

ANSWERS TO CORRESPONDENTS

MEDICAL.

PANSY.—You can take "bismuth and soda" either in the form of a mixture or in tablets. The former is more efficacious, the latter more convenient. The prescription for an ordinary case is as follows:—

R Bismuthi Carbonatis ʒij
Sodii Carbonatis ʒij
Mucilag. Tragacanth. q.s.
Aqua ad ʒviij

Two tablespoonfuls three times a day twenty minutes before food. The tablets are—

"Tablet," Bismuth and soda 5 grs. (Burroughs, Wellcome and Co.). The dose is one to five. They can be obtained at any chemist.

CARY.—Chillblains are very troublesome things to deal with. Prevention is better than cure, but in this case is not any easier. Wear warm socks and warm gloves. Do not stand about much in cold weather. Beware of wet feet. Do not, when your feet and hands are numb with cold, half roast them in front of a fire, but let them recover their normal heat by degrees. When you have got a chillblain, gently rubbing the place with spirit or *rose-leaf-Cologne* and water is very efficacious. When the chillblains have burst, they should be dressed with an antiseptic ointment. General treatment may be necessary to improve the circulation.

URGENT.—Eyelashes, and eyebrows may come out, either as a result of affect of the skin surrounding them or independently of any disease whatever. In the former case one must treat the original condition of which the absence of lashes and eyebrows is only a minor symptom. In either case a wash of borax and water (Gr. to ℥i) may be used. Many girls are very nervous about losing one or two eyelashes, but it is quite healthy for the lashes to come out. The function of the eyelashes is to prevent dust, etc., from getting on to the eyeball. To do this they are very quickly, the places of the old hairs are rapidly filled up.

AN OLD BRIGHTONIAN.—You like bicycling, but it makes you breathless and tired and gives you pain in the legs. We understand that you are a novice, but that you wish to ride long distances. Well, you cannot ride long distances at present, and you ought not to try to do so. You must stop when you get breathless or the pain in your legs comes on. You ask us what you should do to overcome these unpleasant sensations. Well, the first thing in the treatment of anything is to try and find out the cause, and when you have found it to stop it if that is possible. We do not advise you to stop bicycling altogether, but to indulge in it in moderation. You will get used to it in time if you are cautious, and then you may try "records." It often happens that men companions are impatient with girls who cannot ride at their speed, but each girl must meet such unfair treatment with a distinct refusal to overtax her strength.

"ONE, TWO, THREE."—We are afraid that you will have great difficulty in getting rid of the smell of chloride of lime. Well washing your hands with soap after using the lime, and then sprinkling a little *eau-de-Cologne* over them may remove the smell. We do not advise you to use chloride of lime to bleach your hands with, for in the first place it is very caustic, makes the hands sore and cracked and very itchy; and secondly, it is not an agent likely to be of use to bleach the skin unless the skin be pigmented. It will only make "red hands" much worse. Peroxide of hydrogen does not produce the unpleasant symptoms, and is quite as likely to bleach as the chloride of lime. Habitually wearing gloves will diminish the redness of your hands. Take our advice, and do not use any bleaching preparation at all.

FIRELY.—1. Carbonated chalk does not whiten the teeth as well as most tooth powders. The carbolic tooth powder is the best of all for general use, but for very yellow teeth a compound, of which we have lately given the prescription several times, is better. You will find the description of this powder in the answer to "Troubled Nell" in the February number of THE GIRL'S OWN PAPER.—2. Sulphur soap should be used for pimples, but remember that many soaps sold as "sulphur soap" do not contain sulphur. Arsenical soap is useless for anything. Most soaps sold as "arsenical soaps" contain far too little arsenic to have any effect. If they do contain any appreciable quantity of arsenic, they might do harm. It is an absolute myth that arsenic improves the complexion; it does no such thing, but it may ruin the complexion by producing an arsenical eruption.

A DESERVING ONE.—You may suffer from disease of the kidneys, but it is absolutely impossible for us to tell you for certain what is the matter with you without a personal interview. You do wrong to allow your complaint to go on without seeking medical advice. If you cannot pay a private doctor, you can obtain advice at a hospital.

NEMSE.—Decidedly you ought to go to an oculist. The condition of your eyes must be seen to, and we cannot give you any help without examination.

MARJORY.—We can only add a few brief statements to our former advice. Indigestion is not a condition that is cured by drugs, it is more often produced, and nearly always made worse by them. Avoid tea, coffee, beer, wine, spirits, cheese, potatoes, pastry, uncooked food and soups. Take your meals regularly, let them be small meals, take little liquid food except milk, and rest for half-an-hour after every meal. The alkaline stomachic we usually advise is carbonate of soda and gentian. Half a teaspoonful of bicarbonate of soda taken immediately before meals is quite as good, often better and costs very much less.

STUDY AND STUDIO.

EZRA.—1. We cannot admire your friend's "Ode to a Telegraph Wire." Why should "the passer-by look up with a sigh, and wish to be a toad"? It seems to us nonsense.—2. You will find the lines—"To live in hearts we leave behind Is not to die,"

in "Hallowed Ground," by the poet Thomas Campbell.

ASPIRANT.—We applaud your determination, but no book will quite remove the difficulty, in many cases the impossibility, of solitary study of Euclid and Algebra. In our own case we remember the difficulty of seeing any sense in the first proposition of Euclid, till a word or two from a master made it all perfectly clear. It is not of the slightest use to get propositions and theorems by heart without grasping the chain of reasoning. Cannot you have a few lessons from a friend, if in no other way? We believe Todhunter's *Elements of Euclid and Algebra for Beginners* are good, or Hamblin Smith's; but no book will take the place of *verba voce* explanation of difficulties.—2. You will find Smith's *Principia Latina*, part 1, a good Latin grammar.

HARRY.—We are glad you are so pleased with your well-earned prize, and wish you also a "happy new year." The new year of THE GIRL'S OWN PAPER begins from the issue of the first monthly part.

HIGHT SEA.—Why not present yourself at one of the Local Examinations held by the accredited Schools of Music? You would then be told whether your voice were being rightly trained. Address, for full particulars, the Secretary, Trinity College, Mandeville Place, Manchester Square, W., or the Hon. Sec. of the Associated Board of the Royal Academy of Music and the Royal College of Music, 52, New Bond Street, London, W.

GENTLEMAN READER writes to supplement the information quoted from Sir G. Grove's Dictionary of Music to R. E. C. (last in our December part). He says:—"There were six clefs in use formerly, as may be seen in very old musical music, four of the C clef, as it is termed, and two of the F clef. The positions of the first mentioned were as follows:—on the first line of the staff for soprano, on the second line for second soprano, or mezzo, on the third line for alto or contralto, and on the fourth line for tenor; while in the case of the F clef it was used on the third line for baritone or first bass, and on the fourth line for the second or 'heavy' bass."

FIORENZA.—1. We should recommend for an Italian book, suitable for a girl of eighteen, *Le Miei Prigioni*, by Silvio Pellico; for a German book, *Undine*, by De la Motte Fouqué; and for a French book, one of Madame de Sévigné's tales in the Bibliothèque Rose, such as the *Mémoires d'une Ane*.—2. Catarrh of the lungs is generally caused by a chill, or by the germ of influenza.

MISCELLANEOUS.

PRIMROSE.—It would be more seemly and self-respecting to refrain from sending cards to a man who has left your neighbourhood without proposing to you. Perhaps he thought better of it, and considered it an act of prudence and good taste to remove elsewhere; and to follow him up would be very ill-advised.

R. H. FLETCHER.—We recommend you to write to one or more of the great shops for musical instruments for information on the subject of aluminium and silver violins. We have never seen any.

E. PERRY.—We think that to obtain a second-hand bicycle you had better refer to the *Exchange and Mart* (70, Strand, W.C.), and the terms as to taking one on the hire system could be arranged without difficulty. A friend we know paid a third of the price in advance, as much again in six months, and the balance in a period of six months later. As to the cost of repair, that must depend on the age and condition of the machine when you get it; and the careful use of it, or otherwise, by yourself.

FRANCESCA.—You could not sign yourself by a nickname on any legal paper. You must inscribe your true name.

M. M. A.—You do not name your age, nor how much you or your family could unitedly give for your residence in a Home. Very few are free, and in these cases admission is by vote, which is a hopeless method. There is an infirmary at Brighton for aged and incurable women. You might write and state your case, age and means, and send letters of recommendation (or copies of them) from your clergyman, doctor, and present employer. There is also the Midland Counties Home for Incurables at Leamington, Matron, Miss N. Armit. Also at St. Leonard's-on-Sea there is a Home for Chronic Invalids, Alexandra House, Bohemia Road; the Hon. Treasurer, Miss Anne Hutchinson. If you fail in one try another, and ask them kindly to return the copies of your certificates.

NERVOUS GIRL.—We advise you to read the "New Doctor" in the Medical column. Do not give way to jumping and starting at noises which must continually take place. It is annoying to others to see a fuss made about what cannot be helped, and which people in general learn to bear without complaining or making themselves an object of notice. Your writing has, at least, the merit of being legible, if not pretty.

DARK CLOUDS.—It is very difficult to advise you; but as we feel quite sure, on reading your letter carefully, that your heart is not really engaged in the matter, and as we think the union will not lead to happiness, you had better be brave enough to put an end to your engagement. But if you hesitate to do that entirely, you might promise a renewal of it when your betrothed makes up his mind to take life seriously, and begin to make proper exertions to provide a comfortable home, at any rate do not drift on, feeling discontented and unhappy.

A FAITHFUL READER IN ITALY.—1. When books are published anonymously, and the secret is kept of the author's name, we should know no more than yourself of the real name of the writer.—2. We have not tried the road skate, but have seen it often, and it appears to answer very well.

LAUNDRY MAID.—Inquire at the Birkbeck Institute, Chancery Lane, and see whether they can give you information. That is the nearest place to your address that we know of at present.

JUBILEE.—Your inquiry is rather vague, but we think if you went to any well-known publisher of illustrated books, you might show your manuscript and inquire.

A. L.—The basilisk, employed as a crest in heraldry, is not an existing creature though it may somewhat resemble a prehistoric fossil. It is a mythical monster described amongst the ancients as a species of dragon, whose breath or even look was said to be fatal. The basilisk of the Middle Ages was reputed to have sprung from the yolk of a cock's egg hatched by a toad, and thus obtained the name of cockatrice. It had the body of the bird, and had a serpent's tail ending in three points, and wore a crown. It was also said of this monstrosity that only the sight of its own hideous appearance in a mirror could kill it.

J. L. WATTS.—If about to emigrate to Adelaide you could not have greater advantages for the education of your sons than are afforded in that city. The degrees conferred by the University in art, medicine, law, science and music on any person, whether male or female, are recognised as academic distinctions, and entitled to rank and precedence in the United Kingdom, and in all colonies and possessions of the Crown as fully as if these degrees had been granted by any university in the said United Kingdom. Adelaide University holds Letters Patent and the Great Seal to that effect.

PRINCESS.—1. We hope your good resolutions will be permanent, but we think you would be much aided in your studies if you joined the National Home-Reading Union for encouraging and directing home study. The central office is Surrey House, Victoria Embankment, London, W.C. The secretary is Miss Monday, from whom you can obtain all information. At your age education should be looked at seriously, and carefully guided.—2. We think that the head of hair you describe would be kept tidy, as well as made becoming, if it were slightly waved and then tied at the back low on the neck with a ribbon or black ribbon velvet.

IGNORAMUS.—1. Nearly all newsvendors keep Weldon's Practical Needlework series, price twopence each. You could obtain the edging and insertion in crochet in one of these. The London address is, Weldon's, 30, Southampton Street, Strand, W.C.—2. The Home Education Society, Hon. Sec., Miss Ralfe, 102, Eaton Terrace, London, S.W., would give you the help you need.

PRITHI.—We have never heard of a law to prevent anyone from calling their place of abode a castle; but as the word means a fortified residence, a fortress, especially of a prince or nobleman, it would be a misnomer to apply it to any ordinary house in modern days.

ROBYN.—A shower bath could be arranged over an ordinary fixed bath, but you would certainly not be able to do it yourselves. You would find out the expense of the work by inquiry at any bath manufacturers in your city.