

Boating, if spurring is not indulged in, is another good form of wholesome exercise.

Games such as lawn-tennis, football, cricket, bowls, etc., are most health-giving, for three reasons: they exhilarate the mind, exercise the muscles, and the player is breathing fresh air while engaged in them.

Being myself an enthusiastic cyclist, I can confidently recommend the tricycle or bicycle as the best form of exercise ever invented. It lightens the mind, and strengthens muscles and nerves, and throws open all the secretions, not excepting the skin. But beware of spurring up hills, which induces heart disease. Beware also of sitting in a damp skirt after coming in from a long ride. Go and change at once if your underclothing is damp. I myself always carry a change to put on at my journey's end; and if I have to ride back the same day, I change again when I get home,

after taking a cold bath, and finishing up with a cup of tea or delicious coffee.

Fresh Air.—It is very sad to think that thousands die every year, slowly asphyxiated, although this might easily be prevented, even by those who are compelled to work indoors, if they would but look upon fresh air as their best friend, keep the windows open, and make it a rule to spend as many hours out of doors every day as possible.

"Remember," says Professor Ransome, "that every breath of impure air endangers the health, and takes away energy from the body; that we cannot breathe any portion of the air that has already passed through the lungs without harbouring the seeds of that fearful disease, consumption, and that a close unozonized atmosphere necessarily weakens our powers and debilitates our systems."

Pure Water and Warmth.—Both are most

important to health. As regards the water I have to warn the reader that, with the exception of two or three, all the filters at present in the market are worse than useless, because they give people a false sense of security.

As to warmth: I myself should prefer fresh air without heat to living in a badly ventilated room, however cosy, but in winter people should endeavour to so arrange their rooms as to combine the two.

The proper ventilation of the bedroom is of the greatest importance, so too, is the airing of the bed-clothes. If you can possibly stand it the window should be partially open night and day.

And now I have done. I sincerely pray that my advice may do many good, and just as sincerely do I wish all my girls, young or not young, a happy and healthy New G. O. P. Year.

ANSWERS TO CORRESPONDENTS.

STUDY AND STUDIO.

EVANGELINE.—Chopin's music certainly belongs to the romantic school and is dreamy enough to delight you, but it is rather difficult. You might, however, try some of his nocturnes or waltzes. We should also recommend you the following: Schumann's "Kinderscenen"; a "Berceuse" by Schütt; "Melody in G♯," Paderewski; "Lyrische Stückchen, Op. 12," Grieg; "Three 18th century Studies," Arthur Somervell. You can buy Chopin's pieces bound up together in separate parts; for example, "The Chopin Album," vols. 1 and 2, each containing fifteen celebrated pieces, nett. price 1s. 14d.; or the "Nocturnes," price 1s. 6d.; the whole list is too long to give here.

COURAGE.—We are much gratified by your letter of thanks, and by the information that you are enabled to win praise for your skill in cookery and home management, which you say you owe entirely to *THE GIRL'S OWN PAPER*. We can recommend you the following songs which you can obtain set in keys suitable for either tenor or baritone: "I Arise from Dreams of Thee," "Salaman"; "One More," and "A Song of May," Lord Henry Somerset; "Still wie die Nacht," Carl Bohm; "Bois Epais," Lully; "The Devout Lover" and "Absent yet Present," Maude Valérie White; "O Promise Me," by Reginald de Koven. Some of these are also suitable for soprano and mezzo, but we should advise you in addition to choose a book of Edward Lassen's songs, one of Maude Valérie White's, one of F. H. Cowen's, and one of Rubinstein's. A song we think you would like, for mezzo or baritone, appeared in the January number of *THE GIRL'S OWN PAPER*, entitled "Longing," by Ethel L. Watson.

MADDELNE.—We have never heard (although we have known many foreign schools) of the arrangement you suggest, by which students take part in the household work instead of paying fees. But an arrangement that is frequently made is for an English girl to enter a French, German or Swiss school and teach her own language in return for joining the usual classes. This is called being *au pair*. We have known the plan work most happily and satisfactorily for all parties in Switzerland, at such places as Neuchâtel and Lausanne. If you have no friends who would inquire for you, would you like to insert an advertisement in a foreign paper, for example, the *Journal de Genève* (Geneva), *Feuille d'Éveil*, or *Gazette de Lausanne*, Switzerland, stating your requirements? You could write first on a 1d. postcard to the office of the journal, asking the fee for insertion. In Switzerland you would be able to learn both French and German, and the bracing air and beautiful scenery lend attraction to the sojourn there.

EIN SCHÜLMÄDCHEN.—There are Scholarships connected with Queen's College, Harley Street, London, W., for girls over fourteen. Write for particulars of these; and also read Mrs. Watson's recent articles in *THE GIRL'S OWN PAPER* on "What are the County Councils doing for Girls?" You might apply to C. H. Bothamley, Esq., Somerset County Education Committee, Weston-Super-Mare, or to the Secretary of the Technical Instruction Committee, Taunton, for details of Scholarships tenable at High Schools, etc., in your own County. We wish you success.

LARGO.—The sol-fa "words" for the scale are—do, re, mi, fa, sol, la, si, do; the vowels being pronounced in the Italian fashion—ray, mee, fah, etc. "Do" is the key-note. Many thanks for your kind words in praise of *THE GIRL'S OWN PAPER*.

A STUDENT.—1. We should advise you to consult the authorities of the school where you are studying. You give us no clue as to the grade of education concerning which you wish information.—2. We cannot advise any special preparations for the hair.

W. SMITH.—In addition to Bartlett's "Familiar Quotations," and Bohn's publication, which you mention, we can recommend "Dictionary of Quotations" (English), Dalbaird; and "Dictionary of Quotations," Rev. James Wood. These contain prose as well as poetical extracts. We do not think you will find "longer quotations" given anywhere, unless you get one of the collections of miscellaneous verse of which there are so many.

EVANGELINE.—There are many instruments far more easily learnt than the piano. Have you ever heard of the auto-harp? (price, from 12s. 6d.). It is very sweet, suited to accompany the voice, and so easy to learn that you could probably teach yourself; or you might try the guitar, or mandoline. *A ne plus ultra* auto-harp (the very best) costs £5 5s.; a mandoline, from £1 1s.; a guitar, from 10s. 6d. The harp itself is easier than the piano. You could no doubt hear of a second-hand one by inquiring at any music shop; but we should hardly advise you to buy so large an instrument to begin with, as you might find you did not care to learn it after all. We sympathise with you, and thank you for your letter.

AUTUMN.—We think you must intend your communication as a joke, as such doggerel is seldom sent us, and you must be perfectly well aware, if you are fourteen, that it is nonsense—not clever nonsense either.

AN OLD READER.—Your thoughts are very sweet, but we fear, hardly original enough for publication. The "qualifications for a nurse" are good, but the subject is familiar.

AN APPRECIATIVE READER.—We sympathise with you in the feelings expressed in your verses. "Every Need Supplied" is the best of the four poems. Your lines, "I need Thee every hour," and "I cannot do without Thee," are to be found in other familiar hymns, and have doubtless been unconsciously reproduced by you. "Divine Alchemy" and "Death" are not written in any known metre. "I am" and "again" do not rhyme; and the line—

"O wondrous love, any grace"

is too long. The rules of form are very important in writing poetry. We do not wish to discourage you, as you probably find it a comfort thus to express your inmost thoughts.

ISABEL.—Your lines are not original enough for publication; and though we are sure you are sincere, the same things have constantly been said by others. Your metre suddenly changes in verse 3 of "Come Unto Me." Your ear will surely tell you that.

"And 'neath the shelter of his wings"

is a line of different cadence from

"Ye shall enter where all sorrow."

We do not think it wise to devote a "great part of your time" to composing poetry, as at your age you should read the work of illustrious writers and store your mind with treasures.

MARY.—Your lines do not rhyme and yet are not in any metre suited to blank verse. You should not write "what you think to it," but "what you think of it." The French use the former mode of expression, but not the English. To write lines of different lengths below each other is not to write poetry, or even verse.

TOPSY.—1. Your verses show that you need to study the rules of poetic form. "A Sketch" is not written in an recognised metre so far as the first verse is concerned, but improves later on. The lines of "Sunset" ought, considering their length, to rhyme. In "One Summer Evening" the rhymes are often incorrect, e.g., "deadened" and "redlined," "planted" and "demanded," "broken" and "open."—2. Your work would not at present be accepted for publication in any quarter. The one consolation we can give you is that "Sunset" shows you have an observing eye and some power of description. You might succeed better in prose.

GILGILT.—The only way to obtain "reviewing work" is to apply to the editor of any periodical for which you wish to write. But, as you invite our judgment, we must candidly inform you that the specimen you enclose "would never do." "The within-reach-of-all-sum of id" is not an English mode of expression; you use the words "little work" twice consecutively, and your praise is quite indiscriminating. Reviewing is a difficult art, and the critic needs to be, as far as possible, above criticism in his *technique*.

PERSISTENCE.—1. We have read "A Dream-Journey" with much pleasure. Certainly do not "stamp out your impulse to write," but encourage and foster it by every means in your power, taking care, however, to read meanwhile "the best," not as your letter suggests, good, bad, and indifferent. Life is short, and you cannot afford to waste time. Cultivate your brain and your literary taste in every possible way.—2. The faith that would be endangered by reading Carlyle and Emerson must be of a very feeble kind, and likely, sooner or later, to collapse. We should consider that their thoughts were helpful to the growth of character in the best direction, though it is not necessary to take all they say for granted. Emerson, however, is immeasurably the greater of the two. He is a "seer," and cannot be studied too earnestly. We wish you success worthy of your name.

MISCELLANEOUS.

MAGGIE could purchase a fairly good silk for about 3s. 6d. to 4s. a yard, perhaps less. It would be better to have a little trimming of white lace at the neck and wrists, and a full bodice with satin sash and ribbons.

H. M. W.—For the removal of copying and marking inks, wash the stained parts with a strong solution of bleaching powder, then apply a cold solution of oxalic acid, not too strong, and rinse repeatedly in cold water afterwards.

F. E. W.—We could not possibly give a testimonial or certificate of merit to any trade association; nor say that "they are all they represent." But we think you would probably act wisely in taking some lessons at the place you name.

NORTHERN EVERGREEN.—1. We do not care for green toilet-mats nor covers, and should prefer them of white with an embroidery in green silk on them. Everything connected in this way with the toilet table should be of washing materials. The "bed-spread" may be of green cretonne to match the covering of the furniture. You had better purchase mats and table-covers ready outlined and prepared for working.—2. Indigestion arises from so many causes, you had better go back for a year or two of the "G.O.P.," and read the articles by "Medicus" on the subject. Eating too fast without sufficient mastication, or when over-fatigued, are all causes of discomfort. Perhaps taking a pint of hot water half an hour after a meal might do you good.