

The second was his seeing his son and Bishop Selwyn off to India, and his hearing the man on the platform say to the guard, "Right behind?" "Yes, sir." "Right in front?" "Yes, sir." "Then right away." Good mottoes for life these.

One of the speakers was the colporteur whose barrow full of Bibles and other books was standing in the room. He may be seen any day with his barrow at the further end of Whitechapel. He said he could not talk like a college student, because standing in the streets twelve hours a day selling books did not give much chance of learning. He gave many very interesting stories of his daily experience. One was of three young men, swells, he called them, who passed by his barrow a short time since, and one said to the other, "Tom, buy a Bible." The colporteur followed this up by the remark, "You might buy a worse thing, old chap." "What's the use?" said the one called Tom. "It's all

lies; there isn't any God. What have you got to say to that?"

A crowd was collecting, and the colporteur prayed that he might give a convincing answer. Looking up at the man, he said, "Well, at least it's true where it says, 'The fool hath said in his heart there is no God.'" It ended in the sale of a Bible.

He told us it was quite a mistake to suppose that in a place like London there isn't a house without a Bible. It was very far from the truth. This man was once an Atheist, but is now a very earnest Christian worker.

His wife next spoke of her experience among women and girls in the women's lodging-houses. She described their love of hymns, their special favourites being "Rock of Ages" and "Abide with me." She spoke also of their love of flowers and their appreciation of kindness.

Then a workman rose and spoke of the great good visitors did in coming to the workshops

and factories. Visiting factory-girls while at their work is very difficult; if the visitors pose as their teachers they are up in arms at once.

The requirements of Miss Macpherson's mission annually are from £4,000 to £6,000; as it comes in so it is spent leaving her off with a very small balance, but always on the right side.

Whatever the state of the funds, neither she nor her workers ever fail in sympathy with the "Christies" grinding their old organs, and the "Jessicas" with broken hearts crying for bread in the alleys of London.

More workers are wanted, if only for one day in the week, and gifts of flowers and clothes are greatly needed.

It would be quite impossible to touch upon all the work done in this home, but enough has been said to show what this one woman has effected, and how much more she could do if only she had an increased number of workers and more funds.

ANSWERS TO CORRESPONDENTS.

MEDICAL.

DORS.—It is natural for the hair to comb out, and it is only when it comes thin from combing out, that we can consider that there is anything wrong with the hair. The amount of hair that normally combs out varies very much in different individuals. Thus one girl will comb out handfuls every day, whilst another will not lose so much in a month. Yet in both cases the hair may be quite healthy. The point is, therefore, is your hair getting thinner? not, is your hair falling out? If you are certain that your hair is getting thinner, then it cannot be considered to be in a healthy condition. We have previously discussed the various causes of hair falling out. If the scalp is quite healthy, a pomade containing cantharides and rosemary is a very good application. Bay rum and brilliantine are useful in some cases. The yolk of an egg beaten up and rubbed into the scalp is said to strengthen the hair and to render it more glossy.

VIOLET.—It is not exactly painful to have your teeth scaled. It merely gives rise to an uncanny feeling when the teeth are scraped. No, scaling does no harm to the teeth, on the contrary, it improves their appearance and makes them last longer. The enamel of the tooth is not removed by scaling; indeed it is such an exceedingly hard material that the edge of any instrument would be turned long before the slightest impression could be made by it upon the enamel.

VINCENT.—You cannot do anything to prevent yourself from growing tall. Decidedly six feet two is rather tall for a girl of sixteen. It is as impossible for us to tell you why you are so tall, as it is either to prevent your growing taller or to lessen your height. It is exceedingly probable that you will stop growing soon, if, indeed, you have not attained your full height already.—2. We have given advice to very many readers about "red noses" during the last few months. If you will read the correspondence in the back numbers you will obtain all the information you require. This condition is usually caused by indigestion, and in women is a very frequent sequel to excessive tea drinking.

MIRABELL.—It is safer to have teeth extracted without gas. The administration of gas is accompanied with a minute amount of danger. There is, practically, however, no danger to be feared from having teeth taken out either with or without gas.

CHRISTMAS ROSE.—If it is necessary to feed an infant on cow's milk, the milk should never be given undiluted. The best way to prepare it is to mix one part of fresh milk with two parts of barley water and add a little sugar. The milk should be scalded and used when slightly warm. Barley-water must be prepared freshly every day. It must not be kept over-night. As the child gets older the relative quantity of milk should be increased. Be very careful to keep the bottle and tube scrupulously clean.

PANSY.—Hiccough during sleep may be dependent upon a great variety of causes. As hiccough is most commonly due to reflex irritation from the stomach, it is not surprising therefore that when hiccough occurs during sleep, it is usually due to some disorder of the stomach. Taking a late supper, especially if it is composed of indigestible food, is very likely to bring on hiccough. Drinking tea or coffee, or above all, alcoholic drinks, before going to bed is very likely to produce this effect. You should take nothing but a small glass of warm milk for supper.

LABURNUM.—The condition of your hair may be due to neuralgia, but we hardly think that this is the direct cause. You say that your hair is of a dry nature. Are we correct in our surmise that your hair is brittle and lustreless, and that you are subject to scurf? If this is so, then it is easy to account for your hair falling out. This is the condition known as seborrhoea or dandruff. This affection is often associated with neuralgia, for it is one of the number of complaints due to "the nerves." We advise you to wash your hair occasionally with warm water and borax (one teaspoonful of the latter to a pint of water). The yolk of an egg well beaten up and applied to the scalp is useful, but remember that if you use this remedy you must wash your hair thoroughly afterwards. A little sulphur ointment, rubbed into the scalp, may be used from time to time.

ROSEBUD.—In our answer to "Fair Isabel" we omitted a most important item in the treatment of acne, that is, *perseverance*. It is no good expecting to be cured from acne in a day or two. It is a question of months, often of years, before the annoyance is completely quelled. If you persevere in the treatment, and pay attention to every detail, you are almost certain to get relief. You can do practically nothing for the "open pores" left by acne. They will go in time if left to themselves.—The second of your questions is very "ridiculous." If you were twenty years older, then the chance of something being left on the sheet might be considered. But for a girl of twenty to ask such a question—well, most people would not consider a girl of your age sufficiently old to think about marriage yet awhile!

ALICE MAY.—We strongly advise your friend, and, indeed, all our readers who are prone to stoutness, to have nothing to do with any drug which is *supposed* to cure corpulency. If a person is stouter than she wishes, she may try to reduce her fat by carefully-regulated diet and exercise, but on no condition should she take drugs to "cure" herself. Personally, we know of no preparation which can make you thin without seriously injuring your health at the same time.

CVCLIST.—It is a disputed point whether cycling strengthens or weakens the back. It seems probable, however, that it may appear that cycling may do either in different subjects. We think that, as a rule, excluding racing, cycling strengthens the back. That it injures the back in some cases is unquestionable. We have seen more than one serious disease of the spine which we strongly suspect was due to over cycling.

A. H. H.—We can give you no better advice than to read the answer to "Fair Isabel," and accurately follow every detail there specified. Sulphur by the mouth is quite useless for acne. It is the local action of the sulphur upon the skin that is required. We cannot say that we have ever seen the slightest effect from any form of internal treatment in acne. The use of sulphur ointment does not materially affect superfluous hairs.

AN ENGLISH GIRL.—We have answered both your questions quite recently. For the face spots read the answer to "Fair Isabel," which appeared in the correspondence column last April. For the freckles wear a red veil or a red parasol when you go out in the sun. Always walk in the shade. Remaining in a darkened room will often remove freckles. Glycerine and rose-water may be applied locally. It does not matter in the least whether you wash in warm or cold water.

SUNFLOWER.—The symptoms you mention do not suggest sciatica to us at all, but they sound very like "osteo-arthritis" (rheumatic gout) in the hip joint.

Indeed, taking you at your word, and all your symptoms together, we have little doubt that rheumatic gout is the cause of your trouble. This is a condition which we cannot cure, but can to a certain extent alleviate. Friction over the joint, massage, an occasional small blister or plaster will often relieve the pain. Always wear flannel surrounding the joint. We do not think that you would derive any great benefit from internal medication. Are you certain that your truss fits well? An ill-fitting truss may very easily cause your legs to swell, and it may produce symptoms very much resembling, if not identical with, sciatica or hip-joint disease.

EMILY.—1. You would do well to go to an oculist and have your eyes tested. They are evidently out of order, and can, in all probability, be relieved by treatment. Only go at once. If, as we suspect, you need glasses, it is imperative for you to obtain the proper kind. You say that you have a tendency to squint. If you do not obtain proper treatment you may develop a permanent squint, which is both disfiguring and inconvenient, and very difficult to cure.—2. Wash your face with sulphur soap, and apply a little sulphur ointment to the spots. Scruviness of the face has nothing to do with the "blood being out of order."

PERSPIRE.—The first question we would ask you would be, Can you account in any way for your perspiring more freely now than formerly? For instance, do you dress the same now as you did formerly? Have you suffered from indigestion or any other complaint? Do you eat and drink as you did formerly? The answers to these questions might give a hint as to the cause of your excessive perspiration, and also suggest any special form of treatment. If, however, nothing can be gathered from them, we must suggest remedies which are equally applicable to all cases. A bath, either hot or cold (a cold bath is perhaps better if you can stand the shock without danger), in which a little toilet vinegar, household ammonia or borax is dissolved, should be taken every morning. During the Franco-Prussian war the German soldiers were supplied with a powder consisting of one part of salicylic acid to a hundred parts of starch. This powder prevented excessive perspiration of the feet during long marches. We have frequently used this powder, and can highly recommend it for excessive perspiration of the hands and feet. A little of the powder is dusted into the stockings and gloves. Washing with toilet vinegar will reduce excessive perspiration of the face.

CEDAR.—The nightingale is rather locally distributed over England. There is a popular idea that the bird only occurs in the Home counties, but this is not quite accurate, for the nightingale is found as far north as Yorkshire, and as far west as Devonshire. It is rare in Devonshire, and does not visit Cornwall; indeed, we know of no single instance of its occurrence in the latter county. Though it usually sings in the evening, its song may frequently be heard at any time of the day or night.

LUCIE SOUTHERN.—We cannot give you the address of the correspondent you mention, as we do not know it ourselves. She says in her letter that the doctor mentioned died four years ago.

HEALTHIER.—A former correspondent has asked us exactly the same question as yourself. Doubtless before you see this you will have read the answer to the correspondent referred to.