

ANSWERS TO CORRESPONDENTS.



MEDICAL.

L. AURA.—Cod-liver oil is more a food than a drug. It is given in preference to other oils chiefly because it is easily digested. When it disagrees, "emulsion of cod-liver oil" can sometimes be taken without unpleasant symptoms. A tablespoonful of thick rich cream taken three times a day is an excellent substitute—and by no means an unpleasant one.

A YOUNG MOTHER.—When a child of one or two years gets very fat, it is not a sign that he is healthy, but rather the reverse. Ricketty children are often exceedingly fat—the so-called "fat rickets." Children who have been fed on "infants' foods" are usually very fat—"fine fat fellows"—and ricketty. In the article on "Indigestion" that appeared in *The Girl's Own Paper* last December, details on infant feeding were given which we advise you to peruse. Do not trust too much to "infant food" as an article of diet under any circumstances, unless you are advised to do so by a physician.

FOOLISH.—Probably you have got wax in both ears at present. The offensive yellow discharge from the left ear is probably secondary to wax. It is not uncommon for wax to set up severe irritation, especially after unsuccessful attempts have been made to remove it. Drop into your ear a little warm solution of bicarbonate of soda (Gr. xx to ℥j of water) every evening for a week, and then gently syringe your ears. Before doing so, read the instructions and precautions given in the article "All about the Ear" which appeared in the November Number of *The Girl's Own Paper*.

R. M.—To ask for a cure for "back-ache" is rather a large order. We could enumerate hundreds of diseases which produce this symptom. We really cannot answer questions without any information, and we know of no measure that is a panacea for all human ills.—2. The lines—

"Tears, idle tears, I know not what they mean,
Tears from the depths of some divine despair
Rise in the heart and gather to the eyes"—

are by Tennyson.—3. There have been articles on the precious stones in *The Girl's Own Paper*.
MARKET.—Wash your head with borax (one teaspoonful to a quart of water), and occasionally, about once a month, with the yolk of an egg. The root of a hair usually does come out with the hair itself, but it is soon replaced by another. Hairs only live for a certain time, then they die and are replaced by young hairs.

A MOTHERLESS GIRL.—We were very pleased to receive your letter, for the information you have given embodies all that is necessary to enable us to completely answer your question. It would indeed be a relief to us if every correspondent would state her questions plainly and fully, and not leave us to guess at the question as well as to supply the answer; such correspondents can only receive answers of the same nature as their questions—brief and vague. You suffer from anaemia, and so spare ourselves the trouble of answering every correspondent who possesses the same symptoms as yourself. The symptoms of anaemia (chlorosis), as it occurs in young girls, are—shortness of breath, palpitation, flushing and blushing, indigestion, constipation, pallor of the face and lips, transparent, glistening bluish-white colour of the "whites" of the eyes, headache, dimness of vision, especially on rapidly turning round or ascending stairs, fainting, inability for mental work, but not wasting, very frequently the reverse. The cause of anaemia is, according to a very great authority, constipation. It occurs mainly in young women between the ages of fifteen and thirty, and, as far as our personal experience goes, is invariably cured by suitable treatment. The treatment is divided into three sections:—(1) general measures, (2) diet, (3) drugs. General measures first:—

Apparel.—Warm clothing and flannel next to the skin; no garters, especially not worn below the knee; loose-fitting corsets.

Exercise.—A walk in the fresh air every day, rain or shine. Do not walk to the point of fatigue.

Washing, etc.—Do not wash in cold water. In this complaint a cold bath may produce the most serious possible symptoms.

Now for the Diet.—A good nourishing light diet. At least four meals a day, but all must be small. No eating between meals. If indigestion is present, special dieting may be necessary. Avoid tea and coffee. A little wine is often of great value in this condition.

Purges.—Constipation must be cured. To accomplish this, the following pill may be taken every night or every other night:—

R. Aloin Gr. j
Ext. Nucis Vomicae Gr. ʒ
Ext. Belladonnae Vir. Gr. ʒ

In the slighter grades of anaemia this is all that is sufficient. If indigestion is present, this must be attended to. If the anaemia is severe, iron must be taken. Any digestible form of iron may be taken. Hald's pill is a convenient form and is very efficacious. One pill (5 grs.) should be taken after each meal. Iron cannot be taken if indigestion is present. We have answered this question fully, and will not repeat this information.

LIVY.—It is rather difficult to tell you exactly what is wrong with your nose, for there are many possible causes of bleeding and soreness in the nostrils. The details that you give us incline us to believe that you suffer from a form of chronic nasal trouble that is very common in young women. You had better use this wash for your nose: Dissolve two teaspoonfuls of bicarbonate of soda and ten grains of pure carbolic acid in a pint of water. Cold cream is an excellent preparation to apply. We will treat this question on the nose more fully at another time.—2. Read the advice given to "A Motherless Girl."

GLADYS.—Are you quite sure that your friend does not suffer from indigestion? You are very emphatic about her not drinking tea, but does she drink anything else that is likely to disturb her digestion? However, we do not think that your friend's "red nose" is due to indigestion, but that it is due to a poor circulation. Let her read the answer to "A Motherless Girl."

STUDY AND STUDIO.

JIM and "LAWSON."—1. We find it difficult to answer such questions as "Who is the greatest living artist?" and "Who is the greatest living composer?" There are different schools in painting as in music, and each has its illustrious exponents, among whom it would be presumptuous and invidious for us to single out one as excelling all others of his own and of any other school.—2. As to your writing, we may say that in each case the down-strokes are too black and the letters too rounded, giving it a childish appearance, but possibly with time and care the hand may develop into a good one. We say "hand" advisedly, for the writing of the two letters is almost if not quite identical.

ESTELLE.—1. You will obtain the information you require by writing to Dr. J. N. Keynes, Syndicate Buildings, Cambridge.—2. Your writing is too small, round and faint. There is no freedom in it, and it is childish and unformed. We should advise you to practise daily a thoroughly good running hand on which you might model your own.

IRIS.—1. We refer you also to Dr. Keynes for full details of the Cambridge Higher Local Examination, held in December and January.—2. A good Italian book for a beginner is *Le Mite Prigioni*, by Silvio Pellico, and you would find some of Metastasio's plays easy, e.g., "La Clemenza di Tito."

NAN.—1. There is a wide field before you. Have you read (in fiction) *Lorna Doone*; Mrs. Gaskell's *Wives and Daughters*; Kingsley's books, especially his *Heroes*; J. M. Barrie's works, and so on? You should not only read stories. We advise our readers who wish to be systematically guided in their reading to join the National Home-Reading Union; secretary, Miss Mondy, Surrey House, Victoria Embankment, London, W.C. A useful little book is *What Shall I Read?* by Lily Watson (56, Old Bailey).

MARGARET.—Read our answer to "Nan." The lists of suitable books would be too long to give here in the six subjects you name, but we are very glad to see that you intend to read when you have left school. Especially do not neglect the reading of poetry. Such poets as Longfellow and Tennyson will help you.

GIRLS' EMPLOYMENTS.

ANXIOUS (Teaching Dressmaking).—If you wish to prepare by yourself for the examinations for teachers of dress-cutting you had better write to the Secretary of the London Institute for the Advancement of Plain Needlework, 16, Stafford Street, Marylebone Road, N.W., asking for advice on the subject. You will probably find that emphasis is laid on obtaining a practical knowledge of the Grenfell system of dress-cutting. Examinations are held in March, July, and December. It seems a pity that you are unable to attend the classes in Leeds, as the teaching given is considered to be particularly good.

H. W. (Civil Service).—We cannot recommend you a teacher by correspondence. Possibly the Secretary of the Birkbeck Institute, Bream's Buildings, London, E.C., could advise you on this subject, as many students are prepared at the Birkbeck for the Civil Service. Whether the hours you mention are strictly adhered to we do not know, but it is certain that long hours are not among the grievances of Civil Service Clerks.

MARCELA (Learning French and German).—The Secretary of the Teachers' Guild, 74, Gower Street, W.C., would forward you information concerning the excellent opportunities given by the French Education Department to English girls who wish to acquire a knowledge both of French and of teaching abroad. If you could avail yourself of this privilege you would find yourself much better equipped for the teaching profession than by going to some foreign school and learning French there on what are called "mutual terms." Later you could learn German in Germany by obtaining some post as teacher in a good family. Miss Nash, of the English and American Governesses' Home, 7, Kleinboerenstrasse, Berlin, might help you in this quest, but you ought to be able to afford to spend a few weeks in the Home till a suitable vacancy could be found.

A. C. (Infirmary Nursing).—We learn that at the newly established Brentford Infirmary, Isleworth, W., a few suitable probationers could be received. You may be glad to know of this opportunity, as at the older hospitals competition for entry is now so keen as to make it difficult for girls without means to be trained. The limits of age are from 22 to 32. Probationers are received on trial for two months; then, if accepted, they serve for one year at a salary of £5, the second year they receive £10, and the third £20. They are provided with full rations, washing, separate bedroom, and material for indoor uniform. The Infirmary is conducted under auspices which are favourable to a good hospital training. You should write to the matron if you desire the form of application.