

## OUR NEW "G. O. P." YEAR.

By GORDON STABLES, M.D. ("MEDICUS").



**A** MOST beautiful old Scottish love song keeps ringing in my ear as I sit down to write this paper. It is published by Cameron of Glasgow, in a beautiful wee five shilling book containing hundreds of the most charming of

Scotch songs and music. The name is "The Lyric Gem of Scotland." The name of the song is "Time Wears Awa'." I wish, girls, I could give you the music. Never mind, the first verse I must quote—

"Oh, but the hours rin fast awa',  
Like Kelvin to the Clyde,  
Since on its bonnie gowany\* bank  
I woo'd thee for my bride.  
My ain dear love so sweet and young,  
So artless and so fair,  
Then love was a' the grief we knew,  
And you my only care.  
The voices o' those happy days,  
Steal on our dreams by night,  
And cherished memories rise and glow  
Wi' their departed light.

## CHORUS.

Time wears awa', time wears awa',  
And winna let us be,  
It's stolen the roses from your cheeks,  
The blythe blink from your ee."

Isn't it bonnie, girls? Ah, what a thing music is! Without my fiddle and my guitar by my side, I should never write a story. Music cheers one, and somehow my guitar is always in exactly the same frame of mind that I myself am.

But that song is also sad and plaintive. Never mind, if you but take the advice I am going to give in this simple paper, time will be in no hurry to steal the roses from your cheeks, nor the blithe blink from your eye either.

Much of what I am now about to say I have said before at one time or another, but at the commencement of a new volume, we always have a host of new readers, and my advice to them, I flatter myself, will be interesting.

The rules of health are indeed very simple, and happy indeed are those girls who obey them. It is a bit of a struggle at first, and you may fail for a time to get into the straight path, but persevere. Remember King Robert Bruce and the spider. Should you fail and fall back a score of times, just start up and try again, and shortly habit will become second nature.

I never yet knew a girl, who, strictly obeying the laws of health, needed either medicine internally, or cosmetics to face and hands. Of course I do not say a word against any attempt a girl may make to aid beauty, if the applications are simple and not injurious, and during the new "G. O. P." year, I hope to give many hints on beauty and strength.

And now for the rules of health:

**Food or Diet.**—It is a fact that good blood is made from good food, and never from physic. Those who advertise medicines to cure all ills, by so-called blood purifiers, should be looked upon as arrant and impudent quacks. For health's sake, reader, avoid them and all advertised quackeries. No doctor

\* The gowan is the wild daisy.

advertises. If he did so his name would speedily be removed from the register.

The blood must be purified, and can be purified, only by eating a sufficient quantity, at stated times, of just that sort of food which suits the system best. If any particular article of diet, or a meal of many dishes produces drowsiness, irritability, head symptoms, discomfort, eructations, or acidity, it must be avoided in future. A healthy girl should not even feel that she possesses either a stomach or liver.

**Proper Mastication.**—Only birds really bolt their food, because they have no teeth. It is ground up in the stomach by the stones they swallow, and nature provides them also with stomachic juices, that act upon their food as do our own gastric and salivary juices combined. If human beings do not eat slowly and masticate well, dyspepsia is sure to be the result sooner or later. It is important not only that the food should be well broken up, but mingled freely with the salivary juices before it enters the stomach.

**Hints for the Dyspeptic.**—Indigestion is one of those troublesome ailments that it is as much in the power of a person himself to prevent as of the doctor to cure. The symptoms are innumerable, and, unfortunately, they are mental as well as physical. Let the dyspeptic take these hints:—1, eat less; 2, masticate well; 3, avoid soups and sloppy food; 4, meat only once a day; 5, fresh air with exercise, and plenty of milk; 6, N.B., if little exercise, little milk; 7, no fatty fishes, no pork or veal; 8, white fish, fowl, game, tender mutton, or a slice of beef from a juicy joint; 9, eggs lightly boiled, raw or poached, not fried; 10, cold sponge bath before breakfast; 11, half a pint or more of hot water some minutes before the two principal meals. A squeeze of lemon may be taken in it; 12, a glass of soda water before going to bed, or plain water with the juice of half a lemon.

**About Vegetables and Health.**—It is the generally received opinion among scientists, that the day is not far distant when much less animal food will be used in this country than is now, and that as a nation we will be stronger, calmer, and happier for the change, and all the richer. There are people—and their name is legion—who live almost wholly on animal food. Well, we shall always have those wehr-wolves amongst us, but that ten or twenty years hence people will know more of the relative health-giving and tone-giving values of vegetable and animal diet, I have not the slightest doubt.

A change of vegetables should be used almost every day. The greener sorts, as well as mashed turnips, parsnips, and carrots, all help to cool the system and calm the mind. Stimulants will hardly be craved for if vegetables in abundance be eaten. Nuts are most nutritious, but as a rule they are oily, and therefore they must be avoided by the dyspeptic. Fruit in season, ripe and good, should be eaten before breakfast and after dinner. Oranges may be used with benefit all the year round. Best from March to June. Tomatoes always.

**Ablution and the Bath.**—People as a rule think too much about their livers and too little about the skin and lungs, especially those who live too freely. One cannot have any single internal organ in good working order if one neglects ablution. A girl may carefully wash the face and hands a dozen times a day, and still be, as regards perfect ablution, little better than a Hottentot. Pardon the comparison.

A warm bath should be taken every week.

A cold bath every morning.

**Tub or not Tub.**—Should I take my cold sponge bath in hard frosty weather? This is a question I have been asked by a correspondent. My reply is "Most certainly, if you have vital energy enough in you to obtain gentle reaction by the time you have finished towelling." I do not, however, advise anyone to commence the practice of matutinal tubbing in the dead of winter. Begin in spring, and let nothing prevent you from having this glorious tonic every day of the year. There are those, of course, whose circulations are so feeble and their hearts probably so flabby that the tub might be unsafe. There are others who lack the moral courage to take it, and others again who are too lazy, bodily and mentally. This cold sponge bath, after an experience of over twenty years of it, I consider eminently tonic and bracing, not only to the muscles, but to every organ of the body. It also strengthens the appetite, improves the digestion, and accords an almost entire immunity from catarrh, and probably other chest complaints.

**Clothing and Bed-clothes.**—In one of my books I wrote as follows:—I do not care a deal what outer clothing is worn so long as it is not made from non-ventilating waterproof. India-rubber mantles, and foot-rotting goloshes are highly injurious. I prefer wool, and all wool, however, and I myself wear Dr. Jaeger's. The under-clothing, light in summer, thicker in winter, must be of wool if health is to be retained.

Keep the head cool and the feet warm, but do not muffle up the neck too much. The neck should be as hardy as the face. If it is so one avoids the risk of catching cold and sore throats.

Never sit in damp clothing, nor with damp, cold, or wet feet.

Avoid damp beds. If travelling, and you suspect the bed is damp, roll yourself in a rug or plaid, or pull off the sheets entirely.

The socks or stockings should be wool, warm and dry. Clothes damp from perspiration are even more dangerous than clothes that have been rained upon.

The bed-clothing should be light but warm, and the bed itself a soft even mattress.

**Recreative Exercise.**—Without this no one can enjoy perfect health. You may tell me that, being a working girl, you get too much of it, but I reply that hard work is not exercise.

Healthful, health-giving exercise must be taken in the open air. That is a *sine qua non*. It must be of a kind to gently stimulate the mind, and if possible it should be actually pleasurable, and calculated to banish for the time being all care and sorrow and worry whatever.

Walking exercise is very good, but your walk must have some object in it, if it be only to look at the shop windows or visit a friend. But a visit of ceremony to a distant milestone is of little value.

Everyone cannot afford to ride in a carriage or on horseback, but the latter is splendid exercise.

A course of dumb-bells taken in a judicious and scientific manner does excellent service. The irons must not be too heavy, else they stretch the joints and weary muscle and nerve. Regular motions ought to be gone through, so as to bring group of muscle after group into play. This drill should be continued half an hour at a time, morning and evening.

Boating, if spurring is not indulged in, is another good form of wholesome exercise.

Games such as lawn-tennis, football, cricket, bowls, etc., are most health-giving, for three reasons: they exhilarate the mind, exercise the muscles, and the player is breathing fresh air while engaged in them.

Being myself an enthusiastic cyclist, I can confidently recommend the tricycle or bicycle as the best form of exercise ever invented. It lightens the mind, and strengthens muscles and nerves, and throws open all the secretions, not excepting the skin. But beware of spurring up hills, which induces heart disease. Beware also of sitting in a damp skirt after coming in from a long ride. Go and change at once if your underclothing is damp. I myself always carry a change to put on at my journey's end; and if I have to ride back the same day, I change again when I get home,

after taking a cold bath, and finishing up with a cup of tea or delicious coffee.

*Fresh Air.*—It is very sad to think that thousands die every year, slowly asphyxiated, although this might easily be prevented, even by those who are compelled to work indoors, if they would but look upon fresh air as their best friend, keep the windows open, and make it a rule to spend as many hours out of doors every day as possible.

"Remember," says Professor Ransome, "that every breath of impure air endangers the health, and takes away energy from the body; that we cannot breathe any portion of the air that has already passed through the lungs without harbouring the seeds of that fearful disease, consumption, and that a close unozonised atmosphere necessarily weakens our powers and debilitates our systems."

*Pure Water and Warmth.*—Both are most

important to health. As regards the water I have to warn the reader that, with the exception of two or three, all the filters at present in the market are worse than useless, because they give people a false sense of security.

As to warmth: I myself should prefer fresh air without heat to living in a badly ventilated room, however cosy, but in winter people should endeavour to so arrange their rooms as to combine the two.

The proper ventilation of the bedroom is of the greatest importance, so too, is the airing of the bed-clothes. If you can possibly stand it the window should be partially open night and day.

And now I have done. I sincerely pray that my advice may do many good, and just as sincerely do I wish all my girls, young or not young, a happy and healthy New G. O. P. Year.

## ANSWERS TO CORRESPONDENTS.

## STUDY AND STUDIO.

**EVANGELINE.**—Chopin's music certainly belongs to the romantic school and is dreamy enough to delight you, but it is rather difficult. You might, however, try some of his nocturnes or waltzes. We should also recommend you the following: Schumann's "Kinderscenen"; a "Berceuse" by Schütt; "Melody in G♭," Paderewski; "Lyrische Stückchen, Op. 12," Grieg; "Three 18th century Studies," Arthur Somervell. You can buy Chopin's pieces bound up together in separate parts; for example, "The Chopin Album," vols. 1 and 2, each containing fifteen celebrated pieces, nett price 1s. 1d.; or the "Nocturnes," price 1s. 6d.; the whole list is too long to give here.

**COURAGE.**—We are much gratified by your letter of thanks, and by the information that you are enabled to win praise for your skill in cookery and home management, which you say you owe entirely to *THE GIRL'S OWN PAPER*. We can recommend you the following songs which you can obtain set in keys suitable for either tenor or baritone: "I Arise from Dreams of Thee," Salaman; "One More," and "A Song of May," Lord Henry Somers; "Still wie die Nacht," Carl Bohm; "Bois Epais," Lully; "The Devout Lover" and "Absent yet Present," Maude Valérie White; "O Promise Me," by Reginald de Koven. Some of the above are also suitable for soprano and mezzo, but we should advise you in addition to choose a book of Edward Lassen's songs, one of Maude Valérie White's, one of F. H. Cowen's, and one of Rubinstein's. A song we think you would like, for mezzo or baritone, appeared in the January number of *THE GIRL'S OWN PAPER*, entitled "Longing," by Ethel L. Watson.

**MADÉLINE.**—We have never heard (although we have known many foreign schools) of the arrangement you suggest, by which students take part in the household work instead of paying fees. But an arrangement that is frequently made is for an English girl to enter a French, German or Swiss school and teach her own language in return for joining the usual classes. This is called being *au pair*. We have known the plan work most happily and satisfactorily for all parties in Switzerland, at such places as Neuchâtel and Lausanne. If you have no friends who would inquire for you, would you like to insert an advertisement in a foreign paper, for example, the *Journal de Genève* (Geneva), *Feuille d'avis de Vevey*, or *Gazette de Lausanne*, Switzerland, stating your requirements? You could write first on a 1d. postcard to the office of the journal, asking the fee for insertion. In Switzerland you would be able to learn both French and German, and the bracing air and beautiful scenery lend attraction to the sojourn there.

**Ein SCHÜLMÄDCHEN.**—There are Scholarships connected with Queen's College, Harley Street, London, W., for girls over fourteen. Write for particulars of these; and also read Mrs. Watson's recent articles in *THE GIRL'S OWN PAPER* on "What are the County Councils doing for Girls?" You might apply to C. H. Bothamley, Esq., Somerset County Education Committee, Weston-Super-Mare, or to the Secretary of the Technical Instruction Committee, Taunton, for details of Scholarships tenable at High Schools, etc., in your own county. We wish you success.

**LARGO.**—The sol-fa "words" for the scale are—do, re, mi, fa, sol, la, si, do; the vowels being pronounced in the Italian fashion—ray, mee, fah, etc. "Do" is the key-note. Many thanks for your kind words in praise of *THE GIRL'S OWN PAPER*.

**A STUDENT.**—1. We should advise you to consult the authorities of the school where you are studying. You give us no clue as to the grade of education concerning which you wish information.—2. We cannot advertise any special preparations for the hair.

**W. SMITH.**—In addition to Bartlett's "Familiar Quotations," and Bohn's publication, which you mention, we can recommend "Dictionary of Quotations" (English), Dalbiac; and "Dictionary of Quotations," Rev. James Wood. These contain prose as well as poetical extracts. We do not think you will find "longer quotations" given anywhere, unless you get one of the collections of miscellaneous verse of which there are so many.

**EVANGELINE.**—There are many instruments far more easily learnt than the piano. Have you ever heard of the auto-harp? (price, from 12s. 6d.). It is very sweet, suited to accompany the voice, and so easy to learn that you could probably teach yourself; or you might try the guitar, or mandoline. A *ne plus ultra* auto-harp (the very best) costs £5 5s.; a mandoline, from £1 1s.; a guitar, from 10s. 6d. The harp itself is easier than the piano. You could no doubt hear of a second-hand one by inquiring at any music shop; but we should hardly advise you to buy so large an instrument to begin with, as you might find you did not care to learn it after all. We sympathise with you, and thank you for your letter.

**AUTUMN.**—We think you must intend your communication as a joke, as such doggerel is seldom sent us, and you must be perfectly well aware, if you are fourteen, that it is nonsense—not clever nonsense either!

**AN OLD READER.**—Your thoughts are very sweet, but we fear, hardly original enough for publication. The "qualifications for a nurse" are good, but the subject is familiar.

**AN APPRECIATIVE READER.**—We sympathise with you in the feelings expressed in your verses. "Every Need Supplied" is the best of the four poems. Your lines, "I need Thee every hour," and "I cannot do without Thee," are to be found in other familiar hymns, and have doubtless been unconsciously reproduced by you. "Divine Alchemy" and "Death" are not written in any known metre. "Tame" and "again" do not rhyme; and the line—  
"O wondrous love, any grace"

is too long. The rules of form are very important in writing poetry. We do not wish to discourage you, as you probably find it a comfort thus to express your inmost thoughts.

**ISABEL.**—Your lines are not original enough for publication; and though we are sure you are sincere, the same things have constantly been said by others. Your metre suddenly changes in verse 3 of "Come Unto Me." Your ear will surely tell you that.

"And 'neath the shelter of his wings"

is a line of different cadence from

"Ye shall enter where all sorrow."

We do not think it wise to devote a "great part of your time" to composing poetry, as at your age you should read the work of illustrious writers and store your mind with treasures.

**MARY.**—Your lines do not rhyme and yet are not in any metre suited to blank verse. You should not write "what you think *to* it," but "what you think *of* it." The French use the former mode of expression, but not the English. To write lines of different lengths below each other is not to write poetry, or even verse.

**TOPSY.**—1. Your verses show that you need to study the rules of poetic form. "A Sketch" is not written in any recognised metre so far as the first verse is concerned, but improves later on. The lines of "Sunset" ought, considering their length, to rhyme. In "One Summer Evening" the rhymes are often incorrect, e.g., "deaden" and "reddened," "planted" and "demanded," "broken" and "open."—2. Your work would not at present be accepted for publication in any quarter. The one consolation we can give you is that "Sunset" shows you have an observing eye and some power of description. You might succeed better in prose.

**GILGITH.**—The only way to obtain "reviewing work" is to apply to the editor of any periodical for which you wish to write. But, as you invite our judgment, we must candidly inform you that the specimen you enclose "would never do." "The within-reach-of-all-sum of 1d" is not an English mode of expression; you use the words "little work" twice consecutively, and your praise is quite indiscriminating. Reviewing is a difficult art, and the critic needs to be, as far as possible, above criticism in his technique.

**PERSÉVÉRANCE.**—1. We have read "A Dream-Journey" with much pleasure. Certainly do not "stamp out your impulse to write," but encourage and foster it by every means in your power, taking care, however, to read meanwhile "the best," not as your letter suggests, good, bad, and indifferent. Life is short, and you cannot afford to waste time. Cultivate your brain and your literary taste in every possible way.—2. The faith that would be endangered by reading Carlyle and Emerson must be of a very feeble kind, and likely, sooner or later, to collapse. We should consider that their thoughts were helpful to the growth of character in the best direction, though it is not necessary to take all they say for granted. Emerson, however, is immeasurably the greater of the two. He is a "seer," and cannot be studied too earnestly. We wish you success worthy of your name.

## MISCELLANEOUS.

**MAGGIE** could purchase a fairly good silk for about 3s. 6d. to 4s. a yard, perhaps less. It would be better to have a little trimming of white lace at the neck and wrists, and a full bodice with satin sash and ribbons.

**H. M. W.**—For the removal of copying and marking inks, wash the stained parts with a strong solution of bleaching powder, then apply a cold solution of oxalic acid, not too strong, and rinse repeatedly in cold water afterwards.

**F. E. W.**—We could not possibly give a testimonial or certificate of merit to any trade association, nor say that "they are all they represent." But we think you would probably act wisely in taking some lessons at the place you name.

**NORTHERN EVERGREEN.**—1. We do not care for green toilet-mats nor covers, and should prefer them of white with an embroidery in green silk on them. Everything connected in this way with the toilet table should be of washing materials. The "bed-spread" may be of green cretonne to match the covering of the furniture. You had better purchase mats and table-covers ready outlined and prepared for working.—2. Indigestion arises from so many causes, you had better go back for a year or two of the "G.O.P." and read the articles by "Medicus" on the subject. Eating too fast without sufficient mastication, or when over-fatigued, are all causes of discomfort. For every taking a pint of hot water half an hour after a meal might do you good.