

and would look extremely smart for bicycling. This hat is in coarse brown straw; the crown you will see is higher at the left side, and slopes in to the centre at the top; the brim is almost straight, just the slightest curve which is so becoming to the face under it. Black ribbon velvet two or three inches wide is loosely laid round the crown, and several loops of the same, some high, and others resting on the brim, give a great deal of style to the hat. Three eagle quills stand up among the velvet bows, the soft light shade of brown being very effective among the black loops. Most girls would find this very becoming as well as useful, and it would be always popular.

And now, just a few words on the subject of feathers. Through the autumn and winter season ostrich feathers will be largely used; and this is pleasant to know, for what can be prettier than large felt or velvet hats with these soft plumes. If you have any therefore put away, you must get them out, and if necessary have them dipped and recurred; this does not cost much, and with some nice feathers you want scarcely anything else to trim your hat, except a little velvet or a bow of shot ribbon. A small velvet bow or rosette each side of the hair under the brim at the back gives a pretty finish to a hat, and has a softening effect which is very becoming. Wings will also be worn a great deal, plain and fancy; and quills are still very popular,

they give height to a hat, are not expensive to buy, and wear well, for they do not get spoilt in a shower. We cannot leave the subject of feathers without an appeal to you all not to encourage the sale of aigrettes, ospreys, and bird-of-paradise plumes, by wearing them in your own hats and bonnets. We know this is a subject continually discussed, and there is a great deal said on both sides; but if it were not in any way cruel, no question would ever have been raised, and we should have gone on wearing our feathers as unconcernedly as we wear our flowers and ribbons. At any rate until it has been conclusively proved that there is no cruelty connected with these dainty trimmings, let us at least refrain from wearing them, and if afterwards we find the outcry to have been unnecessary, at all events we shall have erred on the right side.

I was told by a milliner at the West End the other day that she had used no ospreys or aigrettes, etc., through the season, as she disapproved of them herself, and found so many ladies shared her views, high *poufs* of tulle, bows, flowers and ornaments being worn in their place.

Although this paper is primarily intended to help girls who find home millinery difficult, I think many of my readers may be glad of a few suggestions on the important subject of veils. Never wear one that is torn or shabby under the impression that it will not be

noticed. I assure you an untidy veil gives a common look to any hat. With large hats veils are generally rather difficult to arrange well, but if you gather the top edge loosely for five or six inches, you will find it sets much better on the brim in front. Wide veils should be worn with these hats, the fulness drawn becomingly up under the chin, the ends tied at the back. White veils look cool and pretty in the hot weather, but they are quite out of place through the autumn and winter months, and are decidedly more trying than dark ones, except to a fair girl.

And now one more piece of advice in conclusion. If you want your hat to keep a fresh and new-looking appearance, always put it carefully away when you take it off; brush the crown and brim with a soft, firm brush, lightly dust the bows, and if there be velvet on it be particularly careful to brush that well. Flowers and feathers should be straightened if bent by the wind, and the bows pulled out a little before it is put away in its box or drawer. A sheet of tissue paper put over it lightly will protect it, and if it is kept in a box more tissue paper should be tucked round it.

If you will take the trouble to do this and not consider it too much bother, I can assure you the result will reward you, and you will find your hats look pretty and fresh to the end.

MODERN METHODS OF TREATING THE SICK.

By "THE NEW DOCTOR."

A.—MEDICAL.



In late years so many new methods of treating the sick have been introduced, that those who can remember the old order of things are bewildered, and mothers who some years back nursed their first children

through an attack of measles or whooping-cough, are hopelessly embarrassed by the orders of "The New Doctor," when they are told to nurse their later offsprings through the same disease, in the most modern manner, which is so contrary to their received and time-honoured notions. The result of this is only too frequently that the treatment is not carried out, "The New Doctor" is pronounced a quack and a man of the old school is sent for. But if such people would consider a little, they would see that what they call the latest new-fangled ideas, are really directed to the comfort of the patient and the more rapid and complete cure of the disease.

To take a comparison between the old and the new methods of treatment: A child has measles. A few years ago the unfortunate sufferer was at once taken to a "snug little room," where ventilation was impossible; the windows were at once hermetically sealed; through the heat of the fever he was half smothered in blankets "to keep him warm"; though constantly thirsty, drinks were denied him; he was fed on slops of all kinds, whether he liked them or not, and if the temperature was very high he was given enormous doses of quinine, till he fell into a profuse perspiration which completely exhausted him. He got well, it is true, but with what suffering, and was not uncommonly attacked shortly afterwards by consumption or some other fatal complication.

But all this is changed. Now he is placed in a large, perfectly ventilated room. He is kept cool when in the heat of fever; he is allowed to quench his thirst whenever he will, and is fed on palatable and wholesome food. If his temperature is very high he is given a cold bath, and immediately experiences relief without exhaustion.

The following is a brief sketch of the most modern and approved method of attending the sick:

The sick-room should be as large and airy as possible with a large window, preferably with a south or west aspect, so as to let in plenty of light. The furniture should be the simplest that can be obtained; all useless articles being removed. If the complaint is infectious the curtains and other hangings should also be removed and the carpet taken up. It is better to have the room at the top of the house, especially if isolation is to be carried out. To have a perfect supply of fresh air is of the greatest importance; the best way to obtain this is to leave the window open slightly at the top all day long and also during the night if the weather is not too cold or damp, and the room is not draughty. When from bad weather or other causes this is impracticable a good way to ventilate the sick chamber is to open the window for a few minutes every hour or two, keeping the patient well covered up meanwhile.

A bell should always be placed near the patient, to save him the trouble of calling out. The attendant, or nurse, should devote her entire attention to the wants of her patient, and always attend when rung for.

Where the patient is confined to bed, a large bed with a straw palliase and a woollen or horsehair mattress is the best. A feather bed is undesirable, especially in long-continued diseases. In certain nervous affections a water mattress is useful.

It would not appear that the use of the hot-water bottle involved any difficulty, yet it is

surprising how much harm may result from carelessness in its use. I knew an old lady of ninety who had been paralysed for twenty years. A physician was attending her for some complaint, and ordered a hot bottle to be placed at her feet. The nurse filled the bottle with boiling water and applied it to the patient's feet. She, being paralysed, could not feel that the bottle was far too hot, but next morning her feet were covered with blisters, of which she eventually died.

In preparing a hot bottle, attend to the following points: Let the bottle be stoneware, not metal; fill it with water at 150° F., or, what comes to the same thing, with three parts of boiling to two parts of cold water, wipe the bottle well, and cover it with flannel. In hospitals they have little flannel jackets made to fit the bottles. Never use a cracked bottle, or one in which the stopper does not fit tightly.

When told to prepare a hot bath for a patient, do not try its temperature with your hand, but dip the tip of your elbow into the water, as this is more sensitive to heat than the hand.

Nowadays ice baths are often ordered in fevers, when the temperature is above 105° F. A great deal of the efficiency of this treatment depends upon how it is done. Before letting the patient get into the bath, take the temperature, and let the thermometer remain in her mouth. At first the water of the bath is to be about 70° F., and large lumps of ice gradually added. When the patient's temperature has come down to 103° F. she should leave the bath. Subsequently her temperature will fall another two or three degrees, when she will be greatly relieved.

With regard to clothing an invalid, always remember that the patient herself is the best judge of the amount of clothes that is necessary; if she be cold, she should be more warmly covered; if too hot, some of the clothing should be removed. The old-

fashioned idea that when a patient is feverish and hot she should have blanket after blanket piled upon her, is now acknowledged to be wrong, since it adds to the discomforts of the sufferer, and keeps up the fever. Remember that more clothes are required in the early hours of the morning, and see that the patient is warmly covered at such times, as very often invalids get hot and restless in the evening and remove the clothes.

In convalescents and chronic invalids the clothing should always be warm, and it is advisable for them to wear flannel next to the skin especially in winter and spring.

There has been a great change of late years in the feeding of the sick. The saying that you should "feed a cold and starve a fever," is no longer applicable to modern medicine, for people with fever require more food than healthy individuals.

The chief difficulty in feeding invalids is that they almost always have poor appetites and still poorer digestions. When the patient does not take her food properly it should be administered in small quantity at frequent and regular intervals. The food given should be easy of digestion, nutritious and palatable. Milk should be the staple food for invalids, as it is easily digested and contains all the necessary elements of food. If it disagrees dilute it with equal parts of lime-water or barley-water. Three pints a day is the amount that should be given. In fever cases, where food is tolerated with difficulty, give four table-spoonfuls of milk diluted with an equal quantity of soda-water every hour. Milk given to invalids should always be boiled first.

Sick people, especially women, often have longing for some extraordinary form of food, which they should be allowed to have if it is not contra-indicated by reason of its indigestibility or by the advice of the physician.

Remember that a patient who is filled with disgust at a great mass of food badly cooked and roughly served, will eat, with a fair appetite a smaller quantity daintily cooked and cleanly served.

Always let sick people have as much to drink as they wish; it is cruel and harmful to

withhold it from them, as was the old-fashioned idea. The best drinks for the purpose are iced water, lemonade, made from fresh lemons, not aerated, soda water and weak tea. Fever patients should have their drinks cold, preferably iced.

Toast and water, the favourite drink in bygone days, is a nasty, evil-looking fluid which has no special value, and is not to be recommended.

It is important to know that beef-tea and meat essences are stimulating drinks, that they are not foods, and invalids fed on them alone will starve, for they contain little or no nutriment.

When patients are confined to bed no alcohol in any form should be given to them except, of course, by the order of the physician.

The feeding of chronic invalids is a most difficult affair, for the appetite is often as bad as it can be, and any form of food produces nausea. For these cases the food should be what the patient least objects to, and great care taken in the cooking.

In convalescents there is usually no difficulty with regard to feeding; always let them have what they fancy and as much as they can eat, as they have got to make up for the loss of tissue caused by their illness.

The medicinal treatment of disease has been so changed by the discovery of germs, that books written immediately before their discovery, about fifteen years ago, are nearly as out of date as the writings of the early Greek physicians.

New remedies and new methods of treatment have been introduced in such enormous numbers, that the mere mention of their names would occupy a large volume. The chief really important methods of curing diseases introduced during the last few years are the following: the treatment of skin eruptions, pimples, boils, eczema and other more serious diseases by local means, instead of by internal medication; the treatment of rheumatism and rheumatic affections by salicylate of soda instead of by the alkalies; the ousting of the linseed meal poultice in favour of the antiseptic fomentation; the introduction of ice

baths, ice bags and cold sponging, to reduce high temperature, instead of quinine; the re-introduction of venesection and leeches for embarrassment of the heart; the use of massage and electricity for nervous disease, and the treatment of grave internal affections by surgery.

Before finishing this account of the modern treatment of the sick I wish to tell you something about two of the most common ills which are generally treated at home. First let us take—

Headache.—This tiresome complaint is very common amongst girls. It is met with in three parts: across the temples, on the top of the head and at the back of the head. The first is the most common and is due to the sun, noise, etc. It is to be treated by cold to the head and a dose of citrate of caffeine (3 grains) or phenacetin (5 grains). The second class of cases is due to anæmia and must be treated with iron and a brain stimulant. The following is a very good preparation:—*Rx* Spiriti Ammonii Aromat. m. xx; Ferri et Ammon Citrat. Gr. x; Aq Chloroformi ad 3 j three times a day after food.

The third form is due to biliousness, and will be cured by calomel (gr. ii) or a pill containing euonymin or podophyllin.

Sore Throat.—This complaint may be due to a large number of causes of which the following are the most important—"relaxed throat," inflammation of the tonsils: inflammation of the larynx: common "head colds" and inflammation of the pharynx. The first is to be treated by resting the voice and taking rhatany or black currant lozenges. The second, which is most common in children, often requires removal of the tonsils. It may be treated by painting the throat with the following paint:—*Rx* Menthol, 3 j; Paroline 3 j.

The third form, which is commonly called "clergyman's throat," should be treated by complete rest of the voice and by steam inhalations. The other two are to be treated like "relaxed throats."

In my next article I will describe the treatment of wounds, etc., by the new antiseptic methods.

VARIETIES.

DON'T GIVE UP.

We never know what effect a single word may produce. A story is told of a gentleman who happened to be in a schoolroom as the spelling class was being examined.

One little fellow stood apart, looking sad and dispirited. "Why does that boy stand there?" asked the gentleman.

"Oh, he is good for nothing," replied the schoolmaster. "There is nothing in him. I can make nothing of him. He is the most stupid boy in the school."

The gentleman was surprised at this answer. He saw that the teacher was so stern and rough that the younger and more timid were very nearly crushed. He said a few words to the scholars, and then placing his hand on the noble brow of the little fellow who stood there he said—

"One of these days you may be a fine scholar. Don't give up but try, my boy, try."

The boy's spirit was aroused. His dormant intellect awoke. A new purpose was formed. From that hour he became studious and ambitious to excel. And he did become a fine scholar, and the author of a well-known commentary on the Bible, a great and good man, beloved and honoured. It was Dr. Adam Clarke.

PERFECTION IS NO TRIFLE.

"You call these things trifles," said Michael Angelo to a friend, who derided his attention to small details; "remember that trifles make up perfection, and that is no trifle."

Perhaps the great artist remembered the hint given him by his first patron, Lorenzo d' Medici, who, when the young sculptor exhibited the head of an aged fawn, reminded him that in real life the teeth would be failing at that age, while the lad had carved them entire as in youth. The artist broke away some of the teeth, and it is said that this promptitude in accepting a suggestion put him in favour with Lorenzo, and laid the foundation of his subsequent fortune.

NO POETESS LIKE SAPPHO.—The greatest poetess the world has ever known was Sappho, who was a native of Lesbos, and lived about the end of the seventh and beginning of the sixth centuries B.C. In antiquity her fame rivalled that of Homer. She was called "the poetess," as he was called "the poet." Different writers style her "the tenth muse," "the flower of the Graces," "a miracle," "the beautiful," the last epithet referring to her writings, not to her person, which is said to have been small and dark.

HER REFERENCES.

Mrs. Hiram Daly: "And have you any references?"

Applicant: "No, mum! Oi tore 'em up."

Mrs. Hiram Daly: "Tore them up? How foolish!"

Applicant: "Yez wudn't think so, mum, if yez had seen 'em!"

COMFORT.

"If thou art worn and hard beset
With sorrows thou wouldst fain forget,
If thou wouldst read a lesson that will keep
Thy heart from fainting and thy soul from sleep,

Go to the woods and hills. No tears
Dim the sweet look that nature wears."

Longfellow.

FEASTING ON WHALES.—In the fifteenth century whales were constantly found on the royal table as well as on that of the Lord Mayor of London. These monsters, or parts of them, were either roasted and served up on the spit, or boiled and sent in with peas. The tongue and tail were considered especially choice.

one yard will be sufficient; first you must cut two strips on the cross six inches wide, join them together, and run with strong cotton along each edge, the remaining velvet is put on the crown almost plain, the fulness being drawn into two up-standing ears at each side; draw up the gathers of the velvet brim which you have already run, and sew it to the base of the crown, covering the net-brim; the sketch will show you the full pleats into which this is arranged. Some *écru* lace is *appliqued* on the crown, which gives a light look to the velvet; at the left side, among the folds, three ostrich tips are put lightly in, shaded ones are the most stylish, and the right side is trimmed with a double pleat of black lace, caught down in the middle with a paste bar. A handsome paste brooch is put each side of the middle fold of velvet in the front; this toque is extremely pretty and smart, and as I felt sure you would all admire the sketch so much that you would determine instantly to copy it for yourselves, I have given you very minute directions how to set about it, and you can make it in any shade of velvet, with trimmings to correspond.

No. 5 has the same kind of foundation as No. 4, and the velvet brim is very similar to the one I have just described, but this toque is much more girlish and simple, the crown is made of figured or embroidered silk, in shades of scarlet and buff; the brim is of scarlet velvet, and is raised at the left side to show a full black satin bow resting against the hair; a twist of the ribbon is also put round the crown where it joins the brim. A clump of black quills, medium sized, are stuck in almost upright, and a jet brooch clasps some of the ends.

Next we have in No. 6 quite a different style and shape; this toque is hardly suitable for a winter day, but for those of my readers

who may be abroad, and are enjoying sunshine instead of fogs, it would be very pretty. The crown is embroidered in all shades of colour, mixed with silver and gold, and is cut up into points; between these points a deep cream-coloured *lisse*, edged with black lace, is put very full; a thick wreath of mixed roses with some shaded foliage rests on the hair, and a big bow of wide black satin ribbon forms the whole of the back; three black quills of different heights stand straight up at the left side, the front one being rather shorter than the other two. For a girl with soft fluffy hair, this toque would be charming; and late autumn flowers might be used instead of roses, according to the taste and inclination of the wearer. A full wreath of shaded ivy, with here and there bunches of bright berries, would be extremely pretty, or those flame-coloured *clrysanthemums* we sometimes see resting on dark-brown hair, would be most picturesque. And now that I have finished describing the pretty illustrations that have been sketched for you, I want to tell you about one other toque that would, I think, be useful to a good many of you, and I sure that a great number of girls are quite clever enough to be able to make it from the description without seeing it sketched. It would be equally pretty in velvet, cloth, or brocade, and the net-shape I have already described to you could again be used for the foundation, but without the brim; it would therefore be necessary to wire the base of the crown after you have put the fulness into folds; the shape must be carefully bound with black velvet and lined with black sarsenet before you begin to tack the crown on to the foundation. If the toque is to be made of velvet three quarters of a yard will be required, for though it has no brim, the crown

takes a good deal of material. Cut a large circle of velvet and run it all round the edge, next draw up the gathers very full, and stitch it lightly on to your net shape, of course turning under the raw edge of velvet and allowing the bound edge of the shape to show, it is this which rests on the head. Now I daresay you think the crown is rather like a balloon, but when you have pulled the velvet down, and arranged it in folds across the crown from side to side you will see how well it looks; every here and there you must give it a pinch or a pull to make the folds look irregular and graceful. Flowers or stars of lace may be sewn on the velvet, and jewels sprinkled over the crown give a very smart look; a gathered *ruche* of black *lisse* or ribbon finishes the base of the full crown, or fur could be used, and would be very pretty; a jewelled brooch in the middle of the front is fashionable, and at the right side resting on the velvet folds is a smartly-tied bow of white satin ribbon. The finishing touch which gives style to the toque is the group of ostrich tips, two standing erect, and one curling up to the hair at the left side; they are the natural coloured tips, that soft delicate shade of pale brown mixed with white which are always pretty and look most attractive against the velvet. Well now I hope if you wish to try and make any of these pretty things for yourselves that what I have said may be helpful to you; I can assure you the bonnets and toques from which these sketches were taken were exceedingly pretty, and I am sure if you do succeed in making any for yourselves you will be well repaid for the trouble by the satisfaction of knowing you are wearing a most becoming hat, bonnet, or toque entirely your own handiwork.

E. B. T.



MODERN METHODS OF TREATING THE SICK.

By "THE NEW DOCTOR."

PART II.

B.—SURGICAL.

"If you please, doctor, my arm is much worse than it was yesterday." These words were addressed to me on entering the out-patient department of a hospital, by a servant. I recognised her, as I had attended to a wound on her hand caused by a broken dish the day before. Seeing that the cut was dirty, I put on a fomentation, and having given her some lint, ordered her to foment the place every three hours and come and see me next day. It was obvious, on looking at the bandage, that someone, not very skilful at surgery, had been at work. I unrolled the bandage and discovered that the cut had been completely covered over with a large piece of sticking-plaster. On removing this I saw that the wound was inflamed and angry, and that the

arm was red and painful up to the elbow. I asked her what she had been doing. "If you please, sir, them bits o' rags weren't no good, so I asked cook what she did when she cut herself and she says, 'put on a piece of sticking-plaster.'"

This was not the first case of the kind that I have seen, and am afraid that it will not be the last.

Lest you should fall into such an error as this, I wish to give you some idea of the proper treatment of wounds by the method that is known as the "new aseptic surgery."

But before describing the treatment of wounds by the modern method it is necessary to say a few words about the use of antiseptics. The "germ theory" of disease, which is now held by nearly every medical man, means that most, if not all, diseases and the majority of complications of injuries, whether accidental or

made intentionally by the surgeon, are caused by the entrance into the body and rapid increase of certain exceedingly minute vegetable organisms allied to the fungi called microbes. Recognising that these organisms are the cause of the inflammation of wounds, various lotions have been introduced to kill these microbes and restore the wound to a healthy condition. Those substances that possess the power of killing these organisms are called antiseptics, such materials as are entirely free from germs are called aseptic; thus, carbolic acid is antiseptic and distilled water is aseptic.

Every household should contain some antiseptic fluid, of which the most convenient are the following:—

Carbolic Acid.—To make carbolic lotion get an ounce of absolute phenol at a chemist's (it will cost about fourpence an ounce and should be in small transparent crystals, which

become damp and pink by keeping; if it is brown it is a sign that it is impure and unfit for surgical purposes), dissolve it in three pints of freshly-boiled water, keep it in a stoppered bottle and it will remain good for any time. This fluid is poison, and should be kept out of the way of children.

Potash is another good antiseptic for household purposes: the lotion may be made by dissolving the crystals in water, or diluting Condly's red fluid to the desired extent. For washing cuts a solution of half an ounce of the crystals in a quart of water is the strength required. This solution does not keep so well as carbolic acid, and after a time deposits a brown sediment and becomes useless. If in case of emergency an antiseptic is wanted, and neither of the above is in the house, a moderately efficient preparation may be made by boiling a tablespoonful of borax in a pint of water; if borax is not obtainable then use carbonate of soda, or clean table salt, but these last are very inefficient.

Beside the antiseptic the other materials necessary for the modern household treatment of wounds are few; a small quantity of sticking-plaster, lint, oiled silk, cotton wool and bandages are all that are needed.

Beginning with

Cuts,

as these are the most frequent forms of injury. They may be divided into those that are clean, cut with a clean sharp instrument, and those that are jagged or dirty. In the first class, treatment is simple. Wash the wound with the antiseptic, put on a piece of lint and bandage. Do not be afraid of a little blood, remember that considerable quantity may be lost without any harm resulting, and that a few drops of blood make a great show. If, however, the bleeding is serious do not be alarmed, as it may be stopped by pressure or by very cold or hot water. The last is the best method and will succeed where the other two have failed. The water should be as hot as the hand can bear (120° F.). If the blood comes away in a jet, waxing and waning with the heart-beats, it is a sign that an artery is cut, press firmly upon the place with lint and send at once for a surgeon, as you cannot stop it yourself.

If the cut is jagged and dirty, such as one so commonly seen as the result of barbed wire, wash the place well first with soap and water and then with the antiseptic until every particle of dirt is removed; then bring the edges together with a piece of sticking-plaster and treat as for a simple cut. In wounds caused by glass or splinters be careful to remove every atom of the foreign material, as the wound cannot heal until it is got rid of. Wounds on the face usually bleed freely, but they also heal very rapidly, usually in a few hours. Wounds on the head are liable to be followed by erysipelas; thoroughly washing with the antiseptic will prevent this. If wounds on the head gape considerably stitches may be necessary, but it is advisable not to use plaster in this case.

A word as to the use of sticking-plaster. This is very useful for bringing the edges of a wound together, but should never be used to close a wound; when used it should be applied in very thin strips across the cut, leaving intervals between the pieces. If it is placed so as to cover the wound germs and discharges collect under it. This delays the healing and produces that throbbing hot pain that is always present in unclean wounds where the drainage is imperfect.

All wounds that cut right through the skin leave scars, and although we cannot prevent the formation of a scar we can render it as small as possible by bringing the edges of the wound together and keeping it perfectly clean.

Bruises

are effusions of blood under the skin, and are best treated by covering them with a piece of lint soaked in spirit or equal parts of eau-de-Cologne or vinegar and water. When they get black and blue, it means that the colouring matter of the blood is being absorbed, and is a sign that healing is taking place.

Burns and Scalds

should be treated by rubbing them with salad oil, and covering with cotton-wool. When a blister forms it should not be pricked, but the whole of the skin should be removed with scissors, and the raw surface dressed with zinc or eucalyptus ointment.

I will tell you why they should not be pricked; if you prick a blister with a needle, since there are germs on the skin, on the needle, on your hands and, probably, in the air, these organisms get into the blister, and there meeting with a home congenial to their tastes, and being unable to get out, since the pin-hole closes up in a few minutes, they rapidly increase and the blister becomes an abscess, which is very painful and difficult to heal.

Now if you completely remove the covering of the blister and apply an antiseptic ointment, should germs get in they are rapidly killed by the application. In removing the skin you are only forestalling Nature, for it is dead skin, and must come away sooner or later.

Fractures and Dislocations

cannot be treated except by a surgeon, and you should not try to remedy them yourself. When a limb is broken let it lie flat at the side, or else hang down, do not try to support it in any way; above all, do not try to apply a sling, or you may convert a simple into a compound fracture, for the ends of a broken bone are very sharp, and very little pressure will force them through the skin.

It was formerly thought that

Whitlows, Boils, and Styes

were due to impure blood, and that the matter they contained was the impurity, and should on no account be driven in; but now it is held by every specialist in skin diseases, except one (a Frenchman), that they have nothing to do with the state of the blood, but are due to septic germs getting into the skin itself, and by their irritation causing inflammation, so the sooner they are stopped the better. Accordingly it is useless to treat these diseases by internal treatment, they must be met by local means. I acknowledge that boils are more common in unhealthy than in healthy people, and that those who suffer from them often feel ill, but in the former class it is due to associated conditions, the "feeling ill" is the result, not the cause of the boils. Whitlows, abscesses, and boils are best treated by putting on hot fomentations every three hours, made by wringing out lint in hot antiseptic fluids, applying as hot as can be comfortably borne, covering with a piece of oiled silk, and wrapping up in cotton-wool. When all the matter is discharged, a simple ointment will quicken the healing.

Never under any circumstances apply a bread-poultice, for, as this of itself is full of germs and rapidly decomposes, it helps rather than hinders the cause of the trouble. I saw a very forcible and instructive example of the ill-effects of a bread-poultice in the beginning of the year. A lad came to me with a boil on his arm, with the history that eight months before he had a boil on the same place. He put on a bread-poultice and the boil disappeared, but three others came in its place; he again applied a poultice, with the same result. The boil he showed me was the fortieth he had had. He said he would be

pleased if I would give him some medicine, as his blood must be in a very bad state. I told him the fault was in the poultice, and not in his blood, and ordered him carbolic fomentations, followed by an ointment. He has not had another boil since.

Styes on the eyelid are simply boils, and should be treated in the same way as boils elsewhere, but as it is difficult to apply a fomentation here, an ointment containing some simple antiseptic is to be preferred. If a hair is seen in the middle of the sty, pull it out with tweezers, and the trouble will soon cease. To prevent the eye becoming infected, an eye-wash, such as the following, should be used:—R. Acid boracis, ʒij, tr. lavandulae co, ʒf, aq. distil ad ʒj, mixed with an equal part of warm water three times a day.

Discharge from the Ear

is very common in children, and to a less extent in adults; it is commonly the result of scarlet fever, measles, enlarged tonsils, or sore throat. To treat this complaint syringe out the ear three or four times a day with solution of Condly's red fluid, diluted to a pale-pink colour with warm water. In syringing out the ear point the nozzle of the syringe towards the upper wall of the passage, and let the water flow gently but continuously. If the fluid is forcibly injected, dizziness or fainting is produced; if too slowly it does not reach far enough. Do not put wool into the ear, as this keeps the discharge pent up. Now if you understand that the discharge is dead material, containing vast numbers of organisms, and that this matter must get out somehow, you will at once see what a mistake it is to block up the natural passage, for the matter finding its exit blocked and being obliged to come away, burrows into any crevice it can find, and so often completely destroys the ear, and occasionally enters the brain. If the discharge is unsightly tie a clean handkerchief over the ear, changing it at least once a day; but if you carefully use the syringe, the discharge soon dwindles down to a very small quantity.

Warts.

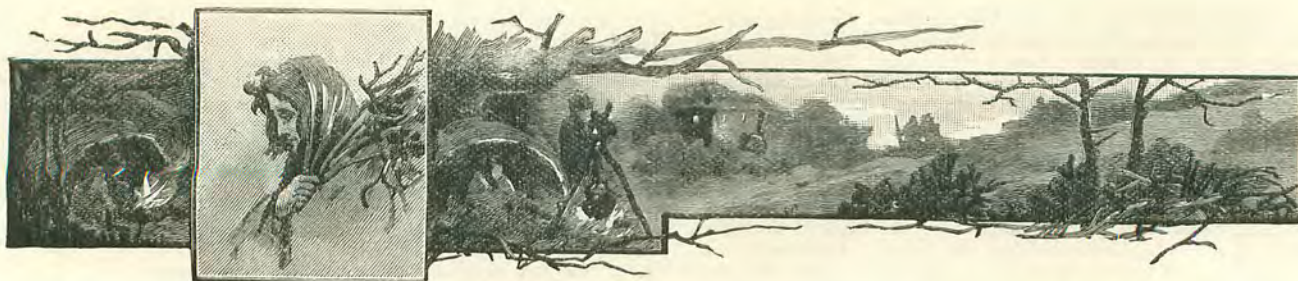
I know no better method of treatment than the following: Drop on to the wart glacial acetic acid, leave it for a minute, and then apply solid nitrate of silver (luna caustic). The advantage of the acetic acid is that it carries the caustic right into the wart, and not merely affects the surface. As the acid is a caustic, and burns the surrounding skin, rub a little vaseline over the adjacent skin, but be careful not to cover the wart itself, else the acid will not affect it.

Corns

on the feet are little masses of hardened skin, they are caused by ill-fitting boots, either too tight or too loose. For treatment, soak them well in warm water, and apply the following "solvent": R. Collodion (three-quarter strength) ʒj, acid salicylic gr. xx, ext. cannab. Indicae gr. xxx, every evening till the corn drops off. This preparation owes its merit to the softening and solution of the hard skin by the salicylic acid. The Indian hemp in the above prescription is put in to prevent pain, and gives the preparation its dark-green colour.

Bleeding from the Nose

may be the result of violence, or of constitutional conditions. It is usually slight, and stops of itself. If it does not do so hold the head up, and apply very cold or hot water to the nostril. Ice or a cold sponge applied to the spine is better than the old-fashioned door-key. If these methods fail, plug the nose with a piece of lint; if this is unsuccessful, it must be plugged by a surgeon.



THE CARE OF THE THROAT.

By "THE NEW DOCTOR."

I REMEMBER being very much impressed with the first lecture that I heard on the diseases of the throat. Not very long ago few physicians considered the throat to be worthy of great attention; but at this lecture, which was delivered by a specialist, I was convinced that there was much more to be learnt in this department of medicine than I had anticipated.

The health of the lungs is dependent, in great measure, upon the condition of the mouth and nose, and many of the worst cases of consumption and pneumonia can be traced to some antecedent disease or malformation of the upper air-passages. In a milder way we are all cognisant of this fact. Almost everyone has observed how often a common "head-cold" is followed by a cough. A cold is a catarrhal inflammation of the nose; and the cough is due to the catarrh spreading from its original seat to the air-tubes, causing bronchitis.

Again, the voice is produced in the larynx, and this organ is part of the throat, and is very apt to suffer when the surrounding parts are unhealthy; hence the frequency of hoarseness complicating a cold. But there is another reason for the alterations in voice that so frequently, I might almost say invariably, result from slight disease of the mouth or adjacent parts. The resonance of the voice is produced by the vibration of the air in the throat, mouth, and nasal cavities. If these parts be defective the resonance is impaired, and so is produced the remarkable alterations in the character of the voice, with which we are all familiar, as "speaking through the nose."

But besides these complications of throat trouble, the conditions which give rise to them are in themselves most unpleasant, and often very painful and serious; and, as one can do very much to prevent their development, or to cure them when present, I think that the care of the throat cannot be too carefully considered.

How am I to take care of my throat? Before giving an answer I would first ask you this question, Is your throat and nose at present in a healthy condition? In an adult this is readily answered, but in a child it is otherwise, because a great number of abnormal conditions of the throat date from early infancy, and the child may grow up without noticing the inconvenience, often very slight, that results from them. The chief troubles to which I refer are enlarged tonsils and adenoids. These are both extremely common in childhood. Adenoids are little growths that block up the back of the nose, and force the child to breathe through her mouth. You can tell if a child has either of these conditions, because they give rise to very definite symptoms. If a child sleeps with her mouth open, snores frequently, has a nasal voice, suffers constantly from nasal catarrh and sinking in of the bridge of the nose, you may be certain that that child has adenoids or enlarged tonsils, or both. The result of these conditions is often very serious: constant

nasal catarrh, inflammation and ulceration of the tonsils, pigeon-breast, and collapse of the lungs only too commonly accompany them.

The treatment is simple—they must be removed at once. It is useless to wait, no remedy having any effect upon them. It is true that both adenoids and enlarged tonsils are often cured naturally when the child reaches the age of sixteen, or thereabouts; but the condition of the lungs does not return to that of health, and indeed sometimes carries off the patient before there has been time for the original trouble to be cured.

Now I will answer your question, "How am I to take care of my throat?" Avoid as far as possible all the following, which are the chief causes of throat trouble.

1. *Bad Teeth.*—This is perhaps the commonest cause of inflammation about the throat. When will people recognise the fact that bad teeth are diseased organs, and require to be seen to? Never allow a tooth that is not quite good to remain in your mouth without being stopped. But it is not only bad teeth that produce injurious results, sound teeth are almost as bad if they are not kept thoroughly clean. Wash your teeth at least twice a day with some antiseptic tooth-powder. False teeth, especially if they have a plate attached to them, are very apt to harbour all sorts of germs and microbes if they are not kept scrupulously clean.

The reason why unclean teeth produce throat trouble is because vast hosts of organisms find refuge about the gums and between the teeth, and it is these organisms that cause the inflammation of the throat. For sore throat is as certainly due to microbes, as is cholera due to the cholera-germ.

2. *Avoid very hot or highly-spiced food.*—This irritates the throat, and predisposes it to the attack of organisms.

3. *Avoid draughts of cold air.*

4. *Never breathe through the mouth, but always through the nose.*

5. *Avoid too constant use of the voice.*

The other causes of sore throat and of more serious trouble in the same situation, are, unfortunately, unavoidable. The chief are rheumatism and rheumatic fever, scarlet fever, measles, and diphtheria. All these are in all probability due to organisms. Diphtheria is certainly due to a germ, which has not only been found but named after its discoverers, the "Klebs-Löffler Bacillus."

The next point to attend to is when once the throat has got a slight affection, do not allow the condition to become worse, but treat it at once.

The following is a brief account of the treatment of the slighter ailments of the throat:—

Pay great attention to avoid all the causes that may produce or, when developed, may keep up the irritation and consequent inflammation present. Often if you attend to this alone, Nature will do the rest. But as this does not always happen, you will do well to use other means.

The methods that can be used vary with the part affected. We can divide the throat into the following parts—the nose, the pharynx (the part behind the nose and mouth), the larynx, or voice-box, the mouth, and the tonsils.

The common ailments of the nose, that can be treated at home, are acute and chronic catarrh. Acute catarrh, coryza or "head-cold," should be treated by keeping in an even temperature, taking a dose of some diaphoretic, such as Dover's powder (gr. 5), and drinking large amounts of warm drinks. Chronic catarrh is usually the result of a neglected acute cold, and is very much more refractory to treatment. The best thing to do for this complaint is to spray the nose with one of the following sprays:—

1. R Menthol ʒj, parolein ʒj.

2. R Potassii chlorat, sodii bicarb, boracis aa ʒss, sacchr alb ʒj. One teaspoonful of this powder to be dissolved in one pint of water.

Little masses of growth known as "nasal polypi" are frequently associated with chronic catarrh; which the most recent authorities consider as the result of the catarrh. When they form they have to be removed; but if you are careful in your treatment of the prior condition you will not be troubled with this complication.

The chief affections of the pharynx are also two in number—acute and chronic catarrh. The former may be treated like a common cold, with the addition of some astringent lozenges such as the "rhatany and tannin," or "eucalyptus" of the Throat Hospital pharmacopœia. None of my readers are likely to be troubled with chronic pharyngeal catarrh, since it usually results from tobacco-smoking, so we will pass over it without saying any more about it.

There are a great many common affections of the mouth that need treatment. The more important are burns of the tongue, gumboil and abscess in connection with bad teeth; toothache, and little white ulcers in the floor of the mouth.

I do not suppose that anyone who reads this paper is likely to suck boiling water out of a kettle-spout, but some of their younger relatives may, for many children have a sort of impulse to do so. If this should happen, sucking ice or smearing the mouth with oil will allay the pain and reduce the inflammation.

Gumboils and abscesses in connection with the teeth should always be lanced when matter forms, and the mouth washed out frequently with an antiseptic fluid such as—

(1) R Acidi boracis ʒj; spiriti lavendulae Co ʒ ss; aq ad Oj. (2) R boracis ʒij; glycerine ʒ ss; aq rosae ad Oj, or (3) with a solution of Condy's red fluid, a drachm to a pint of warm water.

I would caution you against painting the cheek with iodine. Fortunately this remedy is usually inert, but if it does produce any effect, it draws the inflammation towards the

place where it is applied, and the matter discharges through the cheek leaving a permanent and very unsightly scar. If you use iodine at all paint the inside of the gum, but I should advise you never to adopt this method of treatment.

The little white ulcers that are occasionally seen in the floor of the mouth are due to disordered digestion. Attention to the digestive system and a mouth wash or, better still, touching the ulcers with lunar caustic, used locally, will cure them.

Like the other parts of the throat, the larynx is subject to acute and chronic catarrh. These conditions of the voice-box manifest themselves by hoarseness or loss of voice. The acute catarrh may be treated by resting the voice, remaining in a room of even temperature and using an inhalation, made by pouring one drachm of Friar's balsam and one drachm of compound spirit of camphor into a pint of boiling water and inhaling the steam.

Chronic laryngeal catarrh, commonly called

"clergyman's throat" is best treated by spraying out the larynx with a solution of bicarbonate of soda (gr. xxx to one ounce of water). The laryngeal spray is an instrument specially made for this, and is the only form of spray that answers the purpose. Steam inhalations are useful here as in acute laryngitis.

The tonsils are more subject to inflammation than any other part of the throat. The inflammation which attacks them differs from that which affects the rest of the throat, in that it is not limited to the surface of the organ (catarrh), but extends more deeply into the tissues.

Enlarged tonsils are the chief cause of inflammation of those organs, but tonsils that are not enlarged may also become the seat of that complaint. The treatment depends upon the cause; if due to scarlet fever, rheumatic fever or measles, it is part of those diseases and requires special treatment which you cannot carry out yourself. The other forms

of inflammation of the tonsil are best treated by avoiding hot or spiced food; keeping in an even temperature, and applying the following paint locally: R menthol ʒj, parolein ʒj. The mouth should also be washed out with an astringent such as: R aluminis, gr. x, aq ad ʒj.

The application of a paint to the tonsil is much more efficacious than gargling, as in the latter it is very doubtful whether the remedy reaches as far back as the tonsil. When painting the throat use a soft camel-hair brush and apply the paint freely once or twice daily. If an abscess forms in an inflamed tonsil, the disease is called quinsy, and is a serious affection that must be treated by a surgeon.

From what I have said it would appear that catarrh is the commonest affection that has to be guarded against. In England, catarrhal or surface inflammation is far more common than any other ailment, and very few people pass through a winter in our island without being attacked, at least once, by this malady.

OUR PUZZLE POEM: "MY BABY BOY."

SOLUTION.

MY BABY BOY.

RONDEAU.

A mother's love! Dear baby boy,
O how you all my hours employ!
The livelong day I watch you so,
As though your precious soul might go
To minister to angels' joy.

They sent you down—a sweet decoy
To wean my love from worldly toy.
Ah! what they lose who do not know
A mother's love!

But now my pleasures do not cloy,
They're purest gold without alloy;
As much as you owe me, I trow,
To you my bettered life I owe.
Ah! naught on earth shall e'er destroy
A mother's love!

PRIZE WINNERS.

Half-a-Guinea Each.

Edith Ashworth, The Mount, Knutsford.
Rev. J. Chambers, Woodhead Vicarage, Manchester.
J. S. Clemens, 40, Hawkshead Street, Southport.
Julia A. Hennen, Nether Wallop, Hants.
Emmie Holgate, Prospect Terrace, Burnley.
Lily Horn, 85, Victoria Terrace, Littlehampton.
Edith L. Hawse, The Glen, Torquay.
Edith Howard, 29, Beaconsfield Villas, Brighton.
N. E. Purvey, Penrhyn, Hayward's Heath.
Amy Seaward, Nether Wallop, Hants.

Special Mention. (Equal with Prize Winners.)

A. C. Carter, Leonard Duncan, Edith E. Grundy.

Very Highly Commended.

Eliza Acworth, Annie E. Atkinson, S. Ballard, Ethelwyn Berry, Margaret E. Bourne, Kate B. Brett, Amy Briand, E. H. Brookfield, Kate Campsall, Willfred T. Campsall, Mildred A. Carr, Mary I. Chislett, Helen M. Coulthard, M. A. C. Crabb, E. Danell, Kate Densham, Rev. J. Dumas, Fanny England, Henry Evenden, Clara Finch, Emma Fox,

Florence Goodchild, Mrs. A. D. Harris, Edith C. Hobbs, Mrs. Hopewell, Edith Jackson, Mrs. F. Jarvis, Rose H. Lawley, Lawrence S. Lee, Mrs. Donald MacAlister, Mrs. Manning, Muriel Middleton, F. Miller, Blanche A. Moody, Ellen M. Price, Beatrice Rafford, Mrs. Reid, Elizabeth Richardson, W. R. G. Rivington, Mrs. S. Roberts, Alexandrina Robertson, Albert Roby, Miss D'Rozario, John Saunders, Lily Scott, Ida Seabrook, H. Constance Smyth, A. C. Sharp, Ethel Spencer, Miss Stevenson, Agnes Taylor, Mary J. Taylor, Mrs. Swift Taylor, Ethel Tomlinson, F. O. Wilson.

Highly Commended.

A. G. Barnes, Mary Bennett, C. C. Black, G. W. Blathwayt, Alicia M. Brown, F. Chute, Rebecca Clarke, Edith Collins, Fan Cunliffe, Madge Cunliffe, R. D. Davis, Eleanor E. Elsey, Mrs. W. H. Gotch, M. E. Hancock, Alice Hill, J. Hunt, Ethel Jones, Elizabeth Lang, Amelia M. Leach, J. Middlemiss, Emily Patient, A. J. Pearson, Ethel M. Penfold, Ida Rafford, Emily L. Reid, Mabel Roper, Kate C. Sinclair, Mona Taylor, Emily M. P. Wood, Josephine Woodrow.

Honourable Mention.

All solutions which had not a worse mistake than the omission of A in the first line. They are seventy-seven in number, and the Editor regrets that he cannot find space for so many additional names.

EXAMINERS' REPORT.

Any competitor may be proud of "mention" this month. The prize solutions were perfect in every respect, and those "very highly commended" only failed to indent the lines properly. When is there going to be a more general observance of the very simple rule which governs the indentation of lines of poetry?

The "highly commended" solutions were almost word-perfect; mistakes in spelling, the omission of the apostrophe after angels, and the substitution of "in earth" for the more usual phrase "on earth," being the most common blemishes.

Two solutions deserving mention were found to be nameless, and six others would have taken a high position but for the omission of "Rondo" in the title.

The *precocious* musician in line 4 was probably the greatest difficulty, and the *decoy* in line 6 also gave much trouble. Many frantic attempts to evolve out of the picture something ending in "oy," provoked the smiles which refresh us during our examinations.

The substitution of can for shall in the last line spoiled the perfection of two or three solutions.

To correspondents:—

E. J. F.—Many thanks for your kind words. Do not be afraid to send your solutions, as the standard of excellence varies much, and sometimes imperfect ones have a good chance.

A PERPLEXED ONE's perplexities are rather out of date, and her only important question has been answered before.

L. R.—Is there really "always at least one error in every puzzle?" Count again.

GYPESWICK.—We do not wonder at your disappointment. There were more than a hundred solutions of "A Bad Servant" as good as yours unmentioned, because space could not be found for the names.

J. R.—Basins alone would not do, leaving the line two syllables short—"a good honest mistake." The above answer also applies to your case.

E. W.—No apology was needed; we find you are quite right, M. W. having a mistake which had been overlooked. Your solution would have been in a higher class but for defects in punctuation.

TO OTHERS.—One of the best authorities on punctuation is *A Handbook of the English Tongue*, by Dr. Angus. It is a difficult subject to teach; writers interpret the rules differently. We only regard mistakes in this direction when they are really bad, and every allowance is made for differences of opinion.

CONSOLATION PRIZE AWARD

(1895-6).

This prize has been won by

Mary I. Chislett, Great Broughton, Northallerton,

whose total number of marks far exceeds that of any other competitor. Next on the list are:—Mrs. Annie D. Harris, Ethel Tomlinson, Mrs. Isabel Snell, M. E. Hancock, and Mrs. Crossman.

DIET IN HEALTH AND SICKNESS.

By "THE NEW DOCTOR."

WHY do we eat?

You will at once answer, "Because we are hungry."

But why are we hungry? This is more difficult to answer, and it will be best, therefore, to begin the study of diet by considering this question—Why are we hungry? Hunger is the healthy manifestation that the body requires food. This food is needed for two purposes—for work and for growth.

The work of the body is roughly divided into two sections, first, the production of heat; secondly, the production of action. Four-fifths of the body-energy produces heat; one-fifth produces action.

It is obvious that energy must come from something in the body, and it does, as a matter of fact, result from the chemical action of the air we breathe upon the food we eat. We may compare the body to a steam-engine which, when properly fed, produces energy in two forms—heat and motion. The engine will not work without fuel. It has to be fed with fire and water. So with the body; it must be fed with food and air.

Chemical action always produces heat, and it is the burning of the food taken into the body by the oxygen of the air inhaled that produces the heat of the body. The other form of energy which is manifested by muscular action, etc., is produced by the same chemical action, but altered by the vital activity of the living organs of the body.

Growth is of course dependent upon food, for it is obvious that all increase in weight of the body must result from what is taken in from outside.

But here a caution is necessary. If energy is the result of food, then perhaps you think that the more food taken the greater will be the production of energy? This is so to a certain extent. The food, to be of any use, must get into the blood. Strictly speaking, food in the stomach is not in the body at all, and therefore it does not follow that the more food eaten the better is the body fed. We are bound to eat a certain amount to remain in health and not lose weight; but if we eat more than this amount it not only does no good, but may do harm by upsetting the digestion and the functions of the liver.

How much should an ordinary person eat in the twenty-four hours? Various physiologists have calculated the amount of food necessary, and they have come to totally different conclusions; but the mean of their observations may be taken as the standard for ordinary persons.

Everyone is agreed that the diet should be varied and must contain the following constituents, in definite quantities: (1) Proteid (albuminous matter); (2) carbohydrate (farinaceous food); (3) fat; (4) salts (chiefly table-salt); (5) water.

Meat is a typical proteid food, bread a carbohydrate, and butter a fat. But meat besides proteid contains also carbohydrate, fat, salts, and water. Bread likewise contains proteid and salts. A man cannot live on meat alone, because, although it contains all the necessary ingredients, it does not contain them in right proportion; it is too rich in proteid, too poor in carbohydrate. Bread is too rich in carbohydrate, deficient in proteid.

The ordinary daily diet should be something like the following: Beef, eight ounces; bread, one pound; potatoes, one pound; eggs, two; cheese, two ounces; milk, half a pint; butter, four ounces. This is what is known as the physiological diet table, and it would be a very

liberal diet if it all found its way into the body, but no allowance is made for what is not absorbed.

Practically, all persons should eat when they are hungry, and eat till they are no longer hungry; and in a healthy person this gives the exact amount required to keep the body in a perfect state.

Breakfast should always be taken, as after sleep the body requires food, since it has been fasting all night.

At whatever time the chief meal is taken an hour's rest after it is extremely beneficial to the digestion, and no work should be undertaken during that time.

It is better to take several small meals a day than one or two large ones, as in the former case the digestion is kept working pretty regularly and all the nourishment is absorbed by the blood.

We are now in a position to discuss the important question—What to eat and what to avoid.

For the food in health there are five qualities necessary, (1) The food must contain proteid, carbohydrate, fat, salts and water in definite proportions; (2) it must be palatable; (3) it must be digestible; (4) it must be nutritious; (5) it must be properly cooked. Of the first of these attributes I have already spoken. The question as to the food being palatable varies with the taste of the individual, and it is impossible to lay down any law, or even suggestion, as to what food is palatable and what is not.

That the food should be digestible is of immense importance, and, though, what is easily digested by some is poisonous to others, still there are certain laws appertaining to the assimilation of foods that are applicable to most persons.

Butcher's meat, provided that it is kept for the right time and is not tough, is usually easily digested by people in health, but pork and veal disagree with some. Beef and mutton are readily digested, and being always procurable, form the staple diet of the population. Kidneys and liver are not very digestible, but tripe, and, still more, sweetbreads are more easily digested than any other form of flesh meat.

Most poultry and game birds are very readily digested; but water-birds, such as ducks and geese are very fat and difficult to digest. Swan, which is scarcely ever eaten now, and sea-birds are exceedingly indigestible, and even the strongest stomachs are apt to rebel against them.

Pâté de foie gras and game when kept till it is very high are also inclined to upset the stomach.

Dried meats, such as bacon and ham, are usually digested without difficulty in health, but in sickness are apt to disagree.

Nearly all fresh fish are easy of digestion, the best being: whiting, soles, turbot and plaice. Salmon, eels, mackerel and herrings are not digestible. Dried fish also is difficult to digest.

Vegetables and fruit, with the following exceptions, are readily digested: dried peas, beans, potatoes, cucumber, radishes, lettuce, cherries, plums and nuts. A great deal, however, depends upon the freshness of the vegetables, and the way in which they are cooked.

Dairy produce contains many important articles of diet, such as, milk, cheese, eggs, butter and cream. These are all wholesome and fairly digestible, but cream and new cheese sometimes cause biliousness. Eggs should

never be cooked hard, as in this form they upset the digestion.

The farinaceous foods, as a whole, are not easy of digestion, and unless persons partaking of them take plenty of exercise they often suffer from chronic dyspepsia. The best of these starchy foods are, bread, oatmeal and cornflour; the worst, Indian corn and its preparations.

Drinks form an important item in dietary, and unfortunately the majority of popular drinks have the two-fold disadvantage that they are indigestible and liable to be taken in excess.

Milk and aerated waters are thoroughly good drinks, but alcohol in any form (except, perhaps, the light wines), tea and coffee are indigestible and liable to produce derangements of the heart and nervous system, unless taken in small quantities. Cocoa is more a food than a drink, and, to those who can digest it, is a nourishing and wholesome article of diet.

The next necessary attribute of foods is that they should be nourishing, and this being the aim and object of feeding, it is, of course, the most important consideration. All the articles mentioned above contain abundant nutritive material, but I would again impress upon you the importance of a varied diet, containing most, if not all, the above constituents. We have all heard of men living on beans only, and many people have tried to copy their example and thereby established for themselves a chronic and inveterate dyspepsia. You might as well try to copy the "fasting man," and be surprised that you do not thrive on air, as to think that you can live on one article of diet alone.

The most important of foods is albuminous material or proteid, and it is likewise the most expensive. All meat, birds, fish, cheese and eggs belong to this class. Albuminous food, with the exception of milk, must be taken in a solid form, as cooking renders all albumen solid. Clear soups and meat extracts, although usually considered to contain all the nourishment of meat, consist almost entirely of water and extractives, neither of which possess the slightest nutritive properties.

Gelatine and gelatinous foods are indigestible and not nutritious, for gelatine is only assimilated in small quantities; so jellies, turtle soup (clear), etc., do not possess the nourishing power that has been attributed to them.

Milk, which forms the staple food during the first few years of life and during sickness contains all the necessary constituents of food, and, what is important, it is unaltered by boiling. The milk of young cows should never be used for human food. It is usually sold for twopence a quart and can be told by the fact that it curdles on boiling.

That the food should be properly cooked is of great importance; that it should be rendered palatable, and that all germs that it may contain should be killed.

Watercress, lettuces, and other vegetables that are eaten uncooked may contain the germs of a parasitic worm, which in man produces "hydatid disease."

Milk should always be boiled, especially if it is to be given to children or invalids, as it may contain the germs of various diseases.

It is now universally held that the diet in sickness, although it has to possess certain extra qualities, should depart from the diet of a healthy person as slightly as possible.

To invalids only the most nutritious and easily digested foods should be administered.

Milk and milk-puddings usually form the chief articles of diet. Meat is rarely required by people who are confined to bed, but poultry and the more digestible fish should take its place. Green vegetables and fruit may also be given; but it is better to withhold the starchy foods.

Do not be tempted to feed invalids on beef-tea or meat essences. As I said before, they contain little or no nourishment, and therefore they are unfit for food for invalids, though they are useful as stimulants.

To convalescents, as much food as possible should be given. Plenty of meat, green vegetables and milk, with anything else the patient may fancy.

In wasting diseases the diet is often more important than any other part of the treatment. It should consist of the more easily digestible foods; plenty of them, varied, and above all well-cooked. Milk in large quantities and cod-liver oil are also useful, as they are very nutritious and easily digested.

There are special points in the feeding of children that need attention. Up to the end of the first nine months of life they should be fed with milk and milk only. When they are nine months old it is good to begin to give them some other diet, but till the end of the second year milk should still be their chief

food. It is usually the custom to begin by varying the diet of children by giving them farinaceous foods. This is a great mistake. Farinaceous foods should not be given till the last, as they are the most difficult to digest. Begin with gravy, meat chopped up very fine, potatoes and other vegetables and fat. The disease known as rickets is entirely due to wrong feeding, usually to giving starchy foods to young infants. It is cured by correcting the diet, by giving meat and fat, and excluding carbohydrates.

In old people it is of importance that the food should be very digestible. It is better to give meat in the form of hashes and stews than as joints, especially to people who have lost their teeth. Old people should not work till at least an hour after each meal. It is also advisable for them to take a light supper.

Of late years much has been talked about the diet in obesity, and various methods of feeding in this condition have been used, and found more or less successful. The older authorities simply knocked off the fatty foods. But now this treatment is considered to be erroneous, as it started with the idea that fat taken into the body was stored up as fat, but this is not the case.

The most approved modern method of

dieting in obesity is to reduce the amount of carbohydrates to a minimum. No alcohol should be taken in this condition, as this of itself produces a state of the body which tends to the production of fat.

The following is one of the most modern methods of dieting fat people now in use:—

Breakfast.—White bread, two ounces, well toasted and buttered. Tea without milk or sugar, eight ounces.

Dinner.—Soup made with *beef marrow*, fat meat with fat sauce, four ounces. Asparagus, spinach, peas, beans, or cabbage. Tea without milk or sugar.

Supper.—An egg. A little roast beef with plenty of fat. An ounce of toasted bread covered with butter. A cup of tea without milk or sugar.

I quote the above because I have seen it used with comparatively fair results; but there are many more methods that are equally good. The albuminous and farinaceous foods are reduced to a minimum, and fatty substances given in their place. The fluids taken should always be restricted. One may sum up the treatment of obesity thus: no soup, no sugar, no milk, no untoasted bread, no alcohol, very little to eat, no drugs, but plenty of exercise.

PEN AND INK SKETCH OF MARIA EDGEWORTH.

By C. A. MACIRONE.

PART II.

WITH a family of ten children (soon to become a still more majestic circle of twenty-two little people) education in a country-house, deep in the wilds of Ireland, became a great responsibility. During Mrs. Edgeworth's illness Maria had been placed in a boarding-school at Derby, to which she always referred with great affection, and afterwards was sent for the benefit of masters to London, to another boarding-school, kept by a Mrs. Davis, in Upper Wimpole Street. The result of these flittings was to increase her love of study and power of concentrated work, which stood her in such good stead in after years.

But the family circle at home?

It would scarcely have been expected that the father, rich and exceedingly accomplished, would have given his whole mind and heart to the education of his children, even teaching the very tiniest to read, and devoting his inventive faculties, which were great, to the discovery of ingenious ways of making study clear and interesting to them.

It has been a distress to the writer that, long years ago, when the knowledge would have been of the utmost use to her, she was ignominiously ignorant of works on education by Mr. and Miss Edgeworth, on which her attention was fastened after she had been asked to write on this subject. Is there a cheap edition of *Practical Education* by this father and daughter? It is so simple, so practical, so full of help to those who love children, and have struggled with the difficulty of teaching without wearying, interesting without demoralising, and keeping the little ones perfectly happy, very busy, and quite well, that one would gladly see it in every parent's bookcase.

With this experience Mr. Edgeworth would write to a friend, "In a whole month there is not a word of reproof heard in this house nor a tear shed."

All the essays are strictly practical and useful, and the writer might recommend those

who care to pursue the subject to look over the articles on Toys, Tasks, Truth, and Obedience, there is no fear that after reading these they will omit the rest. Meantime other writings of Maria Edgeworth came to the front. First, *Stories for Children*. Sir Walter Scott, who best knew how to write for the young, so as to charm grandfathers as well as Hugh Littlejohn, Esq., and all the grandchildren, is said to have wiped his kind eyes as he put down *Simple Susan*, and John Ruskin, after some excellent advice on young girls' dresses (a subject on which we should scarcely have expected hints from him), tells his readers, "if they have never read *Parents' Assistant*, to ask their parents to buy it for them," and advises all "to read the little scene between Miss Somers and Simple Susan in the draper's shop."

These stories were so successful, and brought the young writer such fame and such friends, that she was encouraged to go on writing more stories for children, such as *Harry and Lucy*, *Frank and Rosamund*, but also tales for older readers, first those of purely Irish interest, such as *Castle Rackrent*, and later on *Ormond*, full of wit and humour, and the best side of Irish life and character.

Her father used to transact all his business arrangements in the large hall or common room, surrounded by his family, and Maria was his right hand and secretary, so she had unusual opportunities of noticing, and her quick eye and warm heart helped her to record and sympathise with the lights and shades of peasant life which came before her.

Then came those charming stories, *The Absentee* (of which Lord Macaulay said the scene in which Lord Colambre discovers himself to his tenantry was the best thing of the sort since the opening of the twenty-second book of the *Odyssey*), *Patronage*, *Ennui*, *Almeria*, *Belinda*, *Vivian*, and last and best of all *Helen*, her latest work. As these gradually came out and her quiet, happy home-life went on, her works gained the

appreciation of the best critics and the noblest minds of her time.

An American writer tells us, that "In American and English literature there are constant allusions to the characters in Miss Edgeworth's tales and novels. She has left the indelible impress of her genius on our literature, she had also a continental reputation." Sir Walter Scott owned "that it had been his desire in *Waverley*, in some degree, to emulate the admirable Irish portraits drawn by Miss Edgeworth," and added, "Edgeworth, Ferrier, and Austen have all given portraits of real society, far superior to anything man, vain man, has produced of the like nature, and that he should, in all likelihood, never have thought of a Scotch novel had he not read Maria Edgeworth's exquisite pieces of Irish character"; and Lord Jeffrey, an authority perfectly unsuspected of over-indulgence, says "that Miss Edgeworth need not be afraid of being excelled in that faithful but flattering representation of the spoken language of persons of wit and politeness, in that graceful tone of raillery and argument, and in that gift of sportive but cutting *médisance*, which is sure of success in those circles where success is supposed to be difficult and desirable." In support of his statement he points to the conversation of Lady Delacour (*Belinda*), Lady Dashfort (*Absentee*), and Lady Geraldine (*Ennui*).

In 1802 the family went to Paris. The highest scientific circles welcomed Mr. Edgeworth, whose inventions were appreciated in France, and where he had as engineer carried out great works round the city of Lyons. The literary world was enthusiastic at the distinction gained by the young, modest, and retiring little lady, and the *haute noblesse* opened their gates with "effusion" to the name of Edgeworth. Lord Charlemont came to meet him, saying, "I must claim relationship with you, Mr. Edgeworth. I am related to the Abbé Edgeworth, who is, I think, an honour to the kingdom—I should say to human nature." (The Abbé Edgeworth, at

sell his haul. "The woman that canna work for a man is no worth ane" is an accepted saying, and very characteristic is the criticism recorded on the engagement of a Newhaven girl, more delicate than her sisters: "Jenny Hucker takin' a man! She's a gude cheek; hoo is she tae keep him? The puir man'll hae tae sell his fish as weel as catch them."

There is not a cannier soul at a bargain than the Scotch fish-wife. There is nothing exaggerated in a scene which every lover of Sir Walter will remember—the bargaining between the Antiquary and Maggie Mucklebackit for the turbot (bannock fluke), lump-sucker (cock-paddle), and crabs (partans). The good fishwoman asks four and sixpence, and after an amusing colloquy accepts half a crown and a dram. It is a common saying with the fish-wives when they cannot get their price, "Fish are no fish the day; they're just men's lives." From this source come two pathetic verses of Lady Nairn's song:

"Wha'll buy my caller herin'?

They're no brought here without brave daring;

Buy my caller herrin'

Hauled thro' wind and rain.

"Wha'll buy my caller herin'?

Oh, ye may ca' them vulgar farin'.

Wives and mithers, maist despairin',

Ca' them lives of men."

Fishermen are a superstitious race, and their womenfolk are firm believers in luck and augury. It is curious, considering the share they take in the operations of fishing, that women are considered to bring fishermen ill-luck. At Flamborough, so far is this belief carried, that if a woman should chance to enter a cottage while the men are preparing

their nets, she must immediately fall on her knees and repeat the Lord's Prayer, or she will not be allowed to leave it. On some parts of our coast it is considered in the highest degree unlucky for a woman to walk over the nets or fishing-tackle spread out to dry, and if fishermen meet a woman with a white apron on when they are going to sea, they will turn back and wait a tide.

A woman's path, even in the house, is hedged about with difficulties, in fishing-places. She must take care that a loaf of bread is never turned upside down on the table, for that will infallibly bring a ship to distress. Nor must she let the cat run wildly about the house. It will bring a storm in its tail. She must watch her speech, too, carefully. A clergyman or minister must always be guardedly alluded to as "the man in the black coat"; the cat is "Theebet," and the pig "Sandy" or "the beast." In some parts no woman, who has relations or friends at sea, will comb and dress her hair after nightfall for fear of bringing them to disaster, and all over Scotland the bones of fish are never burned for fear of the curse contained in a popular stanza:—

"Roast me weel, or boil me weel,

But dinna burn ma behns,

Or else a'll grow scarcer

About yir berth stehns."

On the other hand, women must in some instances be taken to bring good luck, for it is believed on the Yorkshire coast that a good fishing season is sure to follow the Flamborough custom of "raising herrings." The young married women, dressed in various gay disguises, go from door to door with music and merriment at the beginning of the herring

season, and receive money or good wishes from the inhabitants of the town. The girls, too, are greatly interested in the harvest of the sea, for on its plenty depends the proportion of marriages among the fishing population.

Fisher-weddings in Scotland are the great events of the sea-coast villages. During the fishing they are comparatively rare, but at the end of the herring season eight or nine will often take place in one day. Though Friday is an unlucky day to put to sea, it is held by the fisher-folk the best day for a wedding, the Saturday and Sunday being devoted to social observances without breaking up the working week. The guests are invited two days before the ceremony by the betrothed pair in person, but each guest nevertheless pays a small sum for his or her entertainment at these "penny weddings." The ceremony takes place in the kirk, the bride and bridesmaids being attired in white, and the bridegroom in his best blue suit. After the wedding dinner, at which a dish of skate always figures, a collection is made by the best man from the company, sixpence or a shilling being the usual contribution. In the evening there is dancing, all the wedding-party joining in the "lang reel." It is rare for a fisher-girl or lad to marry outside the fishing community, and while the Newhaven fish-wives have the credit of being the cleanest and most industrious women in Scotland, of the wives of fishermen generally it may be said that their chief care is the comfort of their husbands and children. The fisher-girl from her childhood is taught to labour for others, and to take pride not only in well-kept nets and fishing tackle, but also in her neat quaint cottage with its savour of the sea.

THE COMMON SKIN AFFECTIONS OF THE FACE.

By "THE NEW DOCTOR."



HAT "something in the blood" was the cause of all skin affections was almost universally held by physicians till a few years ago, and even now this very indefinite "something" is supposed to be the cause of

skin eruptions by the majority of the public.

The change that of late years has come over the study of the skin is most remarkable and has scarcely any parallel in history. This change is due to the discovery of micro-organisms or germs, which are the chief, and in most cases, the only causes of diseases.

Nearly all skin complaints are due to bacteria locally infecting the skin. In those diseases in which no germ has been found either the cause is unknown, the disease very obscure, or treatment very inefficient.

The treatment of affections of the skin has been more influenced by the "germ theory" than that of any other organ. Knowing that these complaints are local in origin, local treatment is, in most cases, sufficient to cure them, and internal medication is of very subordinate value. I was attending the out-patients of the skin department of a London hospital the other day. Sixty-nine patients were seen, and of these only fourteen were given internal treatment.

It would be impossible in the short space at my disposal to describe or even mention the innumerable common affections of the

skin. I shall therefore confine my remarks to some of the more important common unhealthy conditions of the skin of the face and scalp, as these are the most interesting to the majority of my readers.

We make a great fuss about spots and pimples on the face because they are so unsightly, but they are, in reality, usually very trifling and readily cured.

ACNE.

This affection is met with in varying degrees in the majority of people between the ages of fourteen and twenty-five. Blackheads, whiteheads, comedones, pimples and skin-worms, etc., are all part of this condition.

Acne consists of plugging of the mouths and retention of the secretion of the sebaceous glands followed by inflammation of the glands themselves.

The sebaceous glands are attached to the hair-follicles and it is their duty to secrete an oily substance called "sebum," which nourishes and softens the hair. Sebaceous glands are found wherever hair exists, and acne may develop wherever sebaceous glands are found, so that acne may occur anywhere on the body except on the palms of the hands and the soles of the feet, for these parts are hairless. But the face is its favourite seat. For acne to develop a certain condition of the skin is necessary, namely, a rough, coarse, greasy skin with large sebaceous glands; but whether this is due to the acne or the acne is the result of this condition is not quite clear. The starting point of acne is, however, the plugging of the mouths of the sebaceous glands

either by drying of secretion or by minute particles of dust. The mouth of the gland being stopped up, the secretion cannot escape and the gland, which still continues to manufacture the sebum, becomes dilated and enlarged, thus forming milia or whiteheads if the plug is white, comedones or blackheads if it is black. The sebaceous glands thus affected rapidly become attacked by germs from the outside; these set up acute inflammation forming the ordinary pimple or pustule. Later on the sebaceous gland and a small quantity of matter, swarming with micro-organisms, is discharged and the place heals in a few days, always leaving a minute scar. If the blackhead or milium is squeezed out before it becomes inflamed it does not leave a scar.

As I have said before, the majority of people between fourteen and twenty-five suffer from acne. After the age of twenty-five the condition usually dies out, but with treatment it can be made to disappear long before this time.

Many physicians confine the term "acne" to the condition only when the glands have become inflamed, but I think it is obvious from what I have said, that the earlier changes are really part of the same process, and their treatment is similar.

Before I describe the treatment it is necessary to state that, although blackheads are caused by dirt getting into the sebaceous glands, they are not due to neglected washing. The cleanest people suffer equally with those who are not clean.

The treatment for this condition is entirely

local. The affection has nothing to do with the blood, and no drug whatever, taken internally nor other constitutional measures will have the slightest effect in arresting its course.

Wash with warm water and plenty of sulphur soap (soft soap is quite as good, but as it smarts terribly and makes your face look like a boiled lobster, I shall not advise it), then rub your face well with a bath towel. In the evening smear over the affected part the following ointment—

R sulphur (sublimed) gr. x., lanolin ad ʒj.

In the morning wash off the ointment with sulphur soap and warm water and squeeze out any prominent blackheads. Carry out this treatment for two or three weeks and your face will return to its natural condition.

The action of sulphur in this and allied complaints is twofold. Firstly it softens and removes the outer layer of the skin, thus curing the roughness and coarseness of the skin which accompanies this affection, and secondly it destroys the organisms which are by far the most important, if not the sole cause of this, the commonest of all affections of the skin.

SEBORRHOEA AND SEBORRHOIC ECZEMA.

Seborrhoea or dandruff, is over-secretion of the sebaceous glands. The secretion dries in minute scales. It is very common, and is met with chiefly on the head, but it may occur on the face. The hair in this affection becomes lustreless, dry, thin and brittle, and, in men, baldness usually follows before long. If it attacks the face, the secretion does not dry in scales but produces a constant greasiness of the skin, especially of the nose and inner part of the cheeks. The cause of this affection is uncertain, but recently a micro-organism has been found in connection with it, but it is doubtful if this is really the cause of the complaint.

When a patch of skin affected with seborrhoea becomes inflamed it produces the condition known as "seborrhoeic eczema." This is most common on the head; indeed, it almost invariably begins on the scalp or face, whence it may spread downwards and affect any part of the body. In this condition the affected skin is red and covered with minute scales. The patch is usually rounded in shape and feels rough to the touch. Its commonest situation is on the cheeks and lips.

The treatment for seborrhoea is the same as that for acne, namely, sulphur soap and sulphur ointment.

For seborrhoeic eczema sulphur ointment applied constantly will usually cure the affection in a few days. The part should not be washed, but kept covered over with a piece of lint or linen.

RINGWORM.

This is another very common skin complaint and is chiefly met with in children. No affection that I know produces so much annoyance as this. It is not, however, a serious disease for it is always cured in time, but it often takes many months before it can be completely eradicated.

I was talking to a school-inspector the other day, who told me that ringworm caused more trouble than any other complaint.

The usual history of ringworm is this. A child has a small patch on her head, but takes no notice of it and goes to school. The teacher sees it, sends the child home and becomes anxious lest her other pupils should have caught the affection. The child goes home and says to her mother, "Teacher says I have got ringworm." The mother, rather doubting whether the teacher is correct, takes her daughter to see a physician. The doctor sees the child, comes to the conclusion that she has ringworm, prescribes for the child and

tells her mother that her daughter cannot go to school for about nine months. The mother goes home very much upset and tells her husband, upsetting him likewise. In a week's time the father goes to the doctor to ask him whether his daughter cannot be cured in less time, or if he is sure that the disease is ringworm; this irritates the physician. The child cannot play with other children, not even with her own brothers and sisters. This annoys all the members of the family.

What is this formidable evil which causes so much trouble? It is not a dangerous disease, it does not even affect the health or give any pain; it is only unsightly, but it is infectious. It is for this reason that so much trouble is caused and so many people upset. Yet it is not *very* infectious.

Ringworm is a disease of the hair follicles (*i.e.*, that part of the hair buried in the skin), and is caused by the growth of a fungus that bears the somewhat long yet very expressive name of *Trichophyton microsporon* (literally, hair-plant with small spores). This fungus grows in the hair itself.

The affection produces a rounded patch on which the hairs are short, broken, without lustre and covered with minute specks. Between the hairs the scalp is covered with white silvery scales, which makes the patch look like frosted glass. Although ringworm usually begins on the scalp, it is very common on the face or any other part of the body.

There is another variety of ringworm caused by a different fungus (*Trichophyton macrosporon* or *megalosporon*), in which the skin between the hairs is not affected, the fungus growing entirely within the hair itself. This is very much more difficult to recognise than the commoner variety, but yields more readily to treatment.

Ringworm is caused by the fungus, and may appear in any one, but is chiefly found in children. It does not affect the general health in any way—it is entirely a local disease. It is not confined to man, being very common in domestic animals, especially dogs and horses. It is inoculated from one child to another, either directly or through the medium of brushes and combs.

The treatment of ringworm, owing to the deep seat of the mischief, is not so satisfactory as it usually is in skin conditions; and it often takes six to twelve months to complete a cure.

This is how to treat ringworm: Cut the hair round the place with scissors; do not shave it, it is unnecessary and often gives great pain. Having cut the hair, pull out with forceps all the short broken hairs on the affected part (this will give no pain as the hairs are loose). Then wash the part well with the following lotion two or three times till it is quite free from scales: R *acidi salicylici* gr. x., *chloroformi* ʒj, *spiriti rect.* ad ʒj.

This cleans the skin of all fat, removes all debris and enables subsequent remedies to act to the best advantage. Having done this apply the following ointment, and keep the part covered with it constantly till the condition is cured: R *hydrargyri ammoniat.* gr. xx, unguent. *simplex* ad ʒj.

The child should be careful not to use any brush or comb except her own.

The popular remedy, ink, has not the slightest effect on the fungus except to stain it black.

On the face and body ringworm is much easier to cure than when it affects the head.

The temptation to be "heroic" in the treatment of ringworm is very great, and though it occasionally answers surprisingly, it is by no means to be encouraged, as the two following illustrations will show.

Mrs. A. brought her child who had ringworm to a London hospital. Treatment was prescribed; but next week she brought her

child again with its head clean shaved and perfectly black. On being questioned as to what she had done she related the following story:

"My mother told me that a friend of her mother, who used to keep a country school, always used to shave the heads of children with ringworm and then apply some irritant. I thought I had better do the same, and as I had some lunar caustic in the house I thought it might hasten recovery if I rubbed it into my daughter's head."

She made her fingers black with the caustic, caused the child great pain, but did not affect the disease.

This is an example of unsuccessful "heroic treatment." I will now tell you of another "heroine" who was more successful, but who employed a remedy very much more formidable than the condition for which it was used.

Mrs. B. took her child, who had ringworm, to a specialist, who treated her for several weeks. By the end of that time, however, she began to think that something more "radical" ought to be done. Having read that croton oil was a powerful caustic, she obtained some and rubbed it into her child's scalp. Next day the child's head was covered with large pustules and was very painful. Her face was so swollen that she could not open her eyes, and the glands in her neck were as large as walnuts. The child was in great danger for a few days, indeed, her life was despaired of; but she eventually recovered and the ringworm had vanished. Notwithstanding the success of the treatment, if any of Mrs. B.'s other children catch this complaint, I doubt if the experiment will be repeated.

ALOPECIA AREATA.

This name is given to a complaint in which the hair falls out in patches, leaving small places completely bald. It is very common in girls in their teens. The cause is unknown, but nervous conditions may possibly have a share in its productions. I knew a man in whom, after a severe shock, every hair in his head, beard and moustache came off in a single night.

The treatment is to apply an ointment to the place, such as sulphur or "white precipitate," or to paint over the bald spot with tincture of iodine.

ROSACEA.

This affection, vulgarly called "grog-blossoms," is a dilated condition of the veins of the central portion of the face. It is usually due to chronic indigestion, whether due to alcohol or any other cause. It is very common among middle-aged women in the poorer classes as a result of excessive tea-drinking.

The treatment is to attend to the digestion, giving up all indigestible foods, especially tea; apply sulphur ointment locally, and take a pill containing two and a half grains of ichthiol every evening.

"SPIDER" NÆVUS.

Nævi, "birth-marks," "mother's marks," "port-wine stains," etc., are masses of dilated veins or capillaries. They always date from birth and are very common on the face.

The only form of naevus that I intend to speak of here is what is called the "spider naevus." This is a small, round, bright red spot with long branching ramifications. It is due to a dilated vein, and looks exactly like a small red spider. It is usually situated on the face, being very common on the nose and upper parts of the cheeks, and is often unsightly. I mention this here because it is very common and can be cured by the simplest means. Get your doctor to touch the central red spot with the electro-cautery and the whole "spider" will wither and be permanently removed, only leaving the most minute scar.