

Practical face treatment and natural beauty / by a London specialist.

Contributors

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PRACTICAL
FACE TREATMENT
AND
NATURAL BEAUTY

BY
A LONDON SPECIALIST

London
TRUSLOVE, HANSON & COMBA, LTD.,
OXFORD STREET AND SLOANE STREET.

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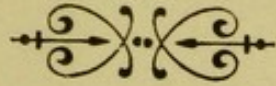
WITH regard to the "making of books,"

I am somewhat in the position of the man "unaccustomed to public speaking," and therefore crave a gracious indulgence for any discrepancies in literary style and elegance of diction, but every statement contained in the following pages is the proved result of many years' experience and actual practice, and I gladly avail myself of this opportunity to acknowledge very many kindnesses, of which I am keenly appreciative, and which I shall always remember with sincerest gratitude.

E. SANDERS.

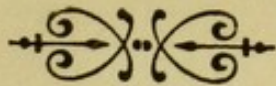
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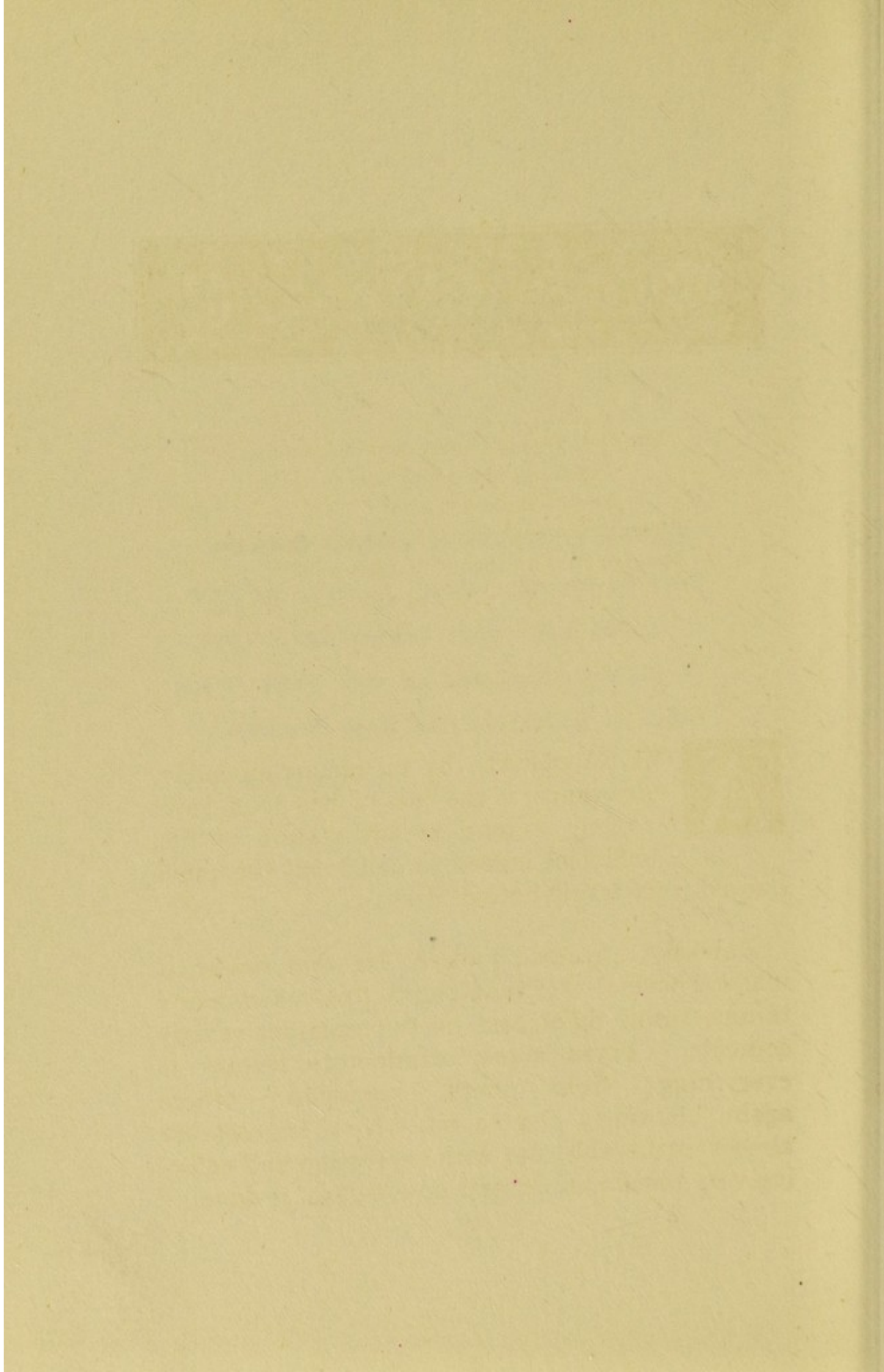
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*“But one there yede in mid the company
Sole by herself: but all followed the pace
That she kept, whose hevenly figured face
So pleasant was, and her wele shape person
That of beauty she past them everichone.”*

—CHAUCER.

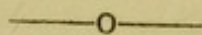






“ Oh my lost Beauty!—hast thou folded quite
Thy wings of morning light
Beyond those iron gates
Where Life crowds hurrying to the haggard Fates,
And Age upon his mound of ashes waits . . . ”

—OLIVER WENDELL HOLMES.



VERY REAL, by no means imaginary grievance, is the loss of her good looks to any woman in any station of life, sufficient indeed to call forth the above quoted truly tragic note of despair.

But what are good looks? In what lies their magic charm? Fortunately in this, as in many things, tastes differ, and no two opinions exactly coincide. From some standpoints feature is everything; from others, expression; others again, coloring; and so on. Now features are almost unalterable, but with expression and coloring very much can be, and now-a-days, is done.

Expression. Do women and girls ever give a thought to this emphatically important attribute? Do they care at all whether people think them sweetly amiable or sourly ill-tempered? Do they realise that, in these days of ologies and onomies, their faces are an open book for any casual reader to study? and that it is not only the superficial character that engraves itself in legible lines, but the real underlying motives and actions, the conscious or unconscious reflections of the brain pencilled on the countenance, resulting in wrinkles and lines which are also indicative of premature age—*i.e.*, exhaustion of muscles and nerve tissues, and consequent lack of nerve control. Horizontal lines on the forehead come from continual lifting of the eyebrows, parallel lines from contracting or knitting them; lines round the eyes, from screwing them up; lines at the side of the nose, and down the side of the ear, from enervation of the cheek muscle; drooping at the corners of the mouth, from chronic discontent or ill-temper, generally both; and worry is responsible for all these together. Don't worry or show it. In very many instances these index signals are greatly dependant on the will to prevent, for they are frequently just neglected tricks of facial contortion developed into habit. Perhaps one notices a puckering up of the brows and remarks, "How you are frowning." In nine cases out of ten the response will be, "Am I? I did not know it, I was thinking——," and then comes the discovery

how very unnecessary it is to frown and what terrible lines are being made. Having once been pulled up though, it is found out by degrees how very often the trick recurs, and consciousness of it generally commences an effort to discontinue the disfigurement by those with the proper amount of respect for their personal appearance and the feelings of others. It should always be borne in mind that it is not ill-advised vanity and conceit, but amounts almost to a National duty for everyone, man, woman, or child, to appear, and be, their very best at all times; incumbent on all, within their means—not necessarily with extravagance—to add to, not detract from, the symmetry, harmony, and fitness of things. Even the poor can be clean, tidy, and a joy to look upon, though nothing worth doing in this world can be done without perseverance and taking a little trouble. The moral influence of the cheerful countenance, typical of brave self-reliant contentment, plays no mean part in the Battle of Life.

But I did not intend to discourse on perfection or write a moral lecture, rather to endeavour to point out remedies for existing evils, in the important elements of Natural Face Treatment and general beautification, as simply as the subject will allow, purposely avoiding all technicalities.

Before proceeding, however, a few words on

Coloring. Regarding this we shall no doubt, in

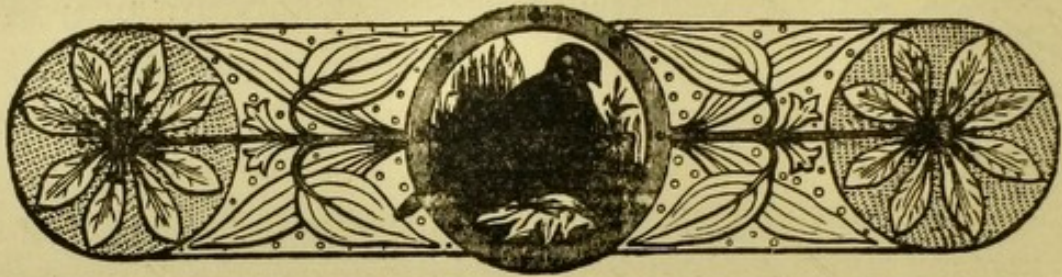
time, arrive at artistic perfection. Present modes—with no medium between a hairdresser's dummy and the stage—cannot exactly claim so high a standard; indeed it is in this respect chiefly, that so many would-be Beauties utterly fail in being picturesque; they completely forget that touching up for behind the footlights, and touching up for private life are totally separate and different accomplishments. They are apparently oblivious of the fact that in the one case, "distance lends enchantment" to intentional illusion, while the other is necessarily subject to close and often intimate inspection, requiring, therefore, the most delicate care in manipulation instead of hurriedly crude applications that deceive no one, and really must scarcely be meant to deceive, in which case it must be regarded as ridiculous in the extreme, and would never be attempted by any self-respecting woman did she but realize how, haphazard dabs of rouge and powder, eyelashes and eyebrows of a different colour to her hair, with unnatural crimson streaks for lips, age her in appearance; a consummation not to be desired, one would think, the generally accepted idea of woman's aim being to look young as long as possible. Perhaps some of the terrible mistakes we see are due to dark or ill-lighted dressing rooms, very many, without doubt, from such continuous use of artificial means, that more and more is plastered on unconsciously, from lack of visual judgment. And how many women take all this extra trouble quite

unnecessarily! How much younger and infinitely better they would look without it. Why not, in these cases, give it up, help nature to recover tone and healthiness by using natural, well-proved means for rejuvenation and preservation, which is, with patience and common sense, both advisable and possible.

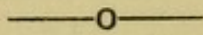
“ Has the maid who seeks my heart
Cheeks of rose untouched by art?
I will own the colour true
When yielding blushes aid their hue ’

—SHERIDAN.



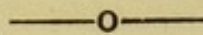


SIMPLE HOME TREATMENT.



" Give me a look, give me a face
That makes simplicity a grace,
Robes loosely flowing, hair as free ;
Such sweet neglect more taketh me
Than all th' adulteries of art ;
That strike mine eyes, but not my heart."

—OLD SONG.



QF necessity, Face treatment at home is not so efficacious as that administered by the hands of the professional ; still it is better than none at all, and not really difficult of accomplishment. We begin with

Steaming—one great secret of which is to have the water actually boiling all the time. To

carry this out I suggest the use of a little tin saucepan and spirit lamp, obtainable at any ironmonger's in portable form. This planted in the wash-handbasin, with a large bath towel right over the head and round outside the basin,—thus preventing any possible danger from fire,—makes an excellent, convenient, and inexpensive steaming apparatus. A few drops of Tincture of Benzoin may be added to the boiling water, and the face held near enough, though not so near as to scorch or scald. When the skin is in perfect working order, a perceptible moisture is apparent in about five minutes; therefore seven to ten minutes steaming should be ample.

At first, however, it may take very much longer, but this process should never be overdone at one time, or flabbiness results; rather steam more frequently, a little and often. Ordinarily, steaming thoroughly once a week is enough. It should never be done oftener than twice a week, even for exceptional cases—unless under professional advice. Having steamed satisfactorily and dried the face, take a little Emollient Cream, just enough to enable the hands to work smoothly, and proceed to

Massage.—The methods of carrying this out are MOST important; the right way being beneficial to a remarkable degree, and the wrong way proportionately harmful.

The general rules for correct and beneficial massage are :—

Always rub quite firmly, though not hard.
(Superficial rubbing only loosens the skin, and has no effect whatever on the underneath tissues and circulation.)

From the centre of the face, outwards and upwards.

Never rub on a bone.

The fleshy part of the cheeks, round and round from the corner of the mouth towards the ear.

Under the eyes, from the nose outwards, with the finger-tips.

The temples, a circular movement similar to that of the cheeks.

The forehead is the only part of the face ever rubbed downwards and outwards—
NEVER UPWARDS.

The accompanying diagrams will I hope assist in the interpretation of my meaning.



1.



2.

WHOLE FACE.

After putting some Cream on in little dabs, rub it into the face, beginning on the nose, stroking down each side of it, and ending with the hands flat on the face still stroking outwards to the ear.



1.

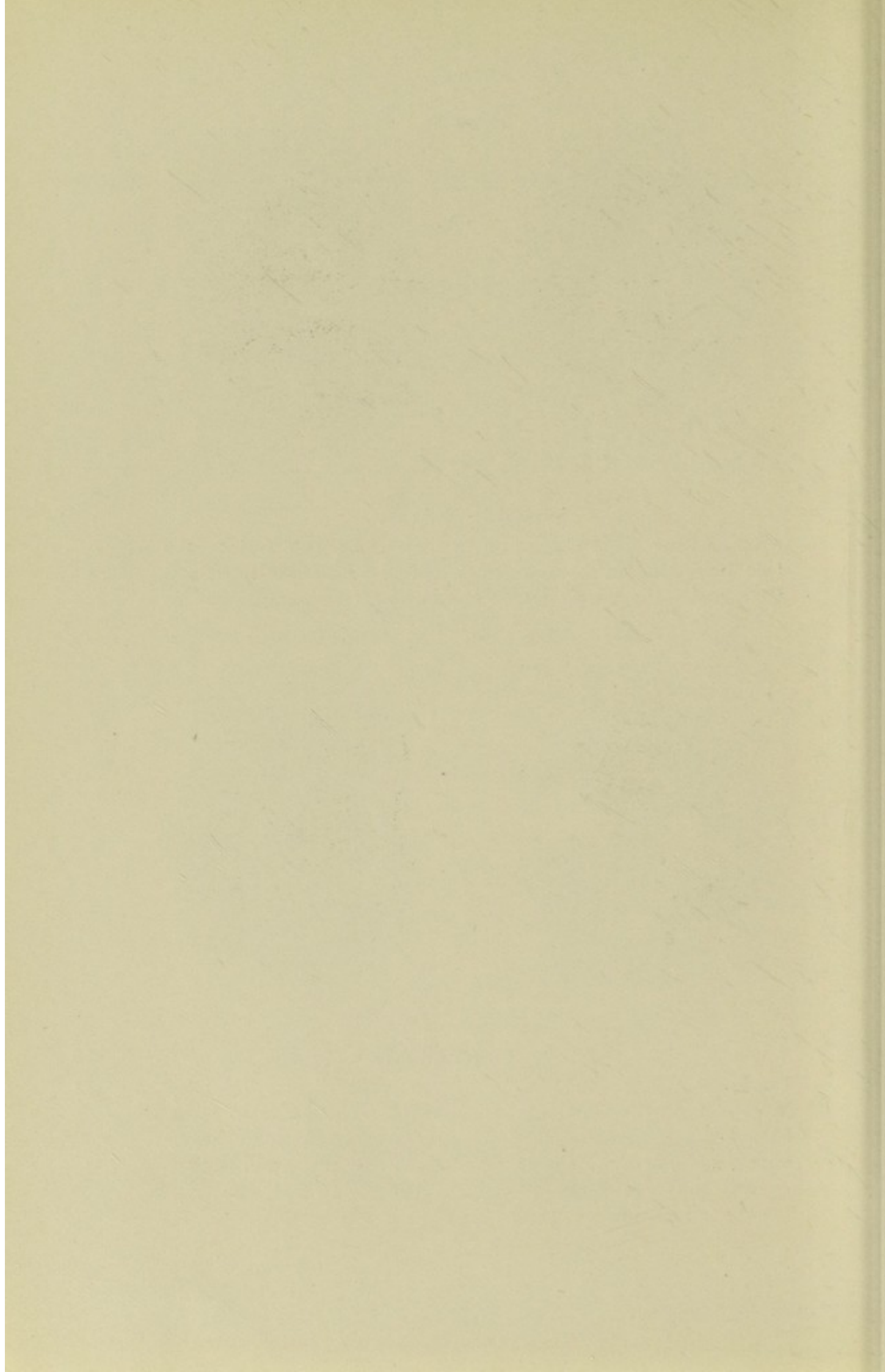


2.

THE FOREHEAD.

For horizontal lines the forehead is stroked downwards between the thumb and first finger, using first one hand, and then the other, alternately.

For perpendicular lines the fingers are placed to meet in the centre of the forehead, above the nose, and drawn firmly outwards towards the temples.





1.



2.

THE EYES.

To remove or prevent lines under the eyes, the finger should be laid firmly beside the nose and the tip drawn along under the eye outwards to the temple.



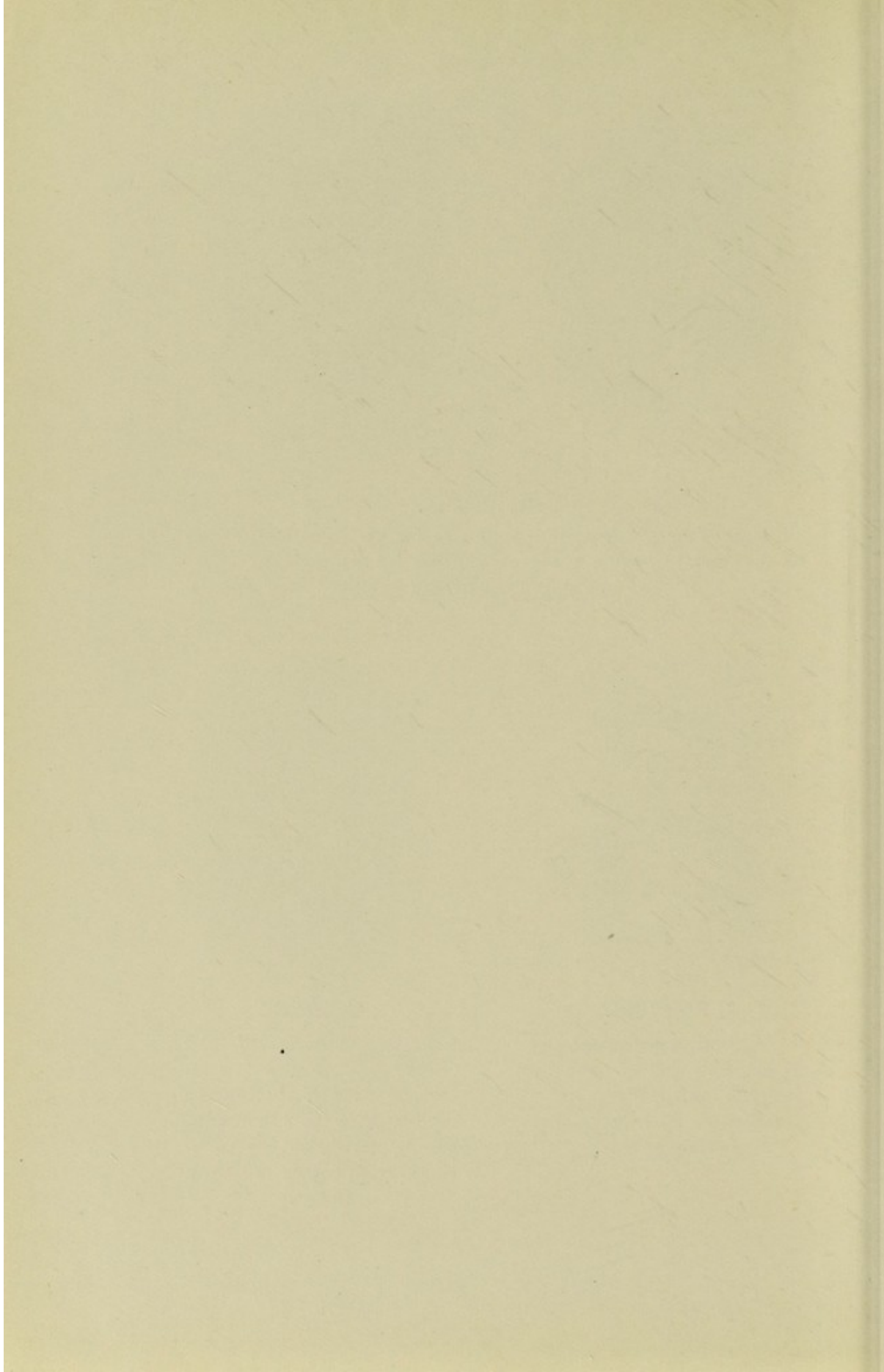
TEMPLES.

To help away crowsfeet, the fingers are placed on the temples and moved in a small circle backwards, just in the hollow.



CHEEKS.

Circular rubbing of the cheeks makes them firm and removes or keeps away the line from nose to mouth. The hands should go backwards from corner of mouth to ear.





1.



2.

THE CHIN.

To remove double chin or improve stringy throat, the fingers are placed as shown, the thumbs under, the first fingers above, the centre of the chin, and drawn firmly outwards, the hands moving away from each other, ending almost under the ear.



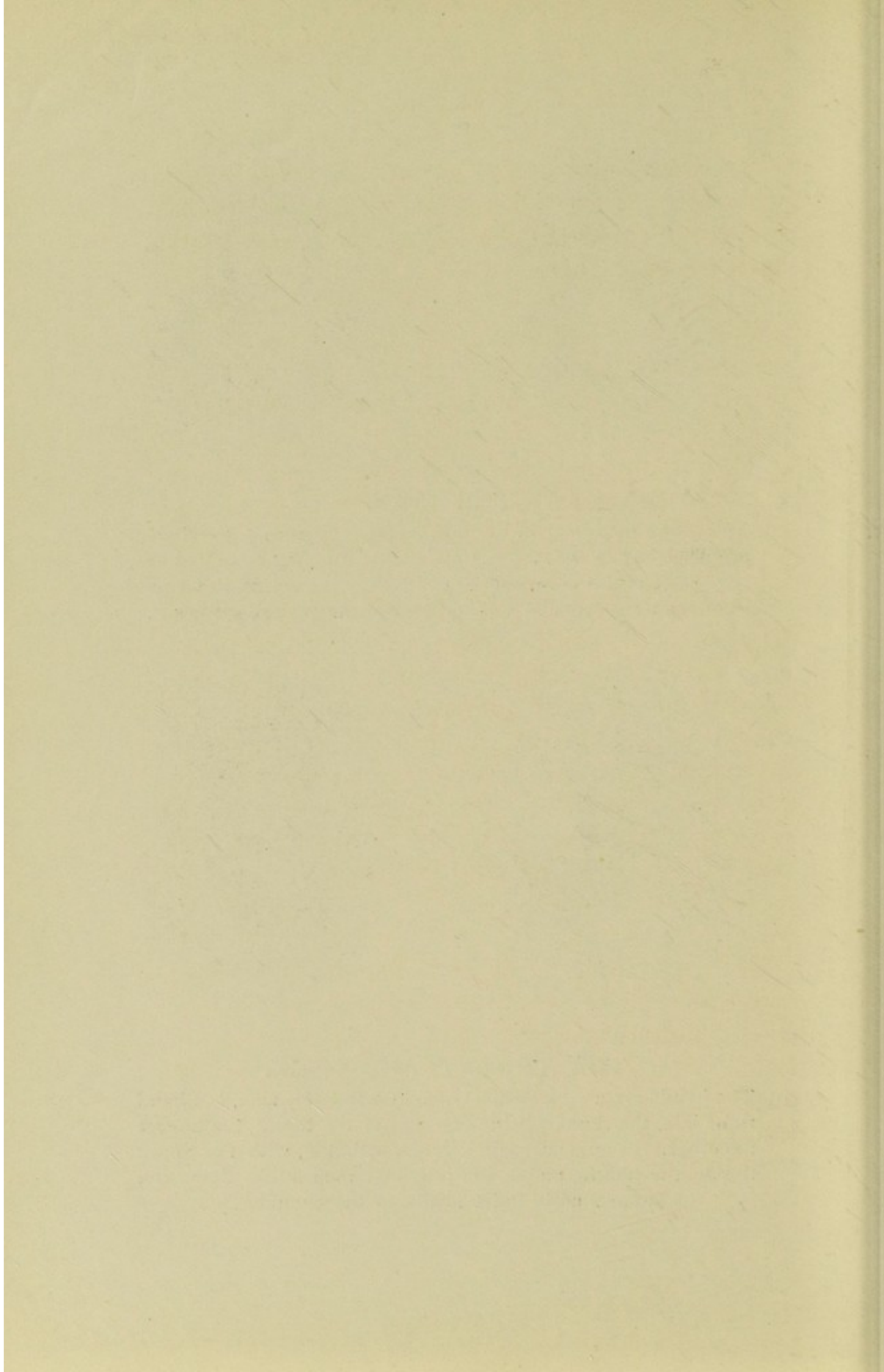
1.



2.

THE THROAT AND NECK.

The hands are used alternately, right hand left side, left hand right side, the thumbs being one side of the throat, the fingers the other. Commence with circular rubbing, with the finger tips in the hollow under the jaw, and then stroke down the large muscle quite firmly to the shoulder.



All these movements should be remembered whenever the face is touched in any way; either massaged, dried after sponging, or merely dusted with a washleather.

While on the subject of massage, I include two important diagrams for throat and neck; to remedy double chin, stringy throat or saltcellars.

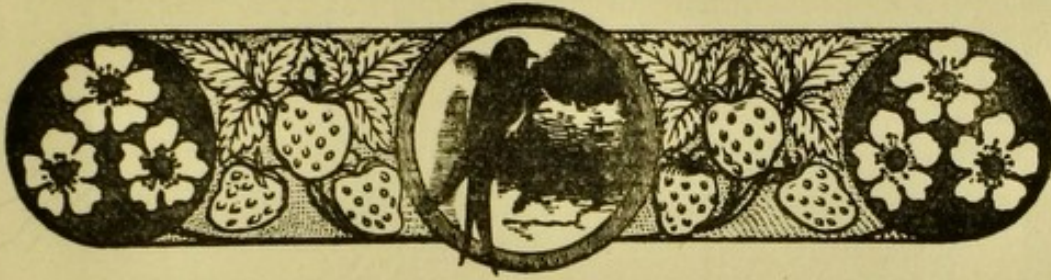
Having massaged for from five to ten minutes and entirely wiped off all superfluous cream, we come to the marvellously cleansing process with

Oatmeal.—This is of course prepared Toilet Oatmeal, a very little (about a teaspoonful) mixed to a paste, the consistency of thick cream, and distributed all over the face, into which it is rubbed and rubbed till it rolls off in crumbs—a little difficult for an amateur to manage without a good deal of practice. The alternative is: to well rub the oatmeal in, as though it were soap, and then sponge it all off with just tepid water, or, if preferred, rose water.

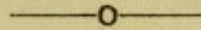
The next thing to do, is to dry the face with a soft towel, always remembering the right way to do so, and then spray with a good astringent lotion, which should be allowed to dry in. A dusting of good powder, applied with a washleather in preference to a puff, completes the treatment.

This process is to all intents and purposes a Turkish bath for the face, followed by massage with cream instead of shampoo, and should be carried out regularly once a week, to ensure the most satisfactory and best result.

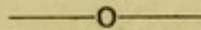




GENERALITIES.



"MISS HARDCASTLE : 'I'm glad you're come, Neville, my dear. Tell me, Constance, how do I look this evening? Is there anything whimsical about me? Is it one of my well-looking days, child? Am I in face to-day?'"—GOLDSMITH.



MODERATION with thoroughness seems paradoxical, yet it should be kept in mind as much in face treatment as in anything else. For instance;—neither steaming nor massage are in any degree harmful IF carried out carefully, properly and within reason; indeed, both are absolutely necessary, for simple commonsense reasons. Steaming in moderation assists in removing all the naturally thrown-off dusty grease, leaving the pores *partially* open, ready to assimilate nourishment and respond to Treatment. As has been already

stated, once a week regularly is enough to keep a face in good order, but until the skin acts freely and quickly it may necessitate Treatment;—*i.e.*, steaming, cream, oatmeal, following each other in the order named, twice or three times a week for a short time, say three weeks. An exceptionally obstinate case may require longer, if so, it is most probable that health demands the advice of a good doctor; digestive troubles or a sluggish liver arise from various causes, and are great enemies to clear healthy skins; sensible feeding, reasonable exercise, and plenty of fresh air their best friends. Too little steaming is useless, but excessive steaming coarsens the appearance of the skin by permanently enlarging the pores. In every case it is imperative that steaming should invariably be followed by the application of an emollient.

Frequenters of Turkish baths should remember always to take with them a little skin cream, with which to anoint their face while cooling down, though it should be gently wiped off when going out again so as not to show. This protects the skin, feeds it after the exhaustion of the bath, and takes away the rough dry feeling experienced. The rules already written for correct massage, that is, according to scientific knowledge, must be implicitly followed as regards the *right* direction of the movements, then if kept up unflinching the result is the very practical one, of lessening

the age in appearance by quite five to ten years; but, and this is an important fact, if done the *wrong* way the opposite effect takes place, and more harm done in a week than can be undone in a month, if at all. Five to ten minutes a day is sufficient to counteract the contraction of the muscles.

It will now be realized that these first principles of Face Treatment are not such as to be used callously; it is really better to do too little than too much.

Though impossible to give fixed rules for the ordinary everyday care of the face, in support of the weekly treatment it should be somewhat the following:—

For convenience and also because more efficacious, begin the last thing on retiring to rest by sponging the face with hot water, dry it—always remembering the right directions—and every night, or twice or thrice a week, massage with a little skin cream, wipe off any superfluous cream, and leave till morning. On rising, thoroughly lave the face with tepid or cold water, occasionally using oatmeal as you would, but instead of, soap, thoroughly lave again and dry. This is all that is actually necessary, but elaborations may be added in the way of lotions, as required in individual cases according to the quality and texture

of the skin ; anything more than already stated should not, however, be used promiscuously by the uninitiated, or without reliable professional advice, for it is really strange how very incompetent most people are to judge the condition of their own skin, and the mistakes that can be made as to whether it is greasy or dry.

There are varieties and complications of both. A greasy skin may have a mottled look, be similar to the rind of an orange, or be rough to the touch, while a dry skin may be constantly peeling off in little flakes, and also rough to the touch or shrivelled up like the parched skin of a withered apple. The former can scarcely ever use too many drying-up applications AFTER cleansing and feeding, whilst the latter should scarcely ever be touched with them, but fed as much as possible. Neither should be treated with extremes of any kind of specialities, and yet each be suitably nourished.

The universal tendency is to fly to astringent skin tighteners, for each and every defect ; a most unwise proceeding, even if (?) non-injurious ; for lines and shrivelling being caused by the using up of the normal supply of vitality beneath the skin, the only right remedy *must* be to assist Nature to build up beneath the skin, so filling it out into roundness again ; but this, like everything in Nature, takes its own time, and some women

impatiently clamour for miracles. Most of us have heard of the foolishness of removing the outer skin—apart from the awful risks of blood poisoning or permanent disfigurement, Nature certainly never intended any woman of fifty to flaunt the absurd inconsistency of the skin of an infant, so it is not surprising that these fearful and wonderful proceedings end in proportionate re-action.

The age at which Treatment of the face should be practised is immaterial, and must depend greatly on individual circumstances; it is suited to any age, but emphatically “prevention is better than cure,” therefore the younger it is commenced the better for the retainment of youthful freshness. It is of the greatest assistance in alleviating fatigue, neuralgia, and headaches, and conducive to best looks before such special occasions as Drawing-rooms, being photographed, dinners, receptions and fêtes.

Facial fatigue, is a fact almost—I believe quite—overlooked. The body rests, after a fashion, frequently, as also the limbs, but from the moment we open our eyes in the morning till the moment we close them at night, facial muscles and nerves are all actively engaged without cessation; no wonder the poor face looks worn, tired and lined; it has the hardest work to do, and gets the least consideration, because it does not assert itself till

at its last gasp, so to speak, then it frequently originates chronic neuralgia, from nervous exhaustion. Taken in time, this distressing disorder is amenable to treatment by Massage and Electricity, both of which stimulate circulation, tone and brace up muscles and nerves, brighten the eyes, and give colour to the cheeks.

One very great help to the face in its way, to those who can arrange for doing so, is to lie down quite flat, or with only a very small cushion under the head, for half an hour every day *with the eyes closed*. This is entirely restful and wonderfully preserving. Also by exercising forethought avoid as much as possible the present day temptation to "rush" in straining to do too much against time.

Electricity is the most effectual nerve and skin tonic at present known, quite simple of application, but great care is needed in using it, not to have it too strong, or choose an unsuitable battery. The best for the face is a continuous current 8-cell galvanic battery, but it should never be applied stronger than 6 by the inexperienced, or for longer than ten minutes at a time, once a day, or every two or three days—unless medically advised. Its action on the skin is to smooth out lines by stimulating the circulation of the blood, and give a naturally rosy glow of health in lieu of artificial rouge. It has been stated that Electricity

becomes as seductive as a drug, but admittedly with beneficial, as opposed to detrimental effects. It is most conveniently used as part of the Treatment, after the oatmeal process, and before spraying with an astringent lotion.

Soap should never be used on the face, for many reasons, chiefly because it does not really cleanse it, and also because there are so very many soaps of doubtful quality, which, if they do not actually injure the skin, do it no good and frequently encourage the growth of hair. Anyone with the least tendency to this real affliction—greasy skins are most liable—should take the very utmost care always to wash with fine oatmeal, and be most particular to use only very reliable creams; those composed largely of animal wool fats should be strictly avoided. To mention a few, vaseline, lanoline and glycerine increase the tendency, the fact of glycerine being extensively used in hair washes speaks for itself. Dry skins only may use lanoline with impunity.

Some soaps are not effectively cleansing because they form a film or glaze over the skin, if not thoroughly laved away. Besides looking shiny, this film or glaze holds in every impurity, frequently causing

Blackheads, which are particles of dust, grit, smuts, and atmospheric impurities, settled and

ingrained into the pores. Often, too, they are the undesired result of using preparations containing glycerine or sulphur, both of which open the pores, coarsen the skin, and prepare a way for the dust, etc., to alight, work its way in, and then get glazed over. Long standing cases need great perseverance, but none need be considered hopeless; a judicious course of steaming and plentiful washings with oatmeal will drive them out, with patience and perseverance keep them away, and eventually make the skin really presentable. Another very prolific source of encouragement is injudicious use of indifferent powders. Many women, and particularly girls, are dreadfully thoughtless in this respect, and do themselves permanent harm, by powdering while the skin is hot and moist; this has the disastrous, though gradual, effect of permanently enlarging the pores, giving an appearance of coarseness, but good powder can be used with absolute safety, if care be taken to dry and cool the face before putting it on. It is distinctly advantageous when possible to spray with a cooling lotion as a preliminary, otherwise washleather makes an efficient substitute: it completely clears away every particle of moisture and grease, leaving the skin dry and clean. Washleather, too, is in every way preferable to a puff in dusting on powder, and quite as easily carried about. It is imprudent in the extreme to use any promiscuous puff in any dressing or cloak room, however dainty and fresh

it may appear. This, strange as it may seem, is not an unnecessary caution: the circumstance has been noticed over and over again at various gatherings. Many a rash has been doubtless due to such thoughtless carelessness, and the sufferer lucky to escape even so lightly.

Some women delight in greasing first and powdering on the top of the grease, with reckless disregard of the consequences; "it has such a nice smooth look," they think. So it has for the time being, and once in a way they may perhaps do so, but how about the after effects? As a continuance it will be found a terrible mistake, for eventually powder and grease work their way into each little pore, choking up all breathing space: Nature's efforts to carry out her duties, resulting in enlarged pores and consequent coarseness of the skin.

Rouge.—Sometimes a little judiciously applied color is really an improvement, but natural color is not in exactly the same position on everyone, so the best plan to follow is that of rubbing the cheeks and chin vigorously, thus creating a temporary effect to serve as a guiding background for the artistic touch. Quite the best rouge is that applied with a tiny sponge moistened in hot water, which enables the rough edges to be softly shaded off, like a water color sketch; cold water sets it in a hard outline. Powder and grease

rouges invariably show and are mostly harmful, having many of the objectionable properties of bad powders in coarsening the skin and turning it yellow. In the routine of face treatment the rouge comes after the Astringent Lotion and **BEFORE** any powder.

" Then the roses on those cheeks are shaded with a sort of velvet down, that gives a delicacy to the glow of health."

The lips require such extreme care that they are best left quite alone by the amateur; but if they are manipulated, grease color is the best, and it should **NEVER** be applied as far as the edges and ends of the mouth, it should be put carefully in the centre of each lip, and shaded off to the edges and ends. If liable to crack and peel, a little ointment put on every night will keep them in perfect order. Eyebrows and eyelashes should be only a shade or two darker than the hair (not an entirely different color) to look effective and impart character. The first thing to do in case of deficiency of either is to increase and encourage the growth if possible, with some hair-growing ointment like lanoline or vaseline. This can be applied at night. Anything used on the lashes, however, must be chosen with the greatest care to guard against injury to the eye itself. During the day, the best means to employ for improvement in appearance is either a good harmless reliable dye (a somewhat tedious pro-

cess) or a grease or water cosmetic. Any of these must only be put on the hair, the lashes combed while still wet, and the brows brushed or combed to their naturally arched shape. It is not generally known that there is a right and a wrong way even to brush and comb eyebrows. They grow in two divisions, the upper ones are first stroked downwards, and the lower ones upwards to meet them in the suitable arch, making a line in the centre. Pencils tend to rub them off and, like burnt matches, cork, etc., always show on the skin, which cannot be said to look natural. Eyebrows are really very delicate, but many people treat them most unceremoniously, rubbing them all sorts of ways, when drying their face, instead of stroking them smoothly from the nose outwards.

Veils, too, are very destructive, especially when worn with bonnet or toque having very little projecting brim. Strained tightly back they rub off the brows, break and pull out the lashes. Happily their many objections are being more widely recognised, and they are rarely worn now unless to conceal defects or tone down a too aggressive make-up. Possibly they are most harmful in winter, when the constant vapor round mouth and chin causes the dye to come off freely, makes a dark mark and conduces to impurities of the skin. Oculists say that each spot in a veil is worth a guinea ! (to them), and certainly they are not universally becoming, for a black one over a

white or light-colored front gives the wearer literal "black looks."

Unless of gauze they are very little if any protection, and not really indispensable, for now-a-days tidiness can be assured with the fringe net.

Freckles, far from being considered a disfigurement, are often admired.

" Her skin pure dimity, yet more fair, being spangled here and there with a golden freckle."

They are certainly indicative of an extremely fine, delicate sensitive skin. The best way to keep them just " here and there " is to take care of and strengthen the skin itself. Of course, in cases where they are very thick, dark and large, suitable lotions can be used, in addition to general care, to modify and render them less noticeable.

A little reflection on what has already been written will show obviously why recipes for specialities have been omitted and no selection made from the very many complexion cosmetics and lotions displayed by advertisement and otherwise in tempting array to the feminine eye; but it may interest those unacquainted with the fact to know that, in accordance with the Pharmacy Act, it is imperative that some of the best preparations should be dispensed by a fully qualified and competent chemist. It is besides quite impossible for the amateur, minus the varied proper

appliances, scales, weights, pipkins, and so forth, to turn out any good prescription with accuracy. To mention a few out of many preparations of unexampled excellence would be invidious, and, again, so few people are competent judges of the condition and requirements of their own skin that it would be imprudent for the sake of the many to give advice and recommendations for the few.

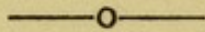
" 'Tis not a lip, or eye, we beauty call,
But the joint force and full result of all."

—POPE]





SUPERFLUOUS HAIR.



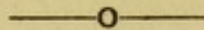
"A little round chin too's a beauty, I've heard,
But I only desire that she mayn't have a beard."



"DUENNA: 'O sir, you have the most insinuating manner, but indeed you should get rid of that odious beard—one might as well kiss a hedgehog.'

"ISAAC: 'Yes, ma'am, the razor wouldn't be amiss—for either of us.'"

—SHERIDAN.



EVERY theory so far advanced to account for the prevalence of unnatural hair on a woman's face fails entirely in proof when tested, and since it is apparently impossible to fathom the cause, queries as to whether the trial is on the increase, or more noticeable than hitherto, are of little consequence; certain it is, that of all facial blemishes, this seems to be the one concerning which the afflicted are in many instances hyper-sensitive.

Alleviations are eagerly sought, only too often proving fatal delusions and failures, ending in the even worse disfigurement of lifelong scars, or eruptions bordering on erysipelas, if not erysipelas itself.

Existing remedies—an interesting study—may be summed up as five: Electricity, Shaving, Depilatories, Epilation, and in rare instances the Röntgen Rays.

Of these, Electricity has so far been the most successful, but it has disadvantages as well as advantages.

There is no doubt as to its excellence as a remedy when properly manipulated, but at the same time it is a very tedious (both for patient and operator), rather painful, somewhat uncertain process, one of the most delicate surgical operations, requiring a great deal of practice and qualified experience, expensive, and justly so.

Unskilfully carried out, the result very often is a scar similar to that of small pox, or another growth of hair even stronger than the first.

Everything depends entirely on the skill, knowledge, and experience of the operator.

Unfortunately, more often than not these qualities are altogether wanting. Literally, "Fools rush in" to the interminable regret of the unhappy sufferers.

Wilful ignorance and carelessness, such as using unclean instruments known to have caused cases of virulent blood-poisoning, are criminal as well as unpardonable, but the evil-doers escape—as in other quackeries—through the morbid sensitiveness of their victims, not one in a thousand of whom have the moral courage to expose fraud and incompetence. Then, imagine anyone being considered qualified to undertake and carry out a delicate *surgical* operation on three weeks' training and experience! And others, having the foolhardy assurance to operate upon themselves at home, using a cheap little battery sold for the purpose—the almost inevitable end, a visit to the doctor, who is however rarely taken into confidence over this little weakness, and therefore often misled as to the origin and nature of eruption or rash.

The fault of all this lies mainly in the theory of Electrolysis being so very simple, much as one might say: "You fasten a needle into a battery and stick it into the hair." Just so! But how about the strength of the electrical current; the enduring capacity of the patient; the quality and size of needle; the direction of the hair beneath the skin (it grows at varying depths and in varying directions from various causes); and other details too numerous to mention here?—every one of which is of paramount importance in this treatment.

Shaving, as practised by man with a razor, is generally understood, but for women there is another way of shaving invented in default of some better system called "the pumice stone treatment;" with this the unhappy individual practically hearthstones her chin daily. What a terrible alleviation!—not only scrubbing herself into wounds, but as in shaving, aggravating the evil by making the growth stronger, thicker and coarser day by day.

Depilatories, sold in powder, or the powder in solution, may be a temporal satisfaction, but as they merely burn off the hair level with the skin, and must therefore be used every two or three days, they like shaving, have no effect whatever upon the root of the offender, and after a time, long or short, according to the idiosyncrasy of the skin of the individual, bring about a state of things worse than, because in addition to, the original. Hair by itself is bad enough, but irritating eruptions—very difficult to cure, and while they last preventing any other remedial measures—must be almost unendurable.

Epilation, or pulling out with tweezers and cutting with scissors, must be classed in the same category as shaving with regard to increasing the evil. It is extremely difficult to pull out individual hairs. Though not always apparent, they break off *just* below the skin, which encourages

the root in strength and persistence. In the case of pulling out hair from moles this practice has the added disadvantage of increasing the size of the root, and therefore of the mole itself. Cutting has, of course, identical consequences.

X Rays, like Belshazzar, have been tried and found wanting, experiments by the highest authorities proving invariably that they are utterly unreliable, and far too risky; for on one occasion the hair may come off beautifully, while on another a suppurating wound may be set up, and in every instance the hair returns again in all its glory, with but six weeks' interval.

Through certainly of varying quality and texture, the skin of a woman's face is generally fine and sensitive. It should therefore be treated with some proportion of gentle consideration, not as a mere parchment or hide money-making contrivance. As a universal depilatory, the acme of perfection would be one made with every regard to the nature of the surface on which it has to be used; while possessing destructive properties to act unfailingly on the product to be destroyed, it should be innocuous to the tenderest of fragile skins.

Of course it will be understood that all these remarks refer to the removal of actual HAIR, not

the soft peach-like DOWN, Nature's protection for the skin where not otherwise protected, the removal of which would be utter foolishness.

"LIEUT.—Oh, hang fortune, let that take its chance. There is a beauty in Lauretta's simplicity, so pure a bloom upon her charms.

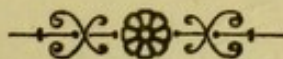
DOCT.—So there is, so there is. You are for beauty as Nature made her, eh? No artificial graces, no cosmetic varnish, no beauty in grain, eh?

LIEUT.—Upon my word, Doctor, you are right; the London ladies were always too handsome for me; then they are so defended, such a circumvallation of hoop, with a breastwork of whalebone, that would turn a pistol bullet, much less Cupid's arrows, then turret on turret on top, with stores of concealed weapons, under pretence of black pins; and, above all, a standard of feathers that would do honour to a Knight of the Bath. Upon my conscience, I could as soon embrace an Amazon, armed at all points.

DOCT.—Right, right, my Alexander, my taste to a tittle.

LIEUT.—Then, Doctor, though I admire modesty in women, I like to see their faces. I am for the changeable rose; but with one of those quality Amazons, if their midnight dissipations have left them blood enough to raise a blush, they have not room enough in their cheeks to show it. To be sure, bashfulness is a very pretty thing; but, in my mind, there is nothing on earth so impudent as an everlasting blush."

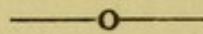
—SHERIDAN.





“ Why should you be so cruel to yourself,
And to those dainty limbs which Nature lent
For gentle usage, and soft delicacy ?
But you invert the covenants of her trust,
And harshly deal, like an ill borrower,
With that which you received on other terms !

—MILTON.



IT IS a well-known but far too rarely heeded law of Nature, that any muscle not used becomes practically non-existent, and this applies universally. Constraining, constricting influences on any part of the body partially paralyze the muscles suffering such compression.

Women as a rule, and men too, have very little individuality or originality in the matter of dress. They follow the dictates of their fashionable modistes, tailors and outfitters in semi-blind confidence, regardless of consequences to health and physical perfection—because it is the fashion.

Luckily, now and again, "fashion" decrees a really happy hit in the right direction, as in the present-day instance of collars in women's realm, though men still persist in looking over a fence and making their necks longer and longer, scraggier and scraggier, in marked contrast to the admirable proportions of that of a sailor; untrammelled as it is with starched, stiff, uncomfortable neck gear, every muscle has full play for free development in addition to the undoubted healthiness of his fashion. Coddling, overheating chest and throat with fur necklets, boas, and multitudinous wraps, means endless sore throats, bronchial troubles, and doctors' fortunes.

Why had our great-grandmothers such pretty throats, neck and shoulders? Because they always held themselves rigidly erect, duly exercising the neck muscles, and had no restraining influences to fret and contract their shoulders.

Certainly, collars are being given up, but not before they have done an infinity of harm, responsible as they are for stringy throats, hollow jaws, and aggressive collar bones.

These can to a certain extent be remedied by regular treatment as suggested in the preceding diagrams; simple physical exercises, such as

drawing a deep breath and then turning the head very slowly from side to side ten times in succession, are necessary too. Many girls think themselves perfectly upright, when they are nothing of the kind. As a test, every now and then, it is a good plan to take a walking stick, or umbrella, grasp it with a hand at each end, lift it over the head and bring it down level with the shoulders; this will show whether the back is straight and flat as it should be, the chest thrown out, and the figure duly correct.

In case of inveterate stoop and narrow chest, an elastic brace is serviceable as a reminder and support. It can easily be made at home from two yards of inch and a half wide elastic folded (to four inches above each end) into two loops for the shoulders, a tape sewn on to each end, drawn round to the front, and tied there. A small square of chamois leather prevents chafing at the arms. The elastic "gives" to a certain extent, and being quite flat does not show under the dress.

"Cerebral apoplexy" and "syncope caused by tight-lacing" one would have thought quite past evils; but no, even now we read of such tragedies. However, they are not so prevalent as formerly; so since there is progress at all, we must evidently be content with slow progression.

The fact that corsets hinder development is recognized as one of vital National importance by the Governments of Germany and Roumania. Mothers and those in authority in England might well realize the evils engendered by them regarding the race.

Compression of the waist, absence of physical culture, and laxity concerning deportment, are largely responsible for stooping, round shoulders, narrow chests, weak backs and many even more formidable forerunners of delicacy.

Slender women, girls and children, should be perfectly well able to dispense with the "slave to fashion corset."

To do this with any degree of comfort requires thought and ingenuity to meet the exigencies of modern dress, which may be said to cut in two at the waist line, a state of affairs assuredly not intended by Nature. The modern woman really wears two pairs of corsets! The real ones and, in addition, a thickly boned and stiffened dress bodice.

Now, why should *two* be thought necessary when, with every muscle naturally used and consequently developed, even *one* is actually not necessary? Of course the greatest difficulty in

the way of all rational dress is the artificial waist-line division and misery of bands cutting in, without the protecting bones ; therefore, the garments must be arranged to fall lightly from the shoulders, or the skirt band must be from three to four inches wide, worn over, and fastened to, the ordinary boned dress bodice ; either of these adaptations dispense with the corset entirely, and do not in the least "give away" the fact.

If only women would study "Philip's Anatomical Model," and see for themselves with what marvellous care and precision every organ is packed away, literally without even half an inch of room to spare, they would understand the terrible injuries they inflict on themselves—and possibly others — even by mere compression. Weak backs, weak chests, aggressive collar bones, constipation, and innumerable ills, all caused by taking Nature's duties away from her, and insulting her with a straight jacket substitute.

"Oh ! I could not possibly do without my stays," is the invariable exclamation on mere suggestion of such a possibility.

At first, no doubt, they would be missed, but little by little, dropped by gradual degrees, comfort and renewed vigor would amply reward a genuine trial.

Would it not be well to attack the citadel of "fashion" itself in pursuance of so just a cause?

Dress reformers have a worthy task to carry through, but since there is a perfectly comprehensible general objection to go about looking "a guy," until they consider this practical fact, and work with it always in view, they will do more harm than good, and continue to bring ridicule on their good intentions through conspicuousness of appearance. A few women profess themselves happy and comfortable in a parody of men's attire; the majority happily remain strictly feminine with their pretty frills and furbelows.

Most of these would be quite willing to add gracefulness and hygiene, too, if the matter were thought out and arranged for them in a practicable workable way.

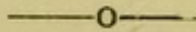
What would evening entertainments be, robbed of half their charm, daintiness of apparel and lustre of jewels? Imagine instead a collection of women in bloomers, short coats, short hair, and silk shirts, the one frivolity they would allow, but, of course, no jewels. No, the bloomer lady never appears so garbed in the evening; so far she is feminine, and her theory is excellent.

The question seems to resolve itself into one of suitability. To be suitably dressed for any occasion is to be perfectly dressed, and surely this can be accomplished with deference to hygienic principles, combined, if need be, with external concessions to "Fashion."



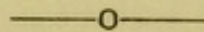


CONCLUSION.



“ Circles are praised, not that excel
In largeness, but th' exactly framed ;
So life we praise, that does excel
Not in much time, but acting well.”

—WALLER.



THE foregoing being no guide for professional workers, a few words are added for aspirants of whom it has been my sad task to disillusion very many ; sad, because the openings for women are so terribly overcrowded ; there are certainly too many to be adequately provided for on the old lines, so some have to struggle, and do so bravely in spite of almost insuperable difficulties, in new grooves. The knowledge that there are 200 to 500 applicants, say as house-keeper, secretary, governess, or companion, for each single vacancy, is too awful, and I would be the last to deter enterprise ;

but it is imperatively necessary to see well beforehand that there is a reasonable prospect of success in any undertaking; otherwise training, capital, and *time* are just thrown away. Disheartening failure does not always spur on to renewed effort; unfortunately, in the case of women, it more often means ultimate physical collapse from endurance of privations and hardships they are too proud to acknowledge having experienced.

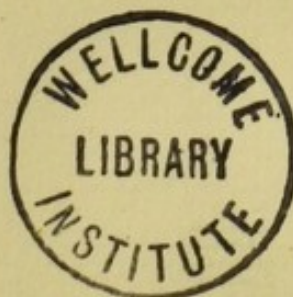
Nearly every untrained woman takes a long time to realize that work, in these days of frantic competition, means really hard work.

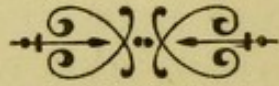
Most of my enquirers think the profession so "easy, dainty and ladylike." Well, any work may be made dainty and ladylike—it depends entirely on the worker; but Face Treatment is no easier than any other genuine means of livelihood. To ensure really satisfactory results, each patient takes over half an hour for proper treatment. The magnetism given off by the really good operator renders her unable to use her powers of manipulation beyond the limit of six patients a day as a regular practise, so it requires a certain amount of physical endurance, in addition to training and some exceptional gifts and advantages; chief of which I may mention, capital, unlimited tact, patience and perseverance, an extensive knowledge of people and things, particularly the principles of anatomy, physiology,

dermatology and chemistry, with even more than all, a cool, capable pair of hands.

The possessor of these, an alert brain and eye, a linguistic ability, and taste for real art, has all the talents that go to make the *perfect* specialist. Without them the chances are enormously against even a meagre competency.

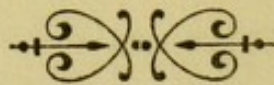
It is so absolutely necessary to aim high in every branch of every calling now-a-days, if for no other reason (setting conscientious scruples aside), because the public are finding it such a self-defence precaution to enquire into the methods and honesty of purpose of everyone, that the Charlatan's day is of comparatively short duration.





*“In every work regard the writer’s end,
Since none can compass more than they intend :
And if the means be just, the conduct true,
Applause, in spite of trivial faults, is due.”*

—POPE.



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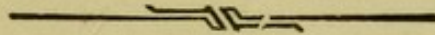
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