

paint them with perchloride of iron. This is usually successful. Should you inflict a wound by cutting a corn or paring the nails, immediately bathe with some antiseptic lotion, such as boracic acid, Listerine, or glycerine and carbolic acid solution in the proportion of two parts of glycerine to one part of carbolic acid.

To remove corns, soak the feet for twenty minutes in hot water, softened with borax or ammonia. After doing this, any part of the hard skin that is softened should be removed by using the pointed part of a nail file, working round the edges of the corn. Now paint it with this remedy:—Salicylic acid one gramme, tincture cannabis indica half a gramme, alcohol (90 per cent.) one gramme, ether (65 per cent.) two and a half grammes, collodion (elastique) five grammes. Apply this with a camel's hair brush every night for two weeks, at the end of which, after soaking the feet for half an hour in hot water, the whole corn, including the so-called root, can be easily picked out.

If unfortunate enough to have corns between the toes, isolate them with absorbent cotton, powdered with alum or tannin.

A simple lotion for corns and bunions, but not so effectual as the above, is the following:—Borate of sodium, one drachm; fluid extract of cannabis indica, one scruple; collodion, one ounce. Apply every night until the corn softens and can be scraped off. When a corn is obstinate and does not yield readily to ordinary remedies, try the following. Care must be taken in its use not to apply any of it to the surrounding surface, as it is caustic and will burn sensitive skin:—Salts of tartar (desiccated), one ounce; bole armenia, half an ounce; resin ointment, one ounce. Mix the ingredients thoroughly; spread upon a piece of kid the exact size of the corn, and apply. Leave on for several hours and see that it does not come off. It is best to remain sitting in one position and not move the foot. Then soak the foot in hot water and the corn can be readily removed.

Soft corns can be cured by wrapping around the toe, night and morning, a piece of linen rag dipped in turpentine. In a few days the corn will disappear. A good remedy for tender feet is to soak them in salt water or bran and water. Allow them to remain in the salt foot-bath for fully half an hour. This will be found to be an effectual remedy.

Cold feet indicate a poor state of health, and the person having them needs a physician's care.

When the feet perspire profusely, dust them twice a day with this powder:—Talc sixty grammes, subnitrate of bismuth forty-five grammes, permanganate of potash thirteen grammes, salicylate of soda two grammes. The feet must be washed and thoroughly dried before applying the remedy. This should be applied twice a day.

Bunions are caused by pressure on the main

joints of the large and small toes. In this case low heels are necessary, and wear a shoe broad enough so as there will be no pressure. The following lotion is very successful in removing bunions:—Glycerine two drachms, carbolic acid two drachms, tincture of iodine two drachms. Paint the inflamed joint several times a day. The clear tincture of iodine is also good.

Protect the joint from pressure or rubbing by a large ring of felt and chamois combined. If any part of the foot is inclined to become callous, rub the surface gently and slightly with a pumice stone or a file. Only constant care of the feet and light, roomy shoes will prevent corns and bunions. It is essential that all persons, whether afflicted with any trouble of the feet or not, should change their hose two or three times a week.

A powder for the feet, which can also be used as a glove powder, is made as follows:—Phenic acid ten grammes, alcohol twenty grammes, starch two hundred grammes, Florentine orris root one hundred and fifty grammes, essence of violet two grammes. Dissolve the acid in the alcohol; add the violet essence; then the starch and orris root. Most cases of corns, &c., arise from lack of care of the feet, and if the feet were given one half hour's attention twice a week there would be less annoyance and pain.

Our Special Number.

In next week's issue, the quarterly special number, we hope to print an interesting article by a member of the Army Nursing Reserve, dealing with the Economic Conditions of Nursing in South Africa, in which the writer points out the fact that the nursing field is already overcrowded with trained and semi-trained women, and sounds a warning note to those who are anxious to rush out to Africa in the hope of bettering their condition.

Wedding Bells.

The marriage is announced of Mrs. Mathias, formerly Matron of the Royal United Hospital, Bath, and recently Lady Superintendent of the Farmfield Home for Inebriates at Hookwood, Horley, under the London County Council, to Mr. C. F. Williamson, of Clerklands, Horley, Surrey, and Visiting Medical Officer to the Farmfield Home.

Miss F. E. Latham, the Lady Superintendent of the Nurses' Home at 44, Rivers Street, Bath, who has resigned her position in consequence of her approaching marriage, has been presented, by the Committee of the Home, with a silver revolving dish and a silver entrée dish bearing the inscription, "Presented to F. E. Latham by the Committee of the Bath Nurses' Home." She has also been presented with a gold bracelet by the nursing staff, and has received various other tokens of good will.

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