise in wishing you at first to find employment not too far from home.

VIOLETTA (Work to do at Home).—See reply to "Heather." We know nothing in regard to the work adverted to, about which you ask our opinion; but we recommend our readers, as a general principle, to have nothing to do with advertisements that promise an income in return for work that everybody can do. Everybody can write (after a fashion); everybody can do some sort of needle-work; and nearly everybody prefers to work at home. Consequently we look upon advertisements of work that combine all these conditions as being rather too good to be true. It is a pity that your time should not be fully occupied. Cannot you attend some evening school or County Council classes? You ought now, while you are young, to be learning to do something by which you can earn your living by-and-by.

MOLLY (Nursing).—If by a "book on nursing," you mean a book that will give you the rules of the principal hospitals in regard to the admission and training of nurses, we advise you to get *Burdett's Official Nursing Directory* (London: The Scientific Press). This is a most useful work of reference on nursing matters. But if what you require is an introduction to a nurse's duties, it would be well to choose between the great number of publications of this kind that exist. We would suggest *The Matron's Course*, an introduction to hospital and private nursing, by Miss S. E. Orme, Lady Superintendent of the London Temperance Hospital (The Scientific Press, 28, Southampton Street, Strand, London).

SOLOIST (Singing in London Churches).—In order to be engaged as a singer in one of the London churches, it is necessary to be tolerably well known in the musical world. It is doubtful whether a stranger could obtain such an engagement without strong recommendation from musical authorities. At the church of the Foundling Hospital ladies used to perform as soloists and probably still do. The Rev. H. R. Haweis of St. James's Marylebone, has a surplus choir of ladies. You could do no better than make a beginning as a choir singer, taking solos in anthems when opportunity offers.

HEATHER (Choice of Employment).—You are very wise to wish to do some regular work. Every girl ought to be able to earn her living in some way, and in your case it seems highly desirable that you should be able ultimately to support yourself. If you have any taste for dressmaking, we recommend you to take a course of thorough training at the Liverpool School of Domestic Economy. If you write to the Hon. Secretary, Miss Fanny Calder, 49, Canning Street, Liverpool, you could obtain full particulars. All over the country there is a demand for dressmakers, and a woman who knows this business well is constantly useful. It is to be hoped that in replying to the advertisements you speak of, you sent no money; girls cannot be too cautious how they reply to such offers of work. Bogus advertisements are usually so worded as to tempt everybody to answer them, and those people, most of all, who do not know an allied trade.

STEPNEY (Civil Service Clerkship).—As your daughter has done so well at school, and now thinks she would like to enter the Civil Service, she might safely be encouraged to enter one of the examination classes. When she is fifteen she will be eligible to enter an examination either for a female shorthand or as a telegraph learner. The latter seems on the whole to be the better course. In either case she would later be in a position to hope for promotion to a clerkship. She had better, meantime, study English composition, ordinary English subjects, French and German, and try to acquire the style of handwriting preferred by the Post Office authorities.

C. R. (Foreign Missionary Work).—There are many missionary societies; but the best for your purpose is probably the one most generally useful, the Christian Missionary Society, 9, Salisbury Square, Fleet Street, E.C., or the Deaconess House and Foreign Missionary Training Institute, 1, Blackburn Terrace, Liverpool.

E. C. H. (Rag-Doll Making).—We are sorry that you should have been unable to obtain a model of a rag doll for your invalid friend to copy. Perhaps the superintendent of the Time and Talents Depot, Fisherton Street, Salisbury, or Mr. Albert Banks, Wolfeton House, near Dorchester, could give you the information required. We have ourselves seen several pretty toys at the depot which an invalid could easily make. One of these was a kind of clapper toy made of pieces of wood bound together with tapes. It would amuse a young child greatly, but the materials must be quite inexpensive.

LORA (Hospital Nursing).—We are, as you say, "constantly giving answers in regard to hospital nursing." But we must remember that our correspondents are not always the same; consequently we are very glad to answer your question. Twenty-two is a suitable age for a probationer in some hospitals; but in others it is deemed too young. The following are a few of the better institutions, to the matrons of which you might apply for admission:—The London (as a paying probationer only); Chelsea Infirmary; Poplar Sick Asylum, Bromley, E.; Kensington Primary; Marylebone Infirmary, North Kensington; Poplar Hospital for Accidents, Blackwall, E. At the last-mentioned you would obtain much experience in nursing surgical cases.

A. M. B. (Civil Service Clerkship).—We are exceedingly obliged to you for giving us the most recent information regarding the rules for Civil Service Examinations, and have noted the particulars for the benefit of our other readers. It is pleasant indeed to hear of your own success in the examination for Civil Clerks, and especially to know that you did so well in essay-writing as to obtain 285 marks out of the maximum of 300. To be able to write a good essay means not only that you have been well educated in the literature of your own language, but also that you have ideas; and in every walk of life, no matter how mechanical it may appear, ideas are of great value. We trust that you will make good progress, and that in due course you will be promoted to a regular clerkship.