

following the light. The portals of eternity seem opening to you, and while you shall love your fellow-beings none the less, you shall love your God far more. Natural history is another delightful study, and this will enlarge the intellectual powers so that eyes and face shall shine with a beauty that all the cosmetics in the world, nor all the getting up could not secure you.

Again, good poetry refines the mind, and there can be no real beauty without refinement. If this is absent I do not care how wealthy you may be, you are no better than a dressed up slut. And yours would not be the kind of beauty that a man worthy of the name could admire.

But the eyes must be physically as well as intellectually beautiful, and unless the health is up to the mark, believe me they will look fishy, not to put too strong a point on it. If there be the slightest approach to biliousness, a little congestion of the white of the eye at the corners will be apparent, and if this continues long there will be a tinge of yellow, or probably dusky.

By the way, I tell you to warn you, that some young ladies enlarge the pupil by the application of belladonna, to give a dreamy

look to the eyes. The pupil, or rather the ciliary muscles around it are paralysed for the time being, and the dangerous practice eventually causes amaurosis or nerve blindness.

Actresses and singers darken the edge of the eyelashes. If girls in private life do so they may be put down as "fakers," for the practice is too easily detected by anyone.

But if the liver and blood be kept pure, the eyes are sure to be bright, and, mind this, the spirits will be light.

If you would study beauty, never over-eat nor over-sleep. Retire early, but during the day be all you can in the open air. Exercise to be of any good must be pleasant and taken in the company of a friend. That is, exercise must be recreative. But the daily morning bath is the essential help to the acquisition of natural beauty; also a warm bath, using the mildest soap once in three days, and if possible a Turkish bath once in ten days or oftener. Concerning the morning sponge-bath, I give my own experience in a new brochure of mine (*The Invalid's Diary; or, Day-book of Health*) as follows:

"I maintain that almost anyone can take a cold tub all the year round with advantage, or even a dip in the sea, who commences in

summer. Well, my bedroom is large, but I never have a fire; the dressing-room is off it. This morning when I entered the latter it was only 5 degrees above zero. There was half-an-inch of ice over the bath, the soap was frozen to the dish, soap-brush and shaving-brush as solid as leather, and the bath sponge as hard as a 'putting stone.' I smashed the ice with this and used a new sponge. Time in the bath, about 1½ minutes. Time spent in towelling, about 6 minutes. Dressed partially and shaved, time, 5 minutes. Fingers only cold. No glow, but genial, gentle reaction. Spirits very light. Singing while dressing. But for the bath I should have been shivering and with no song in me. Have worked in my wigwam from 9 A.M. close to the large open window. I am writing here now, bareheaded, and that right in the draught, only my pen-hand is rolled up in a silk handkerchief. Body as warm as toast. Time 9.30. Temperature 12 degrees above zero. I have nothing to complain about except frozen ink."

The hair is quite a study from a beauty point of view. Frizzy mobs are all too common. A girl should not look like a Skye terrier or a towsey Highland bull.

Good-bye, lassies, for the present.

ANSWERS TO CORRESPONDENTS.

MEDICAL.

HAROLD.—There are three essential conditions to be fulfilled by a tooth-powder:—first, it must be antiseptic; second, it must possess the power of cleansing the teeth; and, third, it must not contain any injurious material. All powders that fulfil these three conditions are satisfactory. Carbolic tooth-powder is one of the best to use. Chalk alone is not a good material for it contains no antiseptic; but in combination with other substances it forms the basis of very nearly all tooth-powders. There is little to choose as regards rapidity between the better kinds of powders. If your teeth are stained, and you cannot clean them by the usual means you should have them scaled, which will remove any deposit which cannot be got rid of by the tooth-brush. After having had your teeth scaled you should wash them three times a day, using a soft brush and carbolic powder.

KIVON.—The best way to use peroxide of hydrogen is to apply it twice a day with a camel-hair brush or piece of flannel. You can never be certain as to the result of this treatment, though usually it has a marked effect. Certainly it does no harm to pull out superfluous hair, indeed it may be questioned whether there is any more satisfactory method of dealing with them. But it must be remembered that they will grow again.

KINDERGARTEN.—The "round lump" in your neck is undoubtedly a swollen gland, but it is necessary to discover the cause of it before considering what is the right treatment. Inflamed glands in the neck may be secondary to bad teeth, sore gums, sore places inside the mouth, inflamed or enlarged tonsils, sore throat of various kinds, sores on the face or head, and, lastly, to tuberculosis. It is only in this last case that it is commonly necessary to operate, and it is not always necessary even in this case. Bad teeth, sore gums and enlarged tonsils are the commonest cause of swollen glands. Have you any one of these? If so you should treat the primary condition and the gland will subside. If you have been told by a competent surgeon that the gland must be cut out by all means consent to have it done at once. It will leave a small and insignificant scar, whereas if left to nature the gland may break down and discharge its contents, in which case a ragged very unsightly scar will be left.

QUEEN RUVALI.—You seem to be very much more annoyed at such a trifling ailment as blushing than there is any call for. At your age it is natural for all girls to blush. A great many girls of fourteen blush whenever they are spoken to, but they out-grow it in a few years and you will do likewise. It is nothing to worry yourself about. Not only do we allow very young girls to write to us, but we encourage them to do so if we can help them in any way. If you will turn to the advertisements at the end of your GIRL'S OWN PAPER you will find the names of many books which are suitable to a girl of your age. There is also a supplement to THE GIRL'S OWN PAPER published every month containing one complete story.

STAMMERING (an answer to "ANXIOUS ONE," "A SKELE" and others).—It is impossible for anyone to say what is the primary cause of stammering. We cannot even say for certain whether it is an affection of the voice box, of the lips or of the brain. Sometimes we can point to some obvious unhealthy condition of the vocal organs as the cause of stammering, for the symptom goes when the local condition has been cured. But in the vast majority of cases, no morbid condition is anywhere to be discovered. In such cases what is the cause of stammering? We do not know for certain, but in all probability it is due to a condition of the mind. Habit has a lot to say in the production of this exceedingly tiresome defect. The habit of speaking rapidly, without thought, and of clipping words is a very important cause of this condition. The cure of stammering is often a most difficult affair, but occasionally a very trifling matter. If there is any obvious defect anywhere in the vocal organs that must be seen to first and probably the stammering will cease. But how are we to proceed when no local cause can be discovered? Always speak slowly and carefully and never slur or clip your syllables. As a rule you will find that you only stammer over one or two sounds. These differ in almost every case. The commonest letters to stammer over are P, D, H, L, M, N and K. Every young person who stammers must find out what letters she has difficulty with. Then she must educate herself to bring out those letters clearly and sharply. Reading aloud to one's self is the best way to do this. But read carefully, distinctly and attentively, and work till you have mastered the letters that gave you trouble.

ROGATOR.—Hereditarily is a most important cause of premature greyness of the hair, as it is of baldness. Yourself and your relatives show a most distinct family peculiarity in this way. It is difficult to know what to advise you to do, but we think that you would obtain some distinct advantage from "cantharidine" pomade. Most chemists keep this preparation in stock.

K. A.—There is no safe method by which moles on the face can be removed except cutting them out. It is very inadvisable to apply any strong reagent, such as acetic acid, to the face. If your moles are not very prominent leave them alone, but if they are very disfiguring you might have them removed by a surgeon. A minute linear scar would be left after they have been cut out.

FRANCIS BURTON.—It is quite possible that the stopping of the discharge from your ear is the cause of the severe headaches which trouble you now. But it does not necessarily follow that such is the case. Wash out your ears every day with a weak solution of Condy's fluid used warm. If this does not do any good you would do well to go to the hospital and get further advice from the aural surgeon. There is an ear department to most general hospitals.

"SNOWDROP."—For "scurf" on the forehead and eyebrows apply sulphur ointment every evening and wash your face with sulphur soap. It will soon get well.

"A WORKING MAN'S WIFE."—We think that the reason why your child does not sleep well is the tea that you give her two hours before she goes to bed. Children should have very little tea, and certainly should not have any within four hours of bedtime. Cannot you give the child hot milk instead of tea? It would certainly be much better for her.

STUDY AND STUDIO.

EVELINE D. CONNELL.—We have inserted your wish below for a French correspondent. We think our correspondents had better arrange with each other both as to the frequency of letters and the method of correcting mistakes. The correspondence should go direct from one to the other. We are glad to hear that you "like the cover of the new volume very much, but especially what goes inside it." Certainly we shall be pleased to receive offers for correspondence in any language.

PERSEVERANCE.—We answered the same question, under the same name, in August last, giving the names of some pieces of music we thought suitable. If you are not the same correspondent in spite of the double coincidence, we refer you to the answer which will contain what you want. You name certain composers, so we may add Schubert's *Impromptus*, the *Gavotte* from Bach's second violin sonata, transcribed by Saint-Saëns, Weber's *Invitation to the Waltz*, Mendelssohn's *Songs Without Words* and Beethoven's *Andante*. These are in many cases only suited to an advanced student, but we have, of course, no knowledge of your powers.

NOVICK.—The idea of your religious poem is good, but the metre changes twice if not thrice. First of all it is a correct "7 s" (seven syllables). Then it becomes an irregular combination of "long metre" and 7 s; then it becomes 8, 7 s; and the last verse is quite beyond all rules. You should study the laws of versification.

EOLANTINE.—1. We are sorry, but the essays on "My Room," must be written in English.—2. We have inserted your request.

PETIT CRAMPON.—1. Your verses are fairly correct as to metre and rhyme, though you sometimes put the accent on that should not be accented, e.g., "not," in

"We saw not with our blind eyes."

Only familiarity with good poetry will train your ear to note these matters. The theme is not true in days of gloom and difficulty—is one very often handled by young writers.—2. The 1st of September, 1870, was a Monday.

MISS THOVTS, Sulhamstead Park, Berkshire, writes to say that she is reviving her old Question Society, if any of our correspondents would like to join. The papers would be issued January 1st, with six queries for each month. There are prizes, and a small subscription. The answers are to be written on postcards, or all sent together, before July 1st. Formerly there were 100 members, many of them Girtton girls. We should think it would be a suggestive and helpful society.