

## ANSWERS TO CORRESPONDENTS.

## MEDICAL.

S. F. L.—If you will read the article "Indigestion," which appeared in the December number of THE GIRL'S OWN PAPER, you will obtain nearly all the information that you require; and if you follow the rules there laid down, you will get rid of your troubles. There are one or two extra points that we will add here:—1st. Are your teeth in good order? Nobody can expect not to have indigestion if their teeth are not sound. 2nd. If your teeth are sound, do you masticate properly? You have thirty-two teeth, you should therefore give thirty-two bites to each mouthful. This is an old saying, and though the theory is open to question, it gives good practical results. You should take a mild laxative occasionally, and never eat at irregular times. Take a solid, and not a liquid diet. Half-a-pint of fluid with each meal is ample; more than this interferes with the process of digestion.

LEA.—We thank you for your kind letter, and are glad to hear that you are getting better. Follow your doctor's advice in everything, and remember the old saying, "Those patients who mistrust their physicians, take the longest time to recover."

"AN ANXIOUS ONE."—If you cannot breathe through your nose, it is a sign that your nose is not in a healthy condition. Do not think "because your nose is stopped up" you ought to breathe through your mouth permanently. Of course you must breathe through the mouth if your nose is clear, but do not delay to see to your nose. We cannot tell you exactly what is wrong with your nose, because you give us such a very scanty account of your symptoms. You do not even tell us how long your present trouble has lasted, or whether it is stationary or not; if there is a discharge from the nose, or if it is abnormally dry; if your throat or voice is affected, or if any other symptom is present. It is absolutely essential for us to know these points before we can form any idea of the true nature of your complaint. Whichever of the large number of nasal diseases it is that you suffer from, you will obtain relief from the use of the following lotion:—Take one teaspoonful each of chlorate of potash, bicarbonate of soda and borax, and double the quantity of finely-ground white sugar; mix them well together. Make the lotion by dissolving one teaspoonful of the powder in a teacupful of tepid water, and use it as a wash or spray for your throat and nose.

MAID MARIAN.—The symptoms you mention may be due to heart disease; but we are rather inclined to think that they are due to anaemia. Of course, shortness of breath is the chief symptom of heart disease, but it is also a very prominent symptom of severe anaemia; and so it is with the other symptoms you mention, they may or may not be due to heart disease. You do wrong not to tell your mother of your troubles, for, far from thinking that they are imaginary, we feel sure that she would do her best to restore your health, and the best way that she can do so is by having you examined by a physician.

TRIOUBLED NELL.—The best tooth-powder for general use is carbolic tooth-powder. Camphorated chalk has not sufficient grit in it to thoroughly clean the teeth; moreover it is not antiseptic as the carbolic tooth-powder is. If your teeth are very yellow, the following is an excellent powder:—

- B. Pulv. sepia (powdered cuttlefish) ʒj.
- Pulv. irisidis (orris root) ʒj.
- Pulv. sapon. div. (hard soap) ʒj.
- Magnesi carbonat. ʒj.
- Calci carbonat. pp. ʒj.
- Ol. caryophylli (oil of cloves) a xv.
- Attar of roses μ v.

Most people only wash their teeth once a day—in the morning, consequently their teeth are only clean between the time they finish dressing and the beginning of their breakfast—rarely more than half an hour a day. The teeth should be washed after every meal, and above all before going to bed.—2. Use a stimulating pomade for your hair, such as a cantharidine pomade.

OLIVE.—Ingrowing toe-nails are always connected with ill-fitting boots: so the first thing to do is to get boots which approach more or less to the natural shape of the foot. We have been much surprised, recently, to see many people who do bear some resemblance to the human foot. If you could obtain a pair of these boots you would do well. To treat the nail, cut it as short as possible, and then file it down evenly to the level of the flesh. Then place a small piece of cotton-wool under the edge of the nail: renew the wool occasionally. Ingrowing nails are only removed when very painful and refractory to treatment.

L. G.—Your information is really of too scanty a nature. You say you have "spots upon your face." What kind of spots, and what are the spots of dirt for aught that we can tell from your description! If you will give us some definite description of the spots, we may be able to help you, but we cannot do so without any information except that you have "spots upon your face."

AN OLD READER.—Have you read the article on "Indigestion" in the December Part of THE GIRL'S OWN PAPER? You will there find all you require for indigestion. The symptoms you describe, "Giddiness, light-headedness, extreme lassitude, pain in the eyes, black spots and streaks jumping about before the eyes, pain at the back of the head and over the loins, trembling and fluttering" are all to be explained by biliousness, or possibly they may be due to an allied condition "migraine." Do you know of any special diet which brings on the attacks? If so, scrupulously avoid it. Calomel is worth every other drug put together in the treatment of liver complaints. One dose of three grains, with twenty grains of bicarbonate of soda, should be taken as soon as the symptoms appear. It is also a good plan to abstain from eating anything during the attacks.

RONALD'S DARLING.—Now that you have answered some of the questions that we asked you, we can give you some more definite information. We gather that you suffer from nervousness; that your brother is also very nervous, but that no other member of your family is afflicted in the same way; that your nervousness takes the special form of "fearing to walk out alone, especially where there is a number of people, and of entering a room where many people are assembled, and that you think that everyone is looking at you, though you are not so." It is this last sentence which is the most important, for it tells us at once that self-consciousness is the root of your malady. In your letter you evidently confuse self-consciousness with self-conceit, two mental processes which are almost diametrically opposite, both in their causation and in their results. A person who is not self-conscious is not self-conceited, nor anything like it. Your question, therefore, resolves itself into "What is the best method to overcome self-consciousness?"

It is a difficult question to answer, and one which requires to be considered from several points of view. Social intercourse is very important. You must get yourself used to think of the people to whom you are speaking, or who are speaking to you, and not to think of yourself, or to think about what the person who is addressing you is thinking about you. This is really what self-consciousness means—thinking about what others are thinking of you, and not about what they are really thinking about—the subject of the conversation. From this we get the rule that, if the conversation is uninteresting or trivial, self-consciousness will assert itself; whereas, if the speaker is thoroughly interested in the conversation, she will not think of herself, but of the conversation; that is, she will not be self-conscious. The teaching of this is—talk whenever you can, but never engage in trivial conversation. You want to be a hospital nurse—well, if anything will cure self-consciousness nursing will; but it is a hard school.

MAUDE.—You suffer from nervousness of quite a different kind from the last. Reading through your letter, the first thought is, "Do you eat sufficient?" All your symptoms could be accounted for by insufficient food; or it may be that you suffer from anaemia, due to some other cause. We advise you, therefore, to see that you get good food, and plenty of it, and to take some simple, digestible preparation of iron, such as "Bland's pill."

## GIRLS' EMPLOYMENTS.

A SERVANT (Nursing).—As you left school at the age of twelve, the educational difficulty would, we fear, stand in your way as a candidate for regular hospital training. Moreover, as we are continually obliged to remind girls, the doors of hospitals are already besieged with would-be nurses. But it occurs to us that if you really possess a strong love of nursing, you would be acceptable as a village nurse on the Ockley system. The Ockley Nursing Association, of which the Hon. Secretary is Mrs. Henry Le Sticq, The Cottage, Ockley, was founded for the nursing of little cottagers by women who have themselves had practical experience of cottage life. The nurses undergo a short course of training in maternity nursing at one of the London special hospitals, and are also taught how to treat infants and young children at the Maternity Charity, Plaistow, E. The Ockley nurses receive a salary of £25 to £30 per annum. You should write for further particulars to the lady whose address we have given.

QUEEN (Secretaryship).—Do not let this be your "great ambition." Nearly all the girls who are unemployed insist upon becoming secretaries, companions, or housekeepers. Many of them would make good secretaries; but the unfortunate fact is that very few people want, or are afforded, to keep a secretary. They are obliged to employ cooks, dressmakers, and laundresses, but they cannot find enough women of these kinds. Had you not better meditate on these facts, as there is no immediate hurry for you to seek employment, your education not being completed.

INCERTA (Clerkship).—You need not entertain any hesitation on the score of good faith in regard to the school you mention. But every statement may be read through glasses either rose-coloured or blue. Now supposing that we look at this matter in a cold blue light. We then find that an enormous number of young women clerks are being placed annually upon the London labour market. In what proportion do these obtain employment? And, again, in what proportion do even the fortunate section obtain employment for a period, say, of five years, without long out-of-work intervals meantime? These are the questions which you should put to yourself. Another question, that of salary, you letter answers. You may hope for £60 to £80 per annum. Twenty-five shillings a week is a very usual salary, and is considered a good one. It is not insufficient for any one, man or woman, who is just beginning to earn a living. But you must consider that a girl's chances of promotion as a clerk are extremely small, and that to live in London on £1 5s., though not disagreeable in youth, becomes a condition of distressing poverty as years go by. These are the aspects of the subject you should reflect upon. At the same time you appear to possess a better education than the generality of clerks can show; so that we think you could probably obtain employment more speedily than the majority of your fellow-pupils.

ORPHAN SISTERS (Emigration).—We advise you to write to the Emigrants' Information Office, Broadway, Westminster, S.W. From our own knowledge we should recommend you and your friend to try Canada rather than South Africa, as in the latter colony there is plenty of cheap native labour to be had. In Canada there is a good demand for active, hard-working servants, and excellent wages are offered. But you should not go thither in the depth of winter. Through the British Women's Emigration Association, Imperial Institute, Kensington, you could probably learn on what terms you might make the voyage with a protected party. You should not go out alone, and without arrangements being made for your reception on arrival.

E. LAINE (Telegraph Learner).—For a telegraph learnership the limits of age are from fifteen to eighteen. Salary begins at 10s. per week, with prospects of promotion to higher grades. The subjects of examination are handwriting, spelling, English composition, arithmetic (including vulgar and decimal fractions, and percentages) and geography. The examinations are usually held in London half-yearly, and are notified in the principal morning papers, generally on a Thursday shortly before the time fixed upon. Successful candidates are instructed in telegraphy at the Post Office Telegraph School; but they cannot draw a salary until they are sufficiently expert to receive an appointment.

## MISCELLANEOUS.

T. F. A.—For lessons in millinery you may apply to Miss Prince Browne, The Studio, Artillery Mansions, Victoria Street, S.W. Millinery lessons are given on Tuesdays and Fridays, and you may pay a visit to inspect the studios and inquire about terms, which are most moderate. Pupils can enter at any time.

E. J. L.—We are much obliged by your letter. We merely answered the question put to us, which only concerned Italy.

MAYLOSSON.—Could make inquiries of a second-hand bookseller.

D. C.—We should, in your position, decline to go to parties where these games with forfeits are played. You will always find yourself in a difficulty if you go and cannot play them, as your future husband disapproves of them.

ANNIE.—A stamp is required for receipts of £2 and upwards, so you should put a stamp on the receipt for every £5 you receive.

TOPEY, A SUBSCRIBER TO THE "G. O. P."—1. We fear from Topey's account of her box that it is made of dyed fur, if so, there is no cure for the "black coming off." Beaver fur can be cleaned by rubbing it with hot bran or oatmeal till clean and free from grease. Fullers' earth is also used, well pounded. All these should be applied with a dry flannel.—2. To produce the gloss on linen you must use a polishing iron. Wax is also employed.

J. L. GREEN.—You will find a recipe many times given for toffee in our vols. of the "G. O. P." Consult their indexes.

ANNY and ETHELIA (Oxford).—For the answers you require you should write to the London office of the P. & O. Line of S. Ships, to ascertain which of the latter left for California on or about the 2nd or 3rd week in August. As to the wages of a captain's cabin boy, we fancy they may vary according to the ship. The average amount you could find out on application to any of the great shipping offices; such as those in Liverpool.

PANSY.—Refer to the Christmas Numbers of the "G. O. P." for the directions and suggestions you require for Tableaux.