



FLOWERING NETTLE.

MEDICAL.

FAIR ISABEL.—1. Pimples on the face are one of the manifestations of acne. We have over and over again given advice on this subject, and we will repeat for the last time the nature and cure of this ailment. Acne is the name given to certain abnormal conditions of the sebaceous glands (i.e. the glands that secrete the sebum or natural oil of the hairs). "Blackheads," "whiteheads," "skin-worms," pimples (usually), comedones, and pustules on the face or, indeed, on any part of the body, are the manifestations of acne. The condition occurs in about twenty-five per cent. of adolescents between the ages of fifteen and twenty-five. It is less common in women than in men. It rarely persists after twenty-five, and is very amenable to treatment. It is a local disease due to local causes—a skin affection dependent upon changes in the skin, it has nothing whatever to do with the condition of the blood. It is obvious, therefore, that the treatment must be local and that nothing taken internally will have any effect. It is useless to take drugs or to diet yourself for this condition, neither of these measures will in any way influence it. The right treatment is the application of some antiseptic substance and of a drug that possesses the power of softening the skin. Both these necessary qualities are possessed by sulphur, and this is therefore the most valuable substance for the cure of acne. It should be used in the following ways:—always wash your face with warm water and sulphur soap; rub your face briskly after washing, and if you observe any extra prominent blackheads squeeze them out. Before going to bed apply sulphur ointment to your face, thickly covering those parts most attacked, especially the lips, cheeks, and temples. Place a piece of linen or a dry towel over the pillow at night to prevent the pillow-case from being soiled. In the morning wipe off as much of the ointment as possible, and then wash your face thoroughly with the sulphur soap. Remember that many so-called sulphur soaps do not contain sulphur and are quite useless. The ointment, which is very cheap, can be obtained from any chemist. In our experience no other measure is half as efficacious as sulphur. Cure is practically invariable. Now, as regards your own case, follow the above directions and take nothing internally. If you had used the sulphur externally instead of internally you would, probably, be all right now. What makes you think that sulphur produces constipation we do not know, for it is a laxative.—

2. Read the answer to "Maud" below.

ANNE.—Calomel, taken in the small doses that we give at the present day, does not in any way affect the teeth.

A LOVER OF THE "G.O.P."—The small spot on your nose is most probably simply an acne spot. Read the answer given to "Fair Isabel" above.

MAUD.—Many of our readers are troubled with superfluous hairs on their faces. It is very annoying for a woman to discover that she is growing a moustache, but we think that many worry over this far more than is necessary. After all it is not a terrible disease, it is only unsightly—which we were told the other day is quite as bad—for a woman! Of the cause of the condition we know nothing save that it is most frequent in dark women, and that hairs almost invariably grow on pigmented patches of skin, especially on moles. We can divide superfluous hairs into three varieties:—first, hairs growing on moles; second, downy hairs on the lips; and third, long hairs, usually dark in colour, growing chiefly on the lips and chin, but occasionally on other parts of the face. The second variety, down on the lips, is practically always present in adult women. If it is light in colour it is unnoticeable except in very strong side lights. If it is black, or dark brown in colour, it is more noticeable. As regards treatment, removal must first be considered. Can we permanently remove superfluous hairs? Yes, to a certain extent we can permanently remove the long solitary hairs, but we cannot do so to the downy hairs. What varieties of superfluous hairs are amenable to epilation, as it is called? Only long thick hairs which are growing solitarily, or of which there are very few. Electrolysis is the most used method of getting rid of hairs. We have heard that it never fails, but our experience tells us decidedly otherwise. It usually succeeds for a time, perhaps a year or so, and then the hairs return. Perhaps our experience may be different from that of others, but still there it is. Another method is to destroy the hair-roots by the red-hot electric needle. This is not a bad plan, but each puncture leaves a minute scar. Both methods are exceedingly expensive, and except in a very few selected cases, we recommend neither. All the forms of superfluous hairs can be temporarily removed either with the razor or by pulling them out by the roots. In either case they will grow again. Many women object to the use of the razor, but it is cheap and efficacious. None of these methods being adopted, the hairs may be rendered less prominent by bleaching. The best agent for this purpose is peroxide of hydrogen. This is a perfectly innocuous fluid and is by no means expensive. It should be applied every day with a camel-hair brush or small piece of rag. It is usually, but not always, successful. Never use any such preparation as sulphide of barium, or other chemical agents, so many of which have been lauded from time to time. All are ineffectual, and most are very dangerous. We have seen a girl's face literally peeled by the use of one of these so-called chemical epilators.

P. B.—It is an absolute myth that wearing ear-rings strengthens the eyes. It is true that in certain diseases of the eyes we do apply leeches or blisters behind the ear, but this is not the same thing.

NANCY.—1. The dark line round your neck is probably nothing but a slight pigmentation of the skin. It is by no means unusual for the neck to be darker in colour than the rest of the body. Mere exposure to the light often causes the pigment to disappear. You might try peroxide of hydrogen to bleach it, but we cannot promise that the treatment will be successful.—2. Read the answer to "Maud."

LUCY.—Hammer-toe is invariably caused by ill-fitting boots. Therefore the first necessity is to get boots that fit. If you do this your toe will probably get all right again. Get boots amply large with square toes.

MISCELLANEOUS.

SALT AND IGNORAMUS, and "R. E. J."—Nothing is more vulgar, according to the laws of (English) good-breeding, than to convey cheese or anything else to the mouth with a knife. It is an appliance exclusively designed for cutting on the plate or carving. Only the fork and spoon or the hand should convey food to the mouth. It is a necessary appliance at the cheese course, and biscuits (or bread) and butter are served with it; and you should break a small piece of biscuit and butter it, and with your knife cut a small piece of cheese, place it on the bread and so convey it with your left hand to your mouth. We have certainly seen some (otherwise well-bred people) guilty of a breach of the rules of society, in reference to the use of a knife in eating cheese. But amongst persons of the higher class of society to raise a knife to the mouth would stamp one so doing as half-bred and ill-trained.

LOVER OF CATS.—White leather belts are cleaned with pipeclay, but if of satin-ribbon, any require cleaning, you might try to do them yourself with some benzine; but we fear they would only be spoilt.

ONE IN DIFFICULTIES.—You do not say whether "your lamentable ignorance" is your own fault? If it be, why not begin to improve yourself? Perhaps the young man you mention does not care for a clever wife, in that case you would just suit him.

A CONSTANT KEAFER.—Your canary is suffering from the effects of lice. Give the bird a good bath every day in salt and water. Let the bath be fairly deep, a toothbrush-dish or a soap-dish makes an excellent bath. Do you keep the bird in a wooden cage? This is not an uncommon cause of vermin. If the cage is wooden, thoroughly wash and scrub it with soft soap and water, then rinse it in clean water and dry it in the sun.

E. M. M.—The address of the *Musical Times* is 1, Berners Street, London, W.C. The information you desire you can obtain in it without doubt.

FACIT.—We think you might obtain what you require by writing to Mrs. Angus Hall, 4, Sanctuary, Westminster, S.W.