



MEDICAL.

"RITA" asks us for a cure for very large tonsils which, whenever she has a cold, become larger, painful, and covered with little white "ulcers." These attacks are acute tonsillitis, occurring in chronic tonsillar enlargement. When you have these attacks you should remain indoors, preferably in bed, until you are well again. Take as much nourishing liquid food (i.e. milk, bread and milk, eggs beaten up with milk, custard, etc.) as you can, and avoid anything very hot or highly spiced. Sucking ice often gives great relief. Quinine and iron, or other preparation of iron, is often recommended, but you must not expect too much from it. A gargle or spray of hot boracic acid (1 in 40), or permanganate of potash (1 in 100) is very efficacious. Painting the tonsils with glycerine of tannin as soon as they become at all sore, often wards off a severe attack of tonsillitis. During the intervals between the acute attacks paint the tonsils every evening with menthol in paroline (1 in 8) or the glycerine of tannin. If you want to be rid of the whole trouble have your tonsils reduced by a surgeon. The white spots on the tonsils are not "ulcers," but the mouths of the glands of the tonsils plugged with dried secretions.

"ANNE and JANE" want to know what to do to grow "tall and rosy," for they are "short and pale." If they attend to the general rules of healthy living—early rising, plenty of exercise, good food, and remaining out of doors as long as possible, they will do all that can be done to grow "rosy and tall." If they have finished growing, that is, if they are past twenty-two, nothing on this earth will make them grow taller.

YASHTI.—That any chemist could be so ignorant of his trade as never to have heard of "calomel" we cannot believe. A grocer who had never heard of sugar would be more excusable than a chemist who did not know calomel. Of all drugs that act upon the liver in "biliousness," calomel is far and away the most certain, the least unpleasant and the safest. Two other drugs, cascary and podophyllin, act upon the liver. A pill containing one or both of these ingredients is very often used. Camomile and taraxacum (dandelion) do not act on the liver, although they are popularly believed to do so. The treatment of biliousness is not only a question of drugs; you must pay attention to all the details of treatment which we gave to "An Old Reader."

M. A. B.—To remove freckles always wear a veil when you go out. In very bright sunshine a red sunshade will often prevent the development of freckles. It is the light and not the heat of the sun that causes freckles, and red-coloured shades keep off the ultra-light rays (violet) of the sun. Peroxide of hydrogen, carefully applied, will often bleach freckles. Glycerine and rose-water is also helpful in ridding the face of freckles and keeping the skin soft.

DAISY.—The pimples on your face and neck are due to acne. The "little holes" left after the pimples have gone are scars. They invariably come if the pimples contain pus, and they cannot be removed or remedied by anything. Therefore treat the acne as soon as possible to prevent any more pimples from developing. You will find every detail of the treatment in last month's correspondence column.

SADIE.—Unfortunately it is impossible for us to tell you what is the cause of your unpleasant symptom without personal interview. It may be due to nervousness, but is more probably due to some local cause.

TROUBLED ONE.—Decidedly you suffer from constipation and indigestion. The furred tongue; the nasty taste in the mouth; the offensive breath; the flushings and blushing to which you are subject all point to indigestion and constipation as the cause of your ill-health. Do you drink much tea? You must give it up entirely. Take an aperient every day; the best to take is the pill of aloes and sulphur. Read the many answers that we have lately published to correspondents with indigestion.

STUDY AND STUDIO.

FRIEND STUDIO.—1. It would be a great pity if you were to be "sorry and unhappy" because you cannot perform absolute impossibilities. Your sketch "Serpents' Tongues" is very good, so far as the subject goes, and rebukes what is far too common a fault. But we must repeat that you use un-English expressions, which only familiarity with English people, or perhaps with English literature, could prevent. Some of these are "speak *with*," instead of *to* the girls; "growing always more excited," instead of "growing more and more excited"; "nothing to fear *of*," instead of *from* them. "If I am a peasant already I will sleep at least," would not be said; and "my ladies," is not used as a form of address. It is wonderful that you write so well in a foreign tongue.—2. We insert your request below, and are glad that our International Correspondence scheme is useful and pleasant to you.

MARY THOMPSON.—Unless we are mistaken, we translated your Welsh quatrain for you in our March number. We can only (as two questions are our limit) translate two of the Latin quotations:—1. "In the sweat of thy face shalt thou eat bread." The correct form in the Vulgate (Gen. iii, 19) is "In sudore vultus tui vesceris pane."—2. "Happily—unhappily" (Feliciter—infelix).

STEPHANIE.—We are sorry that our rules do not allow us to answer letters by post, as we have often informed our readers; and we are also sorry to have to disappoint you by saying there is not the faintest chance of your earning money by your pen. Writing for the press is a profession like other professions, and needs training. Try and think of some other occupation that would suit you.

MABEL.—We should suggest that you procure Dr. Stainer's instruction book for the American organ, sold at 1s. 8d.

JULIET.—It is always impossible for us to publish an answer until two or three weeks at least after it is written, because we go to press long before you receive your magazine. Surely you must have seen our repeated criticisms on literary efforts in this column; yet you say, "I have never yet seen any criticism given, or anything of the kind, in the answers to your correspondents." With regard to your MSS., the sketch on "London and its Sights," deals with too well-worn a subject, but "Lucia" is a pretty story, well written. We can scarcely believe that the son of an English baronet would scour the world wishing to marry an Italian flower-girl, of whom he knew nothing but that she had a strong claim on his gratitude; this being granted, however, the tale is good. At present you could not expect to earn, but it is quite possible that by dint of education and practice, you might be able to do so in the future. We must add that in view of the great competition which exists, it would be unwise for you to neglect other serious occupations for the sake of writing. 2. M. H.—You write a very good letter. Would you like to join the National Home Reading Union? Apply to the secretary, Surrey House, Victoria Embankment, London. The only way in which you can educate yourself is by reading, and excellent advice is supplied through this society. As to your future career, we should suggest that, as you have a friend who is a hospital nurse, and you are most anxious to take up nursing, you should pursue that idea, studying the book she has lent you. We should think that if you are strong enough to work in the mill, you would also be strong enough for nursing, though of course we cannot tell.

INTERNATIONAL CORRESPONDENCE.

"FRIEND STUDIO" writes that she would like to correspond with Gladys Wilding, New Zealand; Maud C. Ogilvie, India; Mary Sheard, S. Africa; Carlotta E. Robertson, Texas; Minnie J. Lindo, Jamaica; and Hilda D. Rozari, Bangalore, if they will send her their addresses. How has "Friend Studio" heard of these young ladies?

MISCELLANEOUS.

E. A.—Portraits of the contributors you mention have been printed on the end papers to the yearly volumes on several occasions during the last few years. We are much too modest to print them as frontispieces as you suggest!

W. C. M.—We are indeed sorry to hear that you find so great a difficulty in procuring our Story Supplement in your town. Have you ever ordered it at your bookseller's? If not, is it not your own fault that you find a difficulty in getting it? If you have ordered it and your bookseller does not supply it to you please let us know.

EMMA.—The following is a recipe given to us by a lady who had lived many years in India, and we have found it answer admirably for the brass trays. Buy one pennyworth of oxalic acid, put it into half a pint of water, bottle it, and leave it for four hours. Use with a sponge, washing the tray well with the mixture, and then rinse with boiling water and rub with a leather. A free use of boiling water is required to keep trays bright.

SUNFLOWER.—In reply to your query respecting the statement of some friend as to the relationship between himself and the original of a portrait, i.e., "sisters and brothers have I none; but, that man's father was my father's son," is easily explained, for the portrait was one of himself. It is evident that the likeness was not a very good one or it must have told its own tale.

OLIVE K.—If not in the same position of life as the clergyman who called on you, the visit should be considered as simply parochial, and you are not to return it. If yourself in society, your father, husband, brother, or grown up son (residing in the house) should return it. If the clergyman have a wife, or lady relative, she should have called with him, if he desired a mutually-visiting acquaintanceship. Of course a lady does not call on a gentleman, nor send her card by her husband, unless an old friend, or very near relative. He was right, however, in leaving a second card. A first visit should be returned at once if possible.

DOPO.—We recommend you to apply to the secretary of the Royal Naval Female School at the office, 32, Saville Street, W. Pupils are admitted on nomination of the committee. There is also the Royal Naval Benevolent Society. Apply to the Secy, 17, 18, Adam Street, Adelphi, Strand, W.C. A SUBSCRIBER to the "G. O. P."—All invitations should be answered immediately, and if there be an invitation which could be answered sooner than immediately, it is one to dinner.

IS LOVE.—It is quite permissible for a man to send flowers to any girl he admires, as it is merely a graceful compliment, and binds him to nothing; nor do we understand how it could possibly place you in "an awkward position;" nor do we see at this present juncture where your parents come in; nor how this could worry your mother, since he has not proposed to you. You say that you "love him dearly, but I doubt whether I ought to allow my feelings to get the better of me." If your feelings got the better of you, what would be the result? We should recommend caution, seeing that the young gentleman has not proposed, and may not do so, especially if he should find out that his gift of flowers had quite unbalanced your mind. Be a sensible girl, do not do anything except to give smiling and gracious thanks for one of the ordinary attentions of society.

SPANISH ZINGARA unfortunately does not say where she lives or we could advise her to better purpose. A course of ambulance lessons would be very interesting and useful, as she is fond of nursing, and we see no harm in her study of physiognomy. Lavater's book on the subject is easily obtained, as it has passed through many editions. This study was begun by Della Porta, at Naples, in 1615. The work which presents the most succinct view of the modern relations of physiognomy is Darwin's on the *Expression of the Emotions*, which shows that facial conformation arises from the special use of certain muscles over others.