



## Answers to Correspondents.

**FORGOT-ME-NOT.**—That all skin eruptions are due to impurities in the blood is an ancient belief which has been exploded for many years. The idea still lingers among the public and in advertisements for patent medicine. That some diseases of the skin may be due to a blood condition is undoubtedly—witness the rash in measles or small-pox, but it is equally certain that most eruptions have no connection with the state of the blood. Pimples and "blind boils" are due to acne, and we therefore approve of your suggestion to use sulphur; but not in treacle nor in milk, nor taken internally in any way, but as an ointment. In a recent "answer" you will find a concise account of the treatment of acne and allied conditions.

**MADONNE.**—1. The nails vary very much in strength in different individuals, and various employments are apt to injure the nails where they are not naturally strong. Housework, especially laundrywork, or work of any kind that necessitates keeping the hands in water, especially soda-water, is liable to produce brittle and eventually cracked nails. The nails also suffer in any skin affection of the fingers such as eczema or ringworm. Also during acute diseases the nails are liable to grow deformed. This is a very difficult thing to treat successfully unless we can remove the cause, which in most cases is impracticable. Keep your nails well trimmed, and carefully remove with sharp scissors any tags. The application of some grease to the nail and its root is useful for it protects the nail from the water. Lanoline is extensively used for this purpose. If there is any affection of the skin about the nail this must be cured.—2. See the answer to "Natalie."

**HEATHER.**—"Is it generally held by the medical faculty that white bread is more digestible and nourishing than brown bread?" Decidedly it is. Consider for a moment what brown bread consists of—white bread and bran. White bread is digested entirely, not easily mind you, but it is digested entirely in time. Bran cannot be fully digested by man, so it is obvious that brown bread is less digestible and less nutritious (since nearly half of it consists of indigestible, and consequently, in-nutritious material) than white bread. Now you ask, "Is not brown bread good for constipation?" Yes, it is, and for this reason; the undigested bran passes from the stomach into the bowels, and being indigestible and non-absorbable, it acts as an irritant. All indigestible food, to a certain extent, tends to cure constipation. As to whether we would advise brown bread for constipation is another question. Personally we do not advise it. Constipation can be cured by better, quicker, and more rational means. You ask us why medical opinion has changed on the subject of the digestibility of brown bread. Has it changed? It has always been the same in our time. Are you sure that you are not mistaking the vendors of patent breads for the members of the medical profession? Bread is much easier to digest when it has been toasted.

### MEDICAL.

**NATALIE.**—From what you tell us we presume that you are a musician. Redness of the hands means that there is an extra supply of blood to them. A musician, as she uses her hands a great deal for delicate work, requires an extra supply of blood to her hands, consequently they become red. This is physiological. We have already discussed many of the causes of red hands, and we therefore advise you to refer to previous numbers of THE GIRL'S OWN PAPER. Always wear gloves when going out, and wash in warm water. Glycerine and cucumber is said to whiten the hands.

**A. M.**—Your complaint is excessive and prolonged fits of sneezing on exposure to irritation of the nasal mucous membrane. It occurs chiefly in winter. This is unusual. If it occurred in spring or summer it would be called hay fever. Exposure to draughts is the commonest form of irritation which brings on the sneezing. This is also rather unusual, still you have a condition differing slightly, if at all, from hay fever. Hay fever is due, in most cases, to a spot of excessively over-sensitive mucous membrane in the nose; but it may be that the whole of the mucous membrane of the nose is affected. If only one small spot is hypersensitive, cure is easy. Find the spot by touching the mucous membrane of the nose. This is usually easily found, and then plunge the needle of the electro cautery into the spot. This proceeding destroys the sensitive spot and cures the sneezing. Of course it can only be done by a surgeon. For the more general hypersensitiveness of the nose, or for the more common condition, if you object to operation, it is first necessary to find out the cause and to remove it. A nasal wash, or a medicated snuff, is also often of value, but the latter of these measures sometimes does more harm than good. At the commencement of a paroxysm of sneezing a spray of menthol in proleone (1 in 8), or other local anæsthetic will often stop the sneezing at once.

### STUDY AND STUDIO.

**A LOVER OF THE BEAUTIFUL AND THE GOOD.**—Your poem "On Hearing Mendelssohn's *Liedes ohne Worte*" is not deserving of two criticisms we occasionally offer on the work of young writers, because it is neither unhealthily morbid, nor about well-worn subjects. You have thought out for yourself something that you wished to say. But we must in your case add another criticism, namely, that the form is very defective. Every poem must have some sort of metre in which it is written, and your lines vary, irregularly, in their length. You should study the rules of prosody. We only except the work of experienced writers for THE GIRL'S OWN PAPER.

**A CORRESPONDENT** refers the extract beginning "I expect to pass through this world but once" to *The Greatest Thing in the World*, by Professor Drummond. We traced it there ourselves (see THE GIRL'S OWN PAPER for May, 1897), but it is only given as a quotation, and we should like to see it in its original connection.

**B. LANE.**—Hindustani is, unfortunately, not among our accomplishments, but we will endeavour to hear your quotation in mind, and refer it to some friend who will translate it for us. Please note that we cannot answer letters by post.

**VIOLET.**—1. It is not compulsory for subscribers to THE GIRL'S OWN PAPER to take the Summer and Christmas extra numbers, but we hope as many as

can will do so.—2. The words "Spes mea in Deo," mean "My hope (is) in God."

**PERSISTENCE.**—Some of the letters we receive from our correspondents make us long to have a quiet talk with them, and try and give comfort and help by word of mouth. We are now able to answer your "third" question of a recent date.—1. "Backward and Forward" is a very thoughtful piece of work which we have read with great interest. You should not say, in so good a paper, "I think," and "It seems to me." If you are dubious, say "Is not?" so-and-so. Your poem is touching; you use "ere" for "e'er." Do you know the poem, "The Voiceless," by Oliver Wendell Holmes?—2. As to your query about your home life, we think, that if possible, you should certainly remain with your mother, as she desires it. You may feel that, even from a strictly business point of view, you earn your "bed and board" by your efforts in the home, and it would be terribly sad for your mother to have to lose you, and unless absolute necessity drove you away (as to which we cannot of course decide) we feel sure you might reproach yourself in days to come. We do not advise your devoting all your free and recreation-time to added work—it is poor economy.

**A VENETIAN MAIDEN.**—The "Daughter of the gods, divinely tall, And most divinely fair,"

in Tennyson's "Dream of Fair Women," is Helen of Troy. We answered this question at length in the February part of THE GIRL'S OWN PAPER for 1897.

### MISCELLANEOUS.

**I KNEW.**—We have heard no complaints as to the destruction or injury of bicycle tyres by mice or beetles. But if very hungry, "self-protection" is said to be "the first law of nature," and we should be careful to put them out of harm's way. In any case, we think the feast on the tyres would never be repeated by the same mice and beetles, exceptionally good as their digestions might be.

**DOMESTIC EMIGRATION.**—A letter has just been published by Miss G. Lefroy, Secretary of the "British Women's Emigration Association," to inform young female servants of a new and advantageous opportunity for going to West Australia. Fifty are now being selected to sail in April under an experienced matron, £1 only being paid by each girl, the Colony defraying all other expenses free; and in return the girls have to sign an agreement to remain one year in Western Australia. They all obtain situations immediately on their arrival at the home to which the matron conducts them, at wages from £2 a month. Only girls over eighteen years of age are eligible, and only those having good recommendations and equally good health. Applications should be made at once at the "Imperial Institute," London S.W.

**KATARINA.**—There are so many good recitation books published at very moderate prices, that we feel sure you can find what you require with very little trouble at the nearest news-vendor's or bookseller's shop.

**NAUGHTY GIRL.**—No young girl of sixteen has any right to deceive her parents, and the young man who has persuaded her to become engaged to him is very much to blame. You had better put an end to it before you are found out in your young and foolish conduct.

**RAINBOW.**—Our recipe for making lime water is as follows:—Take eight ounces of fresh-burnt lime, pour on it one gallon of boiling water, cover up closely, and when cold keep the whole in a glass bottle, and pour off the clear liquid when wanted. Lime water is astringent, antacid, and is used in doses of about a quarter of a pint; the taste being covered by about a third part of milk.

**ORGANIST'S WIFE.**—Beat and brush the carpets well, mix two gallons of water, half a pound of soft soap, and a quarter of a pint of oxgall. Rub this on the carpet with a brush, take a clean wet flannel and rub again, and, lastly, go over it all with a clean dry cloth. Do not make the carpet too wet, nor put it down until quite dry. The oxgall is to be obtained of any butcher, but must generally be ordered a day or two beforehand or you cannot get it.

**MITE.**—Inquire of the publishers where Mr. Arthur Riches' Public Examination Scripture Manuals are produced, and get a list of those printed. COTTON WOOL MYSTERY should join the "College by Post" for the systematic study of the Scriptures. Apply to Miss Elsie Waller, St. John's Hall, Highbury, London, N.