

fore, not at all positive, but the article itself is well worth everyone's perusal and digestion, and I think the simple remedy deserves a trial.

MEDICO.

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“ TO BLOW OR WASH ?

“ In these days of warfare against dirt, why don't we wash our noses ? Surely they get quite as dirty as our teeth, which we brush so laboriously every day. The civilized nose is, in fact, one of the dirtiest organs of the body ; for, so long as civilization, which mostly means crowding, involves the breathing of dirty air, the nose, which is the organ by which the air receives its first preliminary purification, must become loaded with all sorts of nastiness. The man with a cold, who is always sneezing and slobbering with a handkerchief, is not a pleasant companion ; but, for all that, by dint of much “ running,” his nose at least is washed, and is cleaner within than that of the fine lady who has trained herself never to use the highly-decorated little bit of lace which she carries about and calls a handkerchief ; for in that nose condense and accumulate the soot, the dust and microbes of our far from cleanly cities. People who suffer from nose diseases have, of course, to apply various lotions, the efficacious part of many of which is the water they contain, and this they commonly do either by placing the fluid in the palm of the hand and snuffing it up—a process which only draws it through the more open lower passages of the nose ; or by means of a nasal douche or syringe, a process somewhat more effectual, but also more irksome. The simple plan is to plunge the face into a basin of clean water, cold or tepid, and take slight snuffs, in and out, while under water. By practice it will be found that before the face has to be withdrawn for breath, water can be drawn in and out of the nose several times, filling and emptying the nasal cavities every time, without using any force, and without drawing the water into the throat or causing any choking. The state of the water after the performance indicates the necessity for this little operation.”—*British Medical Journal*.