

them with a ball of sandstone, which will be found a very useful article for toilet purposes, also a tablespoonful of Kretol in the water. The nails should then be carefully pared, and, in drying the feet, much friction should be used in order to stimulate the skin to healthy action.

When corns appear, they may be accepted with resignation as life-long acquaintances. Seldom, indeed, do they quit the victim, who has invited them by ill-advised pinchings and squeezeings. All that one can do is to keep them under control by constant care. The treatment recommended is the same as that used for warts—viz., to pare the hard and dry skin from the tops, and then touch them with the smallest drop of acetic acid, taking care that the acid does not run off the wart upon the neighboring skin, which would occasion inflammation and much pain. This should be done once or twice a day with regularity.

We should, no doubt, easily get rid of all our corns if we could make up our minds to do without shoes, or even to wear them of such a large size as would prevent all pressure upon the corn. This disagreeable effect results quite as often from badly made boots as from injudiciously tight ones.

There is a particular knack to be observed in paring a corn—it should be cut in such a manner as to excavate the center, while the hardened sides are left to protect the more sensitive portion against the pressure of the boot. When the corn is small and yet young, the best application is a piece of soft buff-leather spread with adhesive plaster and pierced in the center with a hole of exactly the size of the summit of the corn. There are two varieties of corn, the hard and the soft. The latter occurs between the toes, and is quite as painful as, and less easily guarded against, than the hard variety.