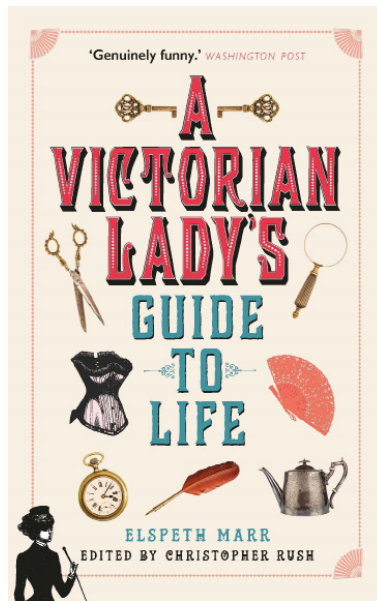


'Genuinely funny.' WASHINGTON POST

# A VICTORIAN LADY'S GUIDE TO LIFE



By Elspeth Marr, edited by Christopher Rush  
Published 22nd February 2018  
£7.99, paperback  
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In this delightful and engagingly eccentric treasury of life lessons, redoubtable Victorian Elspeth Marr (1871–1947) reflects on the fundamental topics of life as well as the nuts and bolts of everyday living.

Part journal, part commonplace book, among many gems you will find enlightenment and advice on everything from adultery to wrinkles; garlic to patriotism.

Written throughout her life but only discovered after her death, by her great-great nephew, Christopher Rush, Elspeth's (known as Aunt Epp) journal was never intended for publication but her style of writing and the subject matter she covers nonetheless reaches a universal audience. Not afraid to put forth views on key subjects – religion, evolution, and ethical issues – she also tackles daily topics that resonate with us all, such as food, sex and health.

Vital, refreshingly frank and always amusing, *A Victorian Lady's Guide to Life* provides a wealth of sound advice.

**Christopher Rush** (editor) is an award-winning Scottish writer and, for thirty years, a teacher of Literature in Edinburgh. He is Elspeth Marr's great-great-nephew. His books include *Hellfire and Herring* and *A Twelvemonth and a Day*.

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