



ANSWERS TO CORRESPONDENTS.

MEDICAL.

ABSALOM.—It is not uncommon for the hair to comb out in girls between the ages of sixteen and twenty. We know many women who, as girls, possessed luxuriant hair, but who lost most of their hair between the ages above mentioned. As far as we know this loss of hair is very transitory, and the head soon produces hair as abundantly as before. But the hair may start coming out at any age. The cause in most cases is very difficult to discover. It not uncommonly follows a fever or severe illness, or a powerful emotion. In these cases the hair almost invariably comes back as thick as ever. Very often girls exaggerate, either consciously or unconsciously, the amount of hair that they comb out every morning. Some hair usually combs out every day during health. The best treatment is to use a stimulating pomade or wash—brilliantine is a very useful preparation. Cantharidine pomade is also excellent. But the commonest of all causes of loss of hair are the affections of the scalp, especially "seborrhea" (dandruff, scurf), which is very common. In this condition the hair is brittle and lustreless and readily combs out, and the scalp is covered with scurf. For this complaint the head may be washed in boric acid and sulphur ointment rubbed into the scalp occasionally.

FANNY.—"Stomach-cough" is a name given to a cough associated with indigestion. In every case that we have seen it has been dependent upon catarrh of the throat. We very much doubt whether affection of the stomach *per se* would ever give rise to a cough. Pharyngeal catarrh (chronic) however, is very frequently associated with gastric trouble. The best way to relieve the cough is either astringent applications to the throat or else to suck some astringent lozenge, such as rhatany and black currant. Be careful that you do not take too many of these lozenges else they will make the gastric symptoms worse—that is if you have indigestion, for pharyngeal catarrh, and therefore stomach cough has not necessarily any connection with the stomach.

PERPLEXED.—Your complaint of flushing of the hands after any excitement or after using your hands may be due to several causes. In the answer to "J. P." we discussed at some length the various causes of flushing of the cheeks. Flushing of the hands may be due to the same causes, but there are other reasons why the hands should flush. Chief among these is a morbid condition of the nerves of the arm allied to "writer's cramp." Another cause of which we have seen some cases lately is taking cold baths in the winter when the circulation is not sufficiently perfect for the circulation has to be more than ordinarily perfect to stand the shock of cold baths in the winter. You tell us that you take cold baths every morning, attend gymnastics and bicycle, and do all in your power to improve your circulation. We think that it is highly probable that you do too much. It is not our experience that these violent measures improve either the circulation or the general health. A good walk every day, rain or shine, will do more to improve the circulation than any amount of gymnastics. The second question you ask "do gymnastics do any harm to the voice?" has to be answered on the same lines as the former question. A moderate amount of gymnastics does improve the power of the voice by strengthening the muscular power of the body and teaching you how to hold your breath for a long time. On the other hand, the chief muscles used in singing, the diaphragm and muscles of the larynx are not affected by gymnastics. Over-indulgence in gymnastics or other violent exercises will injure the voice, first by producing hypertrophy of the heart, and secondly by injuring the lungs themselves. It is not the "strong man" with huge muscles that is the healthy man, but he who has trained his mind and body in a physiological manner and has avoided excesses of every kind.

ALICE STEVENS.—Glycerine and rose-water is a preparation often used for chapped hands, and it answers its purpose to a certain extent. When the hands are red and cracked, glycerine and rose-water is too mild to have much effect. The following is an excellent preparation for chapped hands, even the most severe grades of chaps yielding to it—

Sulphate of zinc, gr. ij.
Compound spirit of lavender, ʒj.
Glycerine, ʒiij.
Rose-water ʒiv.

If your hands are chapped you should always wear gloves when you go out, especially in windy weather.

MAYFLOWER.—We cannot undertake to criticise any patent medicine or preparation for the reason that we do not always know its composition, and we will neither advise nor criticise anything under these circumstances, for without knowing the composition we can neither tell you its action nor its dangers. For your question about "glycerine and rose-water" see our answer to "Alice Stevens."

J. P.—Your cheeks get hot and red every day for three or four hours, and this troubles you. What time of the day do your cheeks burn? Is it after you have taken a walk? Remember that it is natural for the cheeks to get hot and red after you have been out in cold or windy weather. Or do you get this symptom after eating, either immediately after eating or within some hours of a big meal? If so, the flushing of your cheeks would be connected with some form of indigestion. Are you anæmic? for in anæmic girls flushing is common. We expect that you will be able to attribute your symptom to one of these causes. The difference between flushing and blushing is chiefly in the length of time that they last. Flushing is a momentary affair and is moreover due to psychical causes.

DAUMELINCHEN.—You ask us the cause of a "dull aching pain in your right side," but you give us no other information, so that our answer can only be of a very indefinite character. A very common cause of such a pain as you describe is some derangement of the liver. This is usually accompanied with pain beneath the right shoulder. You say that you have no pain in your back. Another common cause is pressure on the liver and other organs by tight corsets. This is not at all uncommon in girls and the way to relieve it is obvious. Affections of the stomach again give rise to such a pain as you describe, but this is usually situated in the left side, but it may be on the right side. These are the commonest causes of a dull aching pain in the right side, but there are many others which are less common, the most important of which is muscular rheumatism.

GIRLS' EMPLOYMENTS.

JUDY (Emigration).—A party of fifty young women will be sent out to West Australia in April, at a charge of only £4 each, the Government of the Colony defraying the remainder of the passage money. If you are good at housework and plain cooking, this would be an opportunity worth considering. Girls are offered wages of £2 a month. The only condition is that you should sign an agreement to remain one year in the colony. If you like to investigate the matter further, you should communicate with Miss Lefroy, Hon. Secretary, United British Women's Emigration Association, Imperial Institute, W.

F. B. (Training for Children's Nurse).—The address you require is the Norland Institute, 29, Holland Park Avenue, W. If you have a fondness for children, you will find the money well spent on being trained at this Institution, as pupils who have completed the course are in great demand, and are employed under excellent conditions as a rule.

CISSIE (County Council Teaching).—The diplomas of the National Training School of Cookery, Buckingham Palace Road, would be the best for you to obtain with a view to qualifying for a post as teacher under the London County Council. You could study laundry work at the Battersea or Borough Road Polytechnic, or at any other large public institute of similar character. This is the information for which you ask; but if you will be guided by us, you will not aspire to technical teaching. A few years ago, when the County Councils came into existence, many teachers were required, and it was a matter of comparatively small difficulty to obtain a post; but now this state of things is at an end. Vacancies occur rarely, and in filling these, the County Councils are in general much more careful than they were to appoint only women of good ability, special experience, and marked talent for teaching. On the other hand, the demand for competent cooks and laundresses is greater than it ever was. If you are strong, and can stand for long hours, you should try to obtain admission to a laundry as a packer and sorter. Your services would probably not be worth anything for the first few weeks, but if you showed aptitude for the work, you would soon earn a salary of from £30 to £50 a year. Ironing is also very well paid. But if you are not strong enough for laundry work, why not become a cook? With the full diploma of the National Training School, you could command a much higher salary than the ordinary cook. We know a lady now who is working in this capacity in a large West End house. She receives £50 a year, together, of course, with board, lodging, and washing. She has several kitchenmaids under her, gives great satisfaction to her employer, and is also happy in her employment. We seriously recommend this policy to you, as, when girlhood is over, you will find yourself in a much more assured position than if you now become a teacher.

NAOMI (Typewriting).—Will you have to do arithmetic if you obtain a typewriting clerkship? you ask. No, not necessarily; but at the same time, some moderate aptitude for keeping accounts would undoubtedly add to your value. What, however, you certainly will be asked for is shorthand. Almost every employer likes to dictate letters rapidly, and much time is saved if the secretary or clerk can take down the wording in shorthand to be typed afterwards. A good general education is also a paramount requirement; for the most useful secretary is one who can write a letter in her own words when necessary. Uncertain spelling and grammar much reduce the salary which a typist might receive. Many girls have to begin with £5 a week, because they are only half educated or technically inefficient, and very many do not rise above £1. Too many girls in London are making the mistake of becoming typists instead of cooks, children's nurses, parlourmaids, and dressmakers. If, however, you think you have the necessary education for this employment, and a strong preference for it, we should recommend you to go to Pitman's School in Chancery Lane for shorthand; and for typewriting to one of the large firms of typists. Eighteen would be quite early enough to begin.

NIXANOS (Training as Lady's Maid).—Dressmaking is so conscientiously and efficiently taught by Madame Brownjohn, Belgrovan School of Dressmaking, 39, Cambridge Street, Piccadilly, S.W., that we have no hesitation in giving you that address. We can recommend with equal confidence the teaching of Miss Prince Browne, The Studio, Artillery Mansions, Victoria Street. You cannot learn hairdressing "thoroughly" without serving an apprenticeship of some years. Possibly you could arrange with some hairdresser, privately, to give you a course of lessons; but you could best discover what arrangement you could make of this kind by applying to some of the leading hairdressers direct.