

"Yes," answered Maggie. "You can write this down if you like:—

"Powders can be mixed with honey, sugar, treacle or jam. Another excellent way is to sprinkle them between two slices of very thin bread and butter, or to dissolve them in a little milk.

"Saline draughts should be brought to a person in two glasses. Let the patient hold the larger glass in his hand and then pour in the contents of the smaller.

"Castor oil can be beaten up in hot sweet milk, strong milkless coffee, or hot broth with salt in it. Another way is to thoroughly moisten the inside of the glass with brandy, then measure the oil into it and add a little brandy—about half a teaspoonful."

"Thank you, Maggie," I said, "now I think I have written enough for to-day. Suppose you get your things on and come out for a walk in the village."

"Nothing I should like better," said Maggie. "I want to explore it."

"It is so tiny that you will soon know it," I said. "Oh, I forgot to tell you, Maggie, that Aunt Elsie is quite excited about the new room and looking forward to it, and she even consents to having the feather bed put under the mattress. She is a dear old thing, and quite delighted to hear that you were teaching me a little about nursing."

"That is right, I was afraid perhaps that she would resent our innovations particularly

about the carpets, but she has lived a good deal in France and is familiar with parquet floors and only islands of carpet here and there."

We walked on through our little village, and bent our steps towards Ansell's Anderby, who was, as I told Maggie, a young girl who was a great invalid.

"I daresay you will discover many things which might be done to make Ansell's more comfortable," I remarked as we came within sight of the house.

Maggie smiled. "Naturally a nurse's trained eye discovers needs very quickly. Then you see I have done some district nursing."

"That was nursing the poor in their own homes was it not?"

"Yes. I think I like it almost better than hospital work."

"But it must be much more difficult," I said, "for in a hospital you have all the proper appliances and everything to help you."

"Yes, that is true, but you see in district nursing we try to kill two birds with one stone, and show the poor how best to nurse each other and to use such things as they have by them. Of course I take a bag with me with two spatulas, one for making poultices and the other smaller for spreading ointment, bandages, lint, some ointment and various small things which may be needed, but still one has to resort to makeshifts for endless things."

"What kind of things?"

"Substitutes for hot water bottles for instance," said Maggie. "These can be done in several ways. Hot bricks wrapped in flannel, hot bran bags are very good, and if that is not possible I have often taken ordinary wine or beer bottles that seemed pretty strong; corked them up very securely and wrapped them up in flannel. Of course one must be very careful in seeing that they do not leak. As we are on that subject, however, I must warn you that if you are giving a hot water bottle or its substitute to an unconscious patient or some one who is paralysed and has lost sensation you must be very careful not to place the hot bottle or whatever it may be against his skin, as by so doing you may burn him and produce a sore. Always let a blanket intervene, and do not let the bottle be placed in close contact with the person."

"I will remember," I said, and at that moment Ansell's sister came running out of the house towards us.

"Oh, miss, I am so glad it is you. Ansell's been very bad, and mother's out, and I don't know what to do."

We followed the child quickly into the cottage and found Ansell certainly in a state of great discomfort, for she was seated in a wretched-looking arm-chair, her head thrown back, evidently in a dead faint.

(To be continued.)

ANSWERS TO CORRESPONDENTS.

MEDICAL.

INEX.—The "black spots" on your face are comedones (blackheads). Some weeks back we discussed this subject at full length, to which description we refer you. Read it carefully and follow every detail exactly and you will obtain relief.

MANOX.—"Holes" in the skin of the face, connected with acne, are of two kinds—the minute scars left by pustules that have healed, and the enlarged "pores" or openings of sebaceous and sweat glands which invariably accompanies acne. For the first nothing whatever can be done, and, truly, the scars are so minute that it is no hardship to put up with them. The second—enlargement of the openings of the glands—is a congenital condition (probably). The openings gradually get smaller and smaller after about twenty years of age. A lotion of glycerine and borax will help to check excessive secretion from the enlarged glands.—2. We have thoroughly threshed out the subject of superfluous hairs and cannot repeat our statements. If you will read the back numbers you will find all that we can tell you of this condition.

SARAH.—How frequently we hear patients say that they only have one lung. Every human being that ever lived, who was not a monster, was born with two lungs; and every person who ever died, died with two lungs, and every person living is living with two lungs. Women are very fond of going to a physician complaining of only having got one lung. What do they mean? and from whence do they get this extraordinary idea? Of course one lung may be almost insignificant by disease; but this is not what women mean when they say that they only have one lung, for if you ask them what has become of the other lung, they always answer "I coughed it up some time ago." It would be impossible to cough up a lung, far more difficult than it would be to swallow a leg of mutton! This week we have seen ten "one lung" women. Of these, six neither have now nor ever had anything wrong with their lungs. Two others have had bronchitis, but have two perfectly healthy lungs apiece, at present. Of the other two, one has bronchitis now and the other has phthisis. You may rest content that you have two lungs like the rest of mankind. Of course we cannot tell you whether they are healthy or not.

S. N.—The cause of the great toe being driven beneath the second toe is invariably ill-fitting boots. If you can, obtain boots of the right shape, with a separate compartment for the great toe. These boots can be obtained at most first-class shops, and if well made, are not uncomfortable.

FAIRY QUEEN.—Flat-foot is due to two causes—badly shaped boots and excessive standing. If you read the article on clothing in the March number of THE GIRL'S OWN PAPER, you will find information about flat-foot.

RACHEL.—The following is a very good carbolio tooth-powder:—

	Parts.
Orris root	30
Cuttle-fish	30
Powdered hard soap ..	30
Magnesium carbonate ..	500
Precipitated chalk	500
Carbolic acid (pure) ..	5
Attar of roses	3

Mix these ingredients very well together, and be careful that the carbolic acid does not stick together in one lump, but is equally distributed throughout the powder.

A SOUTHERN READER.—Unhealthy conditions of the finger-nails, although very common, are but imperfectly understood, and, consequently, the treatment for them is unsatisfactory. Cut and trim the nails down to the "quick," but do not touch the rim of the nail near the root with the knife. If the nails are thin and weak the root of the nail should never be trimmed and the nail should not be scraped. Of course if you have any affection of the fingers, this must be seen to. Of all applications not one is really satisfactory. Lanoline may be used, but it will not prevent the nails from splitting. Bathing the nails in alum-water (one teaspoonful of alum to a pint of water) is sometimes efficacious in causing nails to grow thicker and stronger.

MOTHER.—There is one form of goitre (or rather there is a disease of which one symptom is goitre) which does affect the heart and causes palpitation. This disease is the exophthalmic goitre or Grave's disease. It is called "exophthalmic" (ἐξ, out of, and ὀφθαλμος, ophthalmos, the eyes), because extreme prominence of the eyeballs is one of the symptoms. Ordinary goitre, or "Derbyshire neck," rarely, if ever, causes palpitation until it gets to be of very large size. Goitres when they are large often causes difficulty in breathing from pressure on the windpipe. When this happens immediate operation is imperative. Usually the only symptom of goitre is the prominence of the throat.

A YOUNG MOTHER asks us how to cure dilated veins on the cheeks. She tells us that she is a great tea drinker, but never has indigestion. Nevertheless, we are sure that the dilated veins are due to the tea she drinks. She must give up drinking tea. She also asks us whether we would advise ichthiol? Yes, we do advise ichthiol, either in pills containing two and a half grains, or else as an ointment consisting of two parts of ichthiol to one hundred parts of lanoline. On the whole we think that in her case more benefit would be obtained from the ointment. Lanoline alone is of very little good as an ointment for this condition, but it forms an excellent vehicle for the ichthiol. Sulphur ointment is a very useful application, but in this condition ichthiol is better.

STUDY AND STUDIO.

P. A.—The sentiment of your verses is very good, but it would not be kind of us to lead you to hope that you would ever be able to write for publication, if that is what you mean. "Long" and "on" do not rhyme, nor do "lonely" and "going by." "True Sympathy" is by far the best. If it helps you thus to put your thoughts into rhyme, we see no reason why you should not continue to do so. We appreciate your neat and careful manuscript.

RITA (New Zealand).—We should advise you, as we have advised many of our correspondents, to join the National Home Reading Union, which has members in all parts of the globe. There are Reading Circles and private members in New Zealand. If you do not know of any, address the Secretary, Surrey House, Victoria Embankment, London, E.C. We sympathise much with you in your delicate health and longing after higher culture. Read all the works of Ruskin you can lay hands on, Tennyson, Browning, George Eliot, Kingsley, and scan our columns for advice to those with the same wish as your own. We understand your feeling inclined to "despise others" for frivolous conversation, but try not to encourage the tendency. Rather look for what is best in their words and disposition, and help to draw it forth by your example.

ROBINA.—The thoughts expressed in your friend's poem "To a Solitary Snowdrop" are good, but not original, and the lines are in no sense poetry. There is no music in them, and the length varies irregularly. Contrast the first line (seventeen syllables) with the last (fourteen), and this in a metre in which the lines should be equal in cadence! Thanks for your kind words.

MOONLIT GARDEN.—You have omitted your signature, so we are unable to compare your present enclosures with the last.—We cannot praise the two poems now sent. "The Angel of Death" (which you might certainly call "A Reverie") is written in no recognised metre, and it is incorrect to say "bolts and bars—avail'd nought," also to say "thou doth."—2. Your writing is unformed at present and your g's and j's are too long and curly.

CHARMION.—1. Certainly we endeavour to return MSS. if stamps are enclosed for the purpose. We have returned yours also, as you did not know this rule.—2. We cannot praise your story. The composition is defective. You should not say "a good bit over the medium height;" it is too colloquial an expression. The rector's falling in love the instant he meets the farmer's daughter is not very convincing, and we do not admire his subsequent behaviour, nor the tendency of the story to describe handsome clergymen as demigods whom all women must adore!