DIFFIDENCE isn't a virtue, and it certainly isn't a vice; it is something that we rather like to see in a young girl, and can just pity and forgive in a boy; and yet—would you believe it?—it is the feeling uppermost in my mind at the present moment. And if you will listen to me I will endeavour to explain to you how it happened to come there. I looked into our Editor's room a little while ago. It was early in the day, but he was busy, as usual; he was flanked on both sides by piles of letters and flowers, and a load of manuscript lay before him, so that I could only get a kind of bird's-eye view of him. "How do you do?" I said. "I hope I see you in good health." "Are there two p's in apartment?" was the Editor's reply, not deigning to lift his head, but scribbling away as if writing for his life. "No," I said, "only one p. Good morning; I must be off." "Wait a moment," said our Editor. "I want you." Now the fact is, I didn't want to be wanted. I had my dust clothes on. I presume I looked quite gay. I was bound for a long drive. However, there was nothing for it but to wait, so I sat down on a pile of old papers, and hung my white hat on a file. After the lapse of five long minutes he looked up. "What are you going to give us for this month, Medicus mine?" he said. "You must write your article now." "This is beautiful weather," I replied, and everybody is out." "Duty first," said our Editor; "duty first, doctor. Now what is it going to be? The eyes of two hundred thousand young girls are on you; and there is paper and here is a pen." "What would you say," I said, "to an article on the circulation of the blood?" "Circulation of the blood, indeed!" said our Editor, scornfully. "Who do you think would read it? Our girls can feel their blood circulating, they don't need to be told of it. No, tell us something practical. Be useful if you can't be lively." I cast only one longing, lingering glance at my white hat on the file, took up my pen and commenced, merely remarking to the Editor, "I don't mind losing a holiday for the sake of our girls." So now, my fair young readers, having sacrificed my own holiday for your sakes, I trust you will let me give you some hints which, if taken and adopted, will assuredly tend to make your holiday all the more agreeable to you.

And here is where the difference comes in. Your boxes are all packed, your flyman is at the gate—he has come fifteen minutes before his time, as flymen often do—and you are all bustle and excitement, and I, your Medicus, touch you gently on the shoulder. No wonder I am diffident for daring to address you at such a supreme moment. Well, then, don't read my article just yet; fold THE GIRL'S OWN PAPER carefully up, and slip it in under the rug.
THE GIRL'S OWN PAPER.

eyes, hands, arms, and mouth, and you will have no trouble in using a sunny day as one of the most pleasant days of your life. If you are a little bit of a “Brahman” and after you have spent your first day and your second day in the cool green country, or by the sea to the seaside, or what did you come to the country to do? Your answer rise-readily enough to your lips or thoughts. You came to enjoy the country, to have a rest, and you should have a rest. The country your home, your father, or mother, and you can say with truth that you really have made the best of your holiday. I know there are many readers of THE GIRL'S OWN PAPER who, though they may be the only ones who, young though they may be, have already a heavy burden to bear, who have to toil late and early, whose backs must often ache, whose heads must often throb, and who often feel the presence of some of those little words, "sad and weary." To such as these a short holiday is an incalculable boon; it is such as those that wish to address you. The joy of the good hour is not shared only by those who are sick. Perhaps you have of late noticed that you have been looking paler than usual, or blushing, and you may have said to yourself, "I have been living on the daily avocations with less heart, that pain in the loins or head often keeps you company, that your sleep at night is less sound than it used to be, that you do not feel any fresh morning feeling that you ought to do, and that you would feel another little hour. It may even be that your heart palpitates at times, and that you are nervous or suffer from a slight headache, I am only mentioning the symptoms likely to be induced by overwork, by long hours, or by laborious condition, may be worse, or sleep, or shops, or, as is almost in all places, going too often upstairs in tall houses. But however they may have been brought on, your short holiday in the country, or by the sea, is likely to remove them, if you try to enjoy it in a rational way, and take regularly the few simple medicines I am going to prescribe.

First, then, it is to be hoped that you have left home well supplied with proper underwear, clothing. I do not care much how or in what order I make the list, but let me say that thousands of people every year fall victims to serious illnesses which could easily have been kept at bay by the expenditure of a little common sense in the matter of clothing. Here is the mistake they make: they say to themselves "The warm weather has come now, and we must lay aside our thick clothes." But in this country we have no safety of summer lasting for any two consecutive days; in fact, summer comes and goes, and a delicate girl who wishes to make the most money for the next week, according to the temperature and appearance of the weather, Thin flannel should be always worn by her, especially if she has a sensitive head, and worn as thick garments will be necessary. Again, some change of raincoat and trousers should be made towards nightfall. Hundreds of people catch cold through the feet. Well, perhaps you are fashionably dressed this morning, wear thin boots or shoes during the day, you ought assuredly to exchange them in the evening for stout ones.

The most delightful time of all to be abroad. The doctors used to preach against what they were pleased to call the evil effects of night air. This is true, but the practice is just as much an evil, and you will find that it is just as much an evil, and you will find that if you are to enjoy the country, you cannot do better than read it and act on the advice therein given. I think in that article, among other things, I advised the reader to let the baking time be about two hours, or even three hours, after breakfast; let your bread be strong enough to go into the oven, but it is not necessary to have it before breakfast to engender healthy appetite. Of course, you will not have forgotten the morning bath, and you will have used the soap and the rough towel, as if you were not afraid of either of them.

The seaside you will enjoy the bracing air, and nothing that I know of has such power to restore tone to the muscles and nerves and reinvigorate the health generally. Down in the country the air is not so bracing, but it is different, and you will enjoy it. There is something else which you may have, and certainly should not neglect having: I mean milk. Drink warm and cold milk from the cow! I know that the most good effects can be too much extolled; it is better than any medicine you could use. It should be taken early in the morning, at noon, and again in the evening.

Now, a word about exercise. It is to be presumed that during your holiday your time will be very much at your own disposal. Well, then, let your last hour be spent in vigorous exercise: take a walk, or play the game of your own, and be pleased. Exercise is not work more than work is exercise. The time spent in work often goes wearily and slowly by; that spent in the exercise which is really doing one good should fly away in another word, you should be wholly interested. You may take a book, and walk for miles; I do not say that this will not do you good, you will get something; the pure air will give the necessary extent exercising your muscles. But if instead of the book you take with you a pleasant companion, and engage all the way in easy pleasant conversation, or rather chat-chat, your walk will do you a hundredfold more good.

You must not force exercise beyond a certain extent; you must not let business prevent you from taking it, but approaching the end of the day, according to the temperature of the weather, Thin flannel should be always worn by her, especially if she has a sensitive head, and worn as thick garments will be necessary. Again, some change of raincoat and trousers should be made towards nightfall. Hundreds of people catch cold through the feet. Well, perhaps you are fashionably dressed this morning, wear thin boots or shoes during the day, you ought assuredly to exchange them in the evening for stout ones.

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