

MEDICAL.

ANTICIPATION.—We do not think that carries of the spine would produce spots, such as you describe, upon your face. Wearing a poroplastic belt would not produce face-spots ordinarily. If the jacket produces irritation or eczema by galling you (as it is very apt to do, if it does not properly fit), this may spread on to the face and so produce spots that way. There is a direct connection between seborrhoea of the scalp and acne of the face. One might almost say that the latter was the result of the former. You cannot expect sulphur ointment to cure you *at once*, it takes some little time to act, weeks, often months, in an intractable case. A short time ago we gave full directions for the use of sulphur ointment in the correspondence column. For the seborrhoea, a hair wash of a teaspoonful of borax to a pint of warm water may be used. A little of the sulphur ointment rubbed into the scalp from time to time will also do good.

AN ANXIOUS ONE.—We gather from your letter that you suffer from "stiffness" in the nose; that your nose and one side of your face is swollen; that your nose is dry, without discharge, but that there is a bad smell occasionally noticeable only to yourself; that your throat is quite right, but you are slightly deaf. This trouble has lasted nine or ten years, and previously (fifteen years ago) you had something wrong with your nose which was cured at a hospital. Your nose is the seat of chronic inflammation of a rather serious kind. The prominence of one side of your face suggests that the condition has extended into the cheek-bone (which is in connection with the nose). The bad smell which is only observed by yourself is also suggestive of inflammation inside the cheek-bone (maxilla). The "white powder" you mention was probably the following:—sodium chloride, 1; sodium bicarbonate, 1; borax, 1; and white sugar, 6. The best possible advice that we can give you is to go to the hospital where you were treated before. If you do not wish to do this, you might use the above powder as a lotion for your nose. Dissolve one teaspoonful of the powder in a tumbler of tepid water and use it as a spray or lotion with which to wash out the nose.

E. T.—To get rid of warts. Wash your hands thoroughly in warm water and soap. Then soak your hands in warm water for ten minutes. Having dried your hands surround the warts with vaseline so as to protect the surrounding skin. But do not let the vaseline get on to the wart itself. Drop one drop of glacial acetic acid on to the wart, wait three minutes and then well rub the wart with solid nitrate of silver (lunar caustic). Repeat this treatment in four or five days' time if necessary. We have never known this method to fail.

"PLEASE HELP ME."—Your hands are large, red and clumsy; the nails are thick, the fingers are swollen at the tips, and your hands are subject to chaps and chilblains. You ask us for a remedy for all this. First do all in your power to improve the circulation. Do not take a cold bath in the morning till the weather gets warmer. When the circulation is incompetent there is nothing like a cold bath for breaking up the health altogether. Walking and cycling in moderation will improve the circulation. A generous and easily-digested diet is necessary. An aperient should be taken occasionally. Cure your indigestion by attending to the rules that we have given from time to time. Secondly, look to the local condition of your hands. Wash your hands in *tepid* water, use a good soap, rub them thoroughly dry after washing. Always wear gloves when you go out. Do *not* scrape your nails, there is never any advantage in thin nails. Wash your hands two or three times a week in spirit or eau de Cologne and water. The cream you mention, viz., lanoline, vaseline and resorcin is a very good application, and we advise you to continue using it.

MISCELLANEOUS.

D. JONES.—1. We only answer two queries. Give your linnet a pagoda cage. Give him a bath at least three times a week in shallow water. Remove the sliding tray that it may not get wet, which must frequently be scraped and scalded. Change or replenish the water he drinks twice a day, and give him "summer rape-seed," old, but sound and glossy, and give him some groundsel twice a week, and once a week a thimbleful of canary-seed. Keep him free from any draught. Yes, they are satisfied with a breeding-cage provided with nest materials. You can pair in March or April, depending on the season, and they sit for thirteen days. To prevent the hen eating her eggs replenish her seed-box the previous night. You should get a book on birds.—2. Clean your teeth alternately with camphorated chalk and tooth soap twice a day at least. Write to the publishing department about back volumes of our magazine.

T. R. will find the question of the Round Towers "of Norfolk and Suffolk Churches" treated when we come to describe the Norfolk examples, and a theory respecting their origin will be offered. We thank T. R. for his remarks and information respecting the thatched-roofed church towers; but it is a question whether this singularity can be exactly regarded as an architectural feature, in fact, it has always struck the writer that they are more likely to be make-shift substitutes for some more durable kind of roofing which has perished or been removed for want of repair. It should be noticed that they are generally found in small rather humble churches; but a drawing by Higham made about 1818 shows one of the truncated round towers of the Abbey Church of Bury St. Edmund's roofed with thatch which was certainly a substituted covering. Many of the Norfolk and Suffolk Churches, Eaton and Woodbastwick for instance, are covered with thatch; but it is doubtful whether any of these thatched roofs date back more than two centuries. Early Saxon churches were certainly thatched, but only when they were built with wooden or whittled walls.

KOSE.—Unless under special circumstances everyone comes of age at twenty-one. The Queen, however, was declared of age at eighteen by Act of Parliament. We wish you wrote a better hand, but you could much improve it by writing copies from any good writing you may admire.

PUZZLED.—1. Cards are left on a first visit in order that there may be no mistake as to the address of the visitors. In the case of the invalid mother her card should be left, or the joint card of herself and her daughters, even though she may not visit personally. The brother's card should be left by them in the same manner that a wife would leave her husband's.—2. Always leave cards when people are not at home, of course, one of the wife's and two of the husband's.

L. DEANK.—The black currants should never remain on the trees till too old. This is the cause of their hardness; the skins have dried. Also over-boiling and too little moisture. If the season be a dry one it is often impossible to prevent the dryness of the skins.



ROSES
AND
MAIDENHAIR.

FLOWER SPRAY FOR JULY.