

## ANSWERS TO CORRESPONDENTS.

## MEDICAL.

**GALLIER AND OTHERS.**—The treatment of a chronic winter cough is not by any means merely a question of a prescription. We must use other measures beside drugs, such as hygienic and dietetic treatment. Winter cough is usually due to chronic bronchitis, but it may be due to consumption or to affections of the throat or one of a very large number of ailments. If no symptom is present except cough with excessive expectoration, the condition is almost for certain chronic bronchitis. The following is the regimen for this condition—

**Hygienic.**—Avoid draughts as far as possible, but do not shut yourself up in an ill-ventilated room. Fresh air is the first necessity. Take a walk every day unless the cough is bad, in which case you must remain indoors. Have a fire in your room if possible, as this, besides heating the room, produces perfect ventilation. Clad yourself warmly with flannel next to the skin.

**Dietetic.**—Do not overload the stomach and do not eat a large supper. Avoid biscuits and other crumbly foods as these produce coughing. Use pepper, salt and mustard with great moderation.

**Local.**—A mustard plaster or a turpentine fomentation at the beginning of an attack, or failing this, whenever you can, often completely cures the condition. Steam-bathes, so valuable in acute bronchitis, are worse than useless in chronic coughs.

**Drugs.**—There is no specific for this complaint. Many preparations are sold for coughs which contain opium. This drug relieves the cough but does more harm than any other substance and many persons have died asphyxiated from taking opium to cure a cough. The cough of chronic bronchitis must not be stopped, it must, to a certain extent, be encouraged. The lungs are full of phlegm, and this must be coughed up. We must therefore endeavour to loosen the cough, if the expectoration is too viscid and to make the cough as little troublesome as possible. Now a very frequent cause of aggravation of the cough of chronic bronchitis is the presence of irritation in the throat and upper air passages. The cough due to this is no good, and therefore it is advisable to stop it. We do this by lozenges. The best lozenges for the purpose are liquorice lozenges. These contain besides liquorice, benzoic acid and oil of aniseed. A lozenge placed on the tongue and allowed to dissolve slowly will relieve the cough due to throat irritation. Now how are we to treat the cough due to the bronchitis? If the expectoration is very viscid and tenacious we must give something to loosen it. Ipecacuanha is the drug of most value here. It can be given in a lozenge or in a mixture with salines. Ten drops of the wine of ipecacuanha (R. P.) on a lump of sugar is a convenient way of administering it. If the expectoration is profuse ammonia and squill are the best remedies. They may be taken together in such a mixture as the following—Carbonate of ammonia, three grains; tincture of squills, thirty drops; aniseed water to the ounce. Taken every six hours. An aperient, of which the best is liquorice powder, should be taken occasionally. No mixture containing opium in any form, no paregoric, and above all, no chloroform, may be taken by bronchitics to relieve their cough. We mention these drugs purposely because we have seen most alarming results from their use. We have seen more than one child fatally poisoned by cough mixtures containing opium. It is hardly necessary for us to remind you that the ordinary mouth respirators are useless except as ornaments. Of course, if you can afford it, you should pass the winter in the south or in the Alps, but this is above the purses of any but the very rich.

**Dicky.**—You are twenty-two years old and blush very much. You do not feel shy or nervous, but often blush on slight causes, more in the presence of your friends than with strangers, and you ask us to what this may be due and how it can be remedied. Lately we have given advice to a great many girls on the subject of blushing. In one case, some weeks ago, we thoroughly discussed the subject of flushing and blushing due to such physical causes as anemia, indigestion, etc. You should read the advice we have given, but we think that yours is a case of blushing due entirely to emotional conditions. Such being the case, the first question we ask ourselves is—“Is it anything abnormal or is it simply a healthy peculiarity?” It is, of course, more common for girls to blush more in the presence of strangers than when with their own people. But this is not by any means an invariable rule, many girls blush as you do. Perhaps there is an element of self-consciousness in this. However this may be, we cannot consider your condition as abnormal. That you obtained no relief from a “so-called blushing cure” is all that we would have expected. If you are anemic or if you suffer from indigestion read the advice to which we have directed you above. There is a drug often used in this condition; it is called ichthiol, and is taken in doses of two and a half grains in pills or cachets. You might try this, but we cannot guarantee any definite result.

**DISTANT READER.**—That you suffer from some catarrhal condition of the eyes is undoubted, but what is the exact nature of the catarrhal process is not easy to say. The fact that it has lasted for five years together, with the other information that you give us, makes us think that it is the granular form of ophthalmia which troubles you. You say the lids are granular and that little blisters appear on the lids from time to time. You also tell us that you are shortsighted. Try bathing your eyes in warm boracic lotion (thirty grains of boracic acid to one pint of warm water). If this does not soon relieve the symptoms, go to an oculist and have your eyes thoroughly treated, for it is a serious disease and may lead to unpleasant symptoms. You should use your eyes as little as possible, and never read small print, or read in a bad light. We are pleased that our paper affords you so much pleasure.

**AMY.**—What you call “little black grubs” in your skin are comedones, more commonly known as “blackheads.” They are not grubs nor animals, nor organisms of any kind, but are the dried secretion of the sebaceous glands. They are one of the manifestations of acne. We gave a very extensive answer to “Fair Isabel” on acne in last week’s correspondence, which we advise you to read.

**ELAINE.**—Surely you exaggerate when you say that your skin is “like the rind of an orange.” The large open pores on your nose and forehead is a congenital condition. In this state of enlarged pores (i.e. sebaceous and sweat glands), the skin is naturally greasy and is more prone than usual to be attacked by acne. You should wash your face in warm water and borax (one teaspoonful to a pint of water). It is not a condition to worry about. What you describe as “sensitiveness” is pure self-consciousness. You say that you think “that every one who talks to you is thinking about your bad complexion.” In all probability not one of those whom you suspect has ever paid the slightest attention to your looks. You should try to overcome such feelings and remember that mere beauty of complexion is not the chief aim of a girl’s life. If, in your conversations, you paid more attention to the subject and less to yourself you would soon overcome any nervousness or confusion.

**EVELYN.**—You wish for a cure for “hair falling out in patches, leaving absolutely bald spots.” This is the condition of “alopecia areata.” It differs, on hasty inspection, from ringworm, in that the patches left are almost, if not quite, bald and smooth. It is a common condition in girls, but of its cause nothing is known. The hair always grows again. We do not, in our experience, know of a single case in which the patches remained bald. The duration of the bald patches is very uncertain. The best method of treating it is to apply “white precipitate ointment” to the bald spots. Painting with tincture of iodine is a very popular method of treating this condition, but we prefer the ointment. Now you ask us for something to take away hairs. We discussed the subject of superfluous hairs at full length quite recently.

## STUDY AND STUDIO.

**CAROLINE HOGG.**—1. Your sketch of a ladies’ cricket club is clever and amusing. You might certainly “try to get it accepted,” perhaps by one of the weekly “home” magazines that are so numerous. We think you show decided facility in descriptive writing. Do not employ useless abbreviations such as “H-t-f-dshire,” and note that “practice,” the noun, is spelt with a c. Be careful, if you publish, to avoid hurting the feelings of your friends and neighbours by too much fidelity to a special or local set of characters!—2. Your description of work would find a place in the “Correspondence” column, if you sent it to us, but nothing is paid for such communications.

**E. G.**—We would criticise your drawings, if you forwarded them for that purpose, but can hold out no hope of accepting them for THE GIRL’S OWN PAPER. We never undertake to answer letters by post.

**SPECULATION.**—1. Your quotation—  
“Kattle his bones over the stones  
He’s only a pauper whom nobody owns.  
is from “The Pauper’s Ride,” by Thomas Noel.—  
2. We have never heard the lines beginning—  
“I dreamt I was an omnibus,”

Possibly one of our readers may be able to help you to light upon them; although we cannot say they strike us, from the fragment given, as worth pursuing.

**DAISY.**—You will find the extract beginning—  
“Oh, Tiber! Father Tiber!  
To whom the Romans pray,”

in “Horatius,” the first of the *Lays of Ancient Rome*, by Lord Macaulay.  
**E. N. G.**—Consult advertisements in musical papers for Harmony Lessons by Correspondence.

**JESSIE N. ASHTON.**—Your writing is too black, and the tails of your y’s, etc., are of inordinate length in comparison with the stunted form of the other letters. We do not profess to read character from handwriting. Your other question is inserted in “Our Open Letter-Box.”

## OUR OPEN LETTER BOX.

**MAY BLOSSOM** kindly writes to inform a “ *Lover of Poetry*” that “*The Four Mairies*” is set to music in a book of Scottish songs entitled *The Auld Scotch Songs*, arranged and harmonised by Sinclair Dunn, and published in 1888, by Morrison Brothers, 99, Buchanan Street, Glasgow. The last three verses are as follows:—

“Oh! often hae I dresst my Queen  
An’ put gowd in her hair;  
But noo I’ve gotten for my reward  
The gallows to be my share.

“Oh! little did my mither ken,  
Ere I lay she cradled me,  
The land I was to travel in—  
The death I was to dee.

“Oh! happy, happy is the maid  
That’s born of beauty free;  
It was my dimplin’ rosie cheeks  
That’s been the dule o’ me.”

Will any reader direct **JESSIE N. ASHTON** to the source of the two following extracts:—

1. “Just to bloom beside your way  
That is why the flowers are sweet.”

and

2. “Just as of old  
Man by himself is pricid,  
With thirty pieces Judas sold  
Himself—not Christ.”

**ROSEBUD** asks the author of “*The Doctor’s Fee*,” and where she may find it. It is a story of a child who tried to help his parents by paying the doctor with a cherished toy.

**E. M. C. H.** and **FLORENCE M. COOPER** kindly refer Margaret Bulgin to Björnson, the Norwegian poet, for the extract beginning—

“Tis a day just to my mind.”

## MISCELLANEOUS.

**DOUBTFUL.**—The Bishop of London recently gave good advice when he recommended a correspondent of his to “go to that place of worship which suited him rather than to one which did not suit him.” If, as you say, you “feel so much better spiritually” as the result of the services which you have recently been attending, would it not be soul-suicide to change again?

**E. L.**—The *Arcturion* nearly reached as far north as the 82nd parallel; Jackson reached as far as 81° north. Messrs. Björning and Kalestenius were two venturesome Swedes, who tried to reach the North Pole in 1893. The wreck of their small steamer was found at the Carey Islands, but no trace of them was discovered in 1893.

**KINSTORP.**—The original Secession Church is popularly known as “Auld Lichts.” At the Union of the Secession and Relief Churches in 1847, about thirty congregations in connection with it the former body held aloof from the Union, and assumed the name of “Original Seceders.” There were, in 1895, forty congregations, and about 6000 members.

**INSKIP.**—Edward Augustus, Duke of York, was the son of the Prince of Wales, grandson of George II., and brother of George III. He was a Rear-Admiral in the Navy, born in 1759, and died unmarried in 1797, which would make him rather more than twenty-eight when he died. He was born on March 14th, and died September 17th. He was buried in Westminster Abbey.

One of **FRYE**’s Laplanders are nomadic and do not live in cities. Finland includes a large part of Russian Lapland, and the capital of Finland is Helsingfors, where a Governor-General represents the Emperor of Russia, who is Grand Duke of Finland. There are some fishing villages, such as Enarens, in Lapland. Part of the latter country belongs to Sweden, and also Norway, as well as part to Russia. Some live in the government of Archangel and inhabit the peninsula of Lapland or Kola.

**NIMBLE NIPPER.**—A gentleman is presented to a lady, certainly not *vice-versa*. In England men generally offer the left arm in conducting a lady; but on the Continent the right arm is more commonly given. The “*Boy Bachelor*” was William Wotton D.D., who was admitted at St. Catherine’s Hall before he was ten years old, and took his degree of “B.A.” when he was only twelve and a half (A.D. 1666-1726).

**DOUBTING.**—There could not be anything wrong in telling the excellent woman, with whom you have had helpful conversation on religious subjects, that you felt a great attachment towards her. Why not? She could only feel gratified.