

ANSWERS TO CORRESPONDENTS.

MEDICAL.

WEARY ONE.—"Migraine" or "megrin" is a very definite form of nervous disease. It is commonly called "sick headache," and though all sick headaches are not megrin, a fair number of them are. This condition, which recurs at irregular periods, is nearly always connected with indigestion or biliousness. It occurs chiefly in young people, and rarely persists after twenty-five years of age. The symptoms you describe—nausea, giddiness, lassitude, specks and rings before the eyes, neuralgic pains on one side of the head, the whole terminating by profuse vomiting—form a very concise picture of a moderately severe case. This condition is often brought on by one special article of diet, different in every case. If it is possible to discover this food, suppressing that special article is often followed by permanent relief. During the attacks lie down in a darkened room, and take nothing to eat except a little iced milk or soda-water. A brisk purgative at the onset often cuts short the attack.

NANCIE.—We cannot say that we have observed any good effects from rhubarb for "enlarged pores of the skin." In fact there is no internal treatment of any kind that we have found useful for this condition. Rhubarb will tan leather and close the pores of a dead skin if applied locally; but it has no effect upon the human skin when taken internally. Its action is entirely confined to the alimentary canal.

CYROS.—We think that you are correct about your trouble, and that you do suffer from indigestion. Whether there is anything else wrong with you we cannot say for certain. We do not however approve of your treatment. You say that you live chiefly on brown bread and cocoa. Both of these are indigestible, and you would do well to forego them. Never take much liquid with your meals. A half a glassful of fluid when you have finished eating should be the maximum taken. Avoid all the really indigestible foods, eat slowly, often, and take very little at a time. Sit down after meals, and take a moderate amount of exercise every day. We strongly dissuade you from taking pepsin. That it relieves indigestion we are fully aware, but it makes the condition much more difficult to cure in the long run. The only drug taken for this form of indigestion should be bicarbonate of soda, a teaspoonful after meals if the indigestion is severe.

MALINE.—Good rich Devonshire cream is one of the best substitutes for artificial foods. Two large tablespoonfuls after every meal is the usual dose. It is of course far less easily digestible than the milk preparations, but is very strengthening and conducive to plumpness.

"CANADA" and "ONTARIO."—The questions that both you and your daughter ask us are of excessive difficulty, and though you have apparently described every symptom, yet it is almost impossible to give either of you a definite answer. Your affection is undoubtedly nervous. It is certainly not heart trouble. We expect that one of your parents was subject to nervous disease, and that you have inherited a disposition to nervousness, as your daughter has obviously inherited a nervous disposition from you. We do not think that either you or your daughter suffer from organic nervous disease. The fit that your daughter had was not epilepsy as you doubtless imagined; nor are the fits she occasionally has now. Epileptic fits never have an exciting cause, and are always accompanied by total unconsciousness. The ailment from which both of you suffer is a common form of that little understood and extremely complex disease "hysteria." Do not think that this means that you are "shamming," or any nonsense of that sort. Hysteria is a definite and formidable complaint; but it is curable. The worries to which you have been exposed are quite enough to cause your complaint. As regards treatment, eat as much as you can, but do not take indigestible food. Try to get about—you never know what you can do till you try. We do not advise you to take any drugs, but a short course of iron might do your daughter good. If it is possible, by far the best thing you could do would be to live in some town where the life and amusements would do much to take you out of yourself. If you cannot move to a more lively spot, you might at least send your daughter to some town where she could come into relation with other girls of her age. This would do far more good than any other measure.

JANE.—You will find all necessary information about sleeplessness in a very long answer that we gave about this complaint in the May Part of THE GIRL'S OWN PAPER.

TROUBLED TEACHER.—In the May number of THE GIRL'S OWN PAPER we gave an answer dealing with superfluous hairs, and there we detailed and criticised the various methods that have been adopted for remedying that condition. We do not think that soap would in any way affect the growth of superfluous hair.

GIRLS' EMPLOYMENTS.

MYRTLE (Board School Teaching).—You will have observed that the Bishop Otter Memorial College, Chichester, is intended for the daughters of the clergy and of professional men. You had better write to the Principal asking for full particulars of terms and of the qualifications students must possess on entering the college, and enclose a stamp for reply. For the present, what you must do is to pass the Cambridge Junior Local Examinations, for which you are preparing. Passing this will excuse you from entering the Preliminary Examination for Pupil Teachers. Write then to the Clerk of the London School Board, School Board Offices, Victoria Embankment, expressing a desire to be engaged by some school as a pupil teacher, or you might prefer a similar request to the managers of a board school in your own locality if, as is probable, you would rather not leave home. If a vacancy were found for you, you would then be indentured for two or three years from 1st 1 following after your engagement. You would receive a small salary of 3s. a week to begin with and 10s. a week at the end. You would afterwards sit for the Queen's Scholarship Examination, and on passing this, you would apply for admission to a training college.

TROUBLED ONE (Civil Service).—If you passed the examination at one of the London centres you could be employed at one of the head offices in Queen Victoria Street or Newgate Street. What you offer yourself for the sorting or the telegraphic service you must obtain a sufficient knowledge of geography to pass the examinations. But geography is, after all, not an amazingly difficult subject. You should study an atlas constantly and you ought to know the shape and position of the countries in the same unconscious way that you know at which end of a street your friend's house stands. A slight knowledge of languages will help you, too, to make a good guess at the country where a particular town is to be found, even if your geographical memory is at fault. Another helpful plan would be to sketch out imaginary journeys. Ask yourself, for example, "Supposing I were a war correspondent, and a newspaper editor ordered me to sail for Cuba by the shortest possible route, what would be the line of my journey? To what station in London (to begin with) ought I to be driven? to what part must I take my railway ticket?" and so on. Think the thing out for yourself, as though you had no one to advise you; this is the only way to acquire knowledge which you will not forget.

DEJECTED ONE (Civil Service).—You could sit for the examination for sorting clerks and telegraph learners at Leeds. To find out when an examination will be held, you should study the advertisements in the principal London papers on Thursdays. Ample notice is usually given, but we fear you have lately missed an examination. You could apply, however, for an application form to the Secretary, Civil Service Commission, London, S.W. The subjects for the examination are handwriting, spelling, English composition, arithmetic and geography. You write a particularly clear and neat clerical hand—a qualification which ought to help you.

CARE (Hospital Nursing).—You, like many girls, find yourself forced to solve a difficult ethical problem. As you put it, with more than a touch of exaggeration, you are "in the middle of a dozen cross-roads." We do not see, ourselves, that the number of roads between which you have to choose is so great. It is quite plain that there is one of them which should not be taken. It cannot be right to marry a man towards whom you are not drawn by affection or sympathy. Such conduct would not be fair to him, or to you, or to society at large. Marriage, if regarded merely as a superficially, must be seen to be not an ending, but a beginning; and, especially, in the case of a quite young girl like yourself. It might solve a few difficulties for the moment, but it might be the occasion of much more important ones in the future. Of course we are assuming in saying this that you have given us a sincere representation of your feelings. The advice is only applicable if such is the case. Whether you should become a hospital nurse is another matter. Hospital nursing is, undoubtedly, a fine and a satisfying career; but it should only be followed by one who believes she has a love of it that will outweigh all sense of the toilsomeness and the frequent disagreeableness of the duties. Moreover, it calls for robust health. You could write to the matron of any hospital or infirmary asking her whether she has a vacancy for a probationer, but you should enclose a stamp for reply. Matrons require young women to possess a fair general education. It is a delicate matter to mention; but your spelling and grammar are decidedly imperfect. Whatever your ultimate place in the world may be, it would be wise to pursue your schooling a little further before you become too much occupied with the practical business of life.

MISCELLANEOUS.

"LILIAN" is informed that Miss Sarah Doudney wrote "The Lesson of the Watermill." It is not correctly quoted. It will be found, as it was first written, in *Poems of Lilie* (Houlston, publishers).
ELLA.—The manufacture of tapestry dates back to very remote times. There is little doubt that the curtains of the Jewish Tabernacle were of this description, being made of "fine-twined linen with blue, and purple, and scarlet, and with cherubim of cunning work." The original invention of this manufacture has been attributed to Atterlin III., King of Pergamus, who died 133 B.C. The early workers in France were called *Sarasinis*, because the art was transmitted to them through the Saracens in about the 6th century. The Flemings were early distinguished for the excellence of their work, which in their country reached its highest state of perfection at the beginning of the 11th century. In 1255, Eleanor, wife of Prince Edward, introduced it into this country. If ever you go to Paris you may have a chance of seeing the Gobelins tapestry manufacturers—men working at the backs of the upright frames.

YOUNG HOUSEKEEPER.—To aid in preserving meat in hot weather, keep some pieces of cheap muslin safe and lay some upon it, having carefully examined and cut out all "kernels" in it, and fill-looking edges. It should be well washed with fresh water slightly salted in the first instance. Stale bread may be restored to its original softness by putting it into a French-cup-covered tin, and place it for half an hour, or an hour in an oven at a heat not exceeding that of boiling water, and when cool it will be like new bread. To restore a stale cake, immerse it in a bowl of milk, and when soaked through, heat it in an oven and it will become like new.

MAB.—The "Letters of Marqué" which are now spoken of by the Spaniards, give, in war-time, authority to fit-out armed ships for the capture of any prisoners, or their property, on which the cruisers may be able to lay hands. These letters also give permission for the sale of the plunder, and the appropriation of the proceeds for the private use of the captors. It is an error to suppose that Napoleon Buonaparte stigmatised the English as a "Nation of shopkeepers," as more distinctive than "of sailors or soldiers"; nor was the original use of the term applied to any special nation. It was a phrase employed by Adam Smith in his *Wealth of Nations*, quite in an impersonal sense; but its application to us we owe to Bertrand Barriére, one of the leaders of the French Revolution, when speaking before the National Convention, June 11, 1794, he said "Pitt might boast of his victory by his *Nation bottiquière*."

NELLIE.—Silkworms are advertised (or were) in the *Exchange and Mart* (179 Strand, W.C.). But in the Liverpool market, which is within easy reach from Birkenhead, you could doubtless obtain them; and with them, full directions. The best time is when the mulberry trees are in leaf; for, although the silkworms may swarm alive for a short time on lettuce leaves, they require their natural food. In London, Covent Garden is the place where you should inquire for the eggs.

LAMBIE.—1. The principal type-writing machines are two in number; by one the paper is moved up to the type; and by the other the type is brought down to the paper. The first machine made was the invention of Henry Mill, in 1714; but although he took out a patent no description of it seems to be on record. A slow-writing typographer was patented by William Burd, of Detroit, in 1804. Other inventions followed, *i.e.*, the Thurber, Beach, Francis, and Hansen, and in 1867, the model of that due unitedly to Sholes, Glidden and Soule, which worked quickly and well. James Densmore afterwards joined the firm, and the machine, failing under long use, a more costly one was required, and the gun-makers, Remington & Sons, united with Densmore in the production of a more perfect appliance. The first of these appeared in 1871, but as it printed in capitals only, Crandall & Brooks remedied the defect, and many improvements have since been made. There are several other typewriter manufacturers.—2. With reference to the forgiveness of injuries, there are two practical ways of conforming to our Lord's command, *i.e.*, you may "do good to your enemies" (when any opportunities occur), and you may "pray for them that despitefully use you." This form of forgiveness is in the power of those whose memories are good, and whose feelings are sensitive. They can also ask for the help of God's grace to "forgive, as they would be forgiven." At the same time, a continued intimacy with, and confidence in, one who has deceived and wronged you, is by no means required.

LESSIMUS.—If you find that the hair becomes shorter, in other words, dried and crushed, and broken off, by the constant use of certain hair curlers, of course you should give up their use. If you employ soft paper, as people originally did, your hair would not be injured by curling it; nor if you plaited it loosely, not making any strain on the roots.