



ANSWERS TO CORRESPONDENTS.

MEDICAL.

FORGET-ME-NOT BLUE.—Certainly, at present, you must be rather robust if you weigh ten and a half stone and are only five feet three inches high; but as you are only nineteen years old you may be pretty sure of growing taller. Growth does not usually stop before twenty-two. You say that your parents are big people and you will probably be like them.

EVA.—We do not advise you to do anything to reduce your fat. You will go on growing for about six years more, and probably by the end of that time you will be quite as thin as you desire. Do not take drugs of any kind. Reducing the amount of starchy food will often help to reduce corpulency.

A CONSTANT READER would like to know how to cure a "slight deafness," but before answering her question, we would like to know something more about her ears. If "A Constant Reader" will answer the following questions we will be able to tell her the cause of the trouble and how to treat it. These are the questions:—(1) How long have you been deaf? (2) How did the deafness start? (3) Are you equally deaf in both ears? (4) Have you a discharge from the ear? (5) If not, have you ever had a discharge from the ear? (6) Have lumps of wax ever dropped out of your ears? (7) Have you ever had noises in the ears? (8) Can you hear your own voice distinctly? (9) Are you equally deaf at all seasons and at all times? (10) Have you ever had anything wrong with your throat? (11) Do you always breathe through your nose? (12) Has the deafness developed gradually? (13) What is your age? Answer us these questions and then we can tell you what is wrong with your ears. Without knowing these points any advice that we could give you would be valueless.

EDNA.—"Obesity pills and powders," and other quack medicines for the cure of superfluous fat are not to be recommended. No drug will cure this condition. Attend to your diet. Avoid excessive amounts of fluids, and alcohol in all forms, and take starchy foods in great moderation. Take plenty of exercise. Walking is the best of all exercises. Scrupulously avoid all drugs save an occasional aperient. The severe methods of getting rid of fat such as Bant's treatment do more harm than good, or at least, that has been our experience. They reduce the fat, but they reduce the health in a corresponding ratio, and we have seen a fatal termination to "Banting."

MERIEL.—"Potatoes do make you stout. They consist mainly of starch, and starch produces corpulency. Carrots, turnips, maize, parsnips and artichokes also produce deposits of fat in persons liable to obesity."

IRIS.—Of course it is the tea that causes your nose to turn red and burn. Give up tea and every other indigestible food. Your nose will cease to trouble you if you are careful of your digestion. Drinking large quantities of cold water does not improve the complexion. How could it do so? Neither does it injure the complexion, unless taken in sufficient quantities to cause indigestion.

AN ANXIOUS ONE.—Tonics give you pain in the chest. This is probably due to indigestion, as most tonics are indigestible. The pains you complain of are parts of some nervous condition, for which we cannot suggest any treatment without further information. They may be due to neuralgia or even to anaemia.

FLOSSIE.—Read the answer to "F. S." Cycling cannot produce enlarged pores, unless you perspire very much while cycling. Keep your face very clean and use a rough towel. Blackheads should be squeezed out, if very prominent, otherwise they may be left alone, as the water and rough towel will remove them. If you find the sulphur ointment makes your face irritable, use it less strong, say one part of the ointment to an equal quantity of vaseline, or else leave it off for a week or so.

SMETS.—Read the answers to "Forget-me-not Blue," "Eva," "Edna," "Muriel," and "Flossie." In the article on "Diet in Health and Sickness," which appeared in last year's volume of THE GIRL'S OWN PAPER a complete dietary for obesity was given.

AN ANXIOUS WOMAN.—Lice or "nits" in the hair are very common in children. In adult women, they are one of the penalties of long hair. Though usually associated with uncleanness they may find a harbour in perfectly clean hair. They are true insects and come from outside. We have not got a "vein of lice" inside us! You got this idea from a thoroughly unreliable source. It is a simple matter to get rid of lice, if you are very careful to carry out the treatment to the minutest detail. Take a solution of carbolic acid, one ounce of the crystals to two quarts of hot water. You can get this at a chemist's, but remember that it is a poison and must be used with care. Let down your hair, wash it well with soap and water, rinse it out in warm water, and then thoroughly wash the head and hair in the carbolic solution. Take at least two hours to wash your hair. Be careful that none of the carbolic acid gets on to the face or into the eyes, for it is caustic, and is very injurious to the eyes. Having used the lotion thoroughly, rinse the hair again, run through the hair with a fine tooth-comb and dry your head and hair; then apply "white precipitate ointment" to the roots of the hair. Repeat this treatment again at the end of a week. If this does not cure you, you must cut your hair short and try again; but if you carry out the above advice thoroughly you will save your hair.

A DERBYSHIRE LASS.—Cretinism is endemic in certain localities, of which Derbyshire is one, but it also occurs from time to time in places where it is not endemic. It is always congenital, but there is no reason to believe that it is hereditary. Direct heredity is impossible, as a cretin could not marry. Now it is not a hopeless condition, for by giving cretins "thyroid extract," great improvement is almost invariable, and slighter grades are often completely cured. This cure of cretinism—converting a hopeless, helpless imbecile into an ordinary mortal—is the greatest triumph of modern science.

MOAB.—You could obtain treatment for your child's ear at any London hospital. There is no fee to be paid. Or if you do not care to come to London, you might make inquiries about the local hospitals in Gloucestershire. Any specialist in aural diseases would be able to treat your daughter.

SHAMROCK.—We have never before heard of a moustache which was not hairy. Probably what you have on your lip is either a mole or a pigmented patch of skin. From what you tell us of its causation, we incline to the latter opinion. Try if peroxide of hydrogen will bleach it. Apply the peroxide every evening with a camel-hair brush. This treatment cannot do any harm, but we do not guarantee that it will succeed in removing the patch.

EDITH NEALE.—For land plants potassium salts are to be preferred to sodium compounds, for all land plants contain and require more potassium than sodium. Nitrate of potassium (saltpetre) is the most convenient of the chemical manures containing potash.

F. G. H.—Go on with the treatment and use the soap and ointment as we directed. It often takes a considerable time to cure acne.

SANDRE.—All your symptoms can be accounted for by anaemia. Dizziness, giddiness, loss of voice, breathlessness and dyspepsia are all caused by bloodlessness. You have got a return of the anaemia that you had three years ago. Therefore the best thing that you can do is to return to the treatment which you used during the first attack. You might, however, try a more tonic treatment. Of course you must attend to your digestion. Take a holiday, if you can. Under no circumstances should you take a cold bath in the morning. The feeling you describe of being unable to work or think is most commonly due to taking cold baths when the circulation is not up to the standard. Unless you are going to take up medicine professionally, it is not advisable to read medical books, for it is impossible to fully understand them without clinical study. Worst of all literature are the abominable pamphlets published by patent medicine men, and sent round to every house. Such books should be burnt as soon as they enter any house. The health sermons and articles that appear in this paper are on quite a different footing. They deal with matters which should be known by every one, and as they are written by qualified physicians, who do not deal in nostrums, they are reliable and safe to follow.

FORGET-ME-NOT.—We will gladly forward on to Ruth Lamb any letter you may send to us for that purpose.