

## **The Lady beauty-book / by "Myrene".**

### **Contributors**

Myrene.

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The Lady

BEAUTY-BOOK

NETT

By MYRENE



"There is a garden in her face,  
Where roses and white lilies grow"

Allison



J. XVI

19/



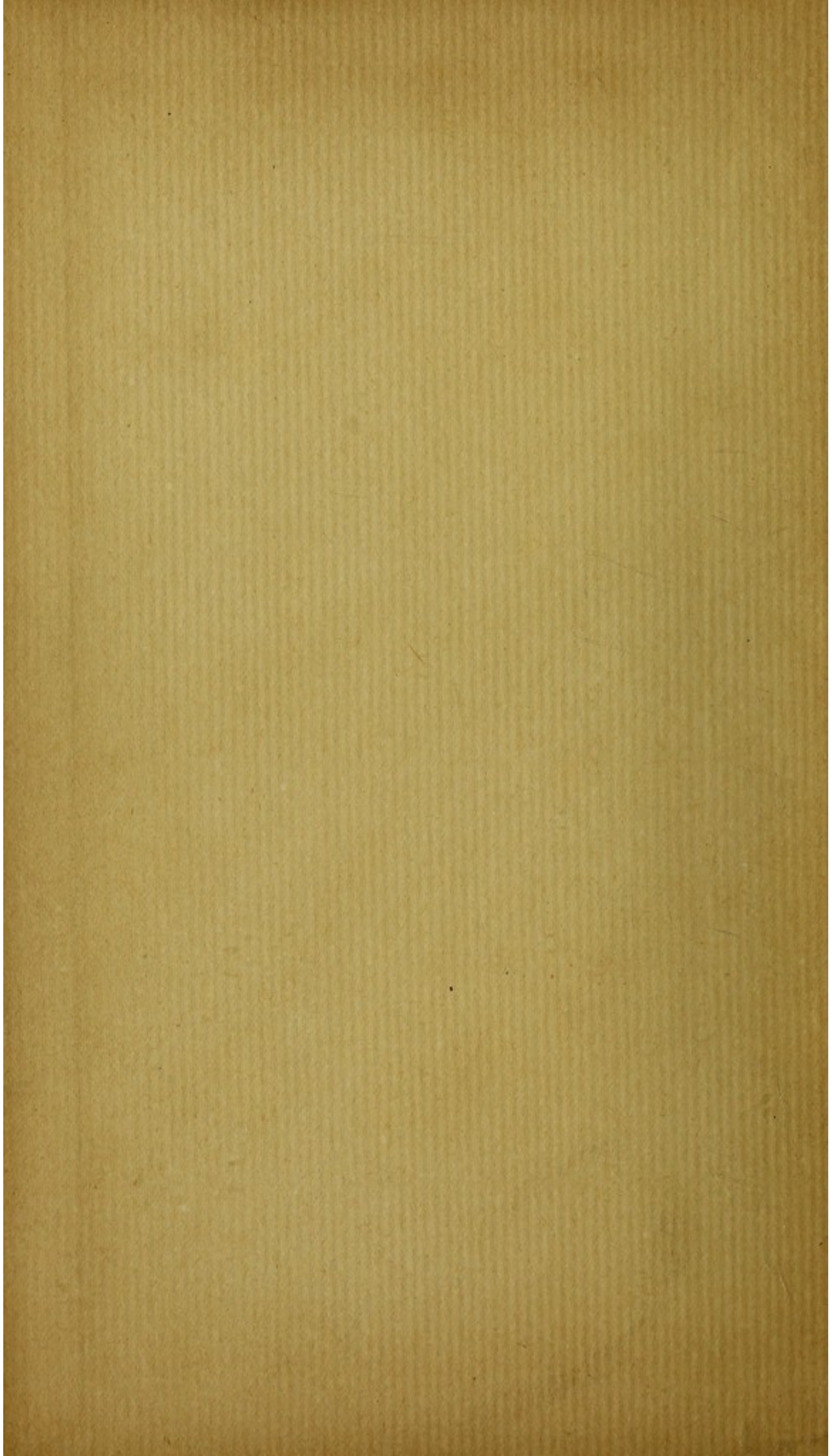
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PREFACE.

 HE articles in this little volume originally appeared in the pages of *The Lady*, and are now published in book form, in response to many and repeated requests from readers of that journal.

It has been my aim to give in the following pages, practical hints on the maintenance of health and aids to the improvement, by legitimate means, of the personal appearance. The use of arsenic, bichloride of mercury, and other strong poisons as "skin improvers" is strongly deprecated, and should never be resorted to except under the personal supervision of a medical man, as far more harm than good may be done by the indiscriminate handling of such dangerous drugs by incompetent persons. Consequently, recipes containing such ingredients have been carefully avoided, and all the lotions and face creams referred to in this Handbook may be relied upon as being perfectly innocuous.

The chapters devoted to skin affections are based on long and careful study of the skin, and, although an outline of general treatment is



given, it should be remembered that the directions are only intended as useful guides regarding rules of diet, simple palliatives, etc., and that self-treatment with regard to internal remedies in cases of eczema, psoriasis, and other skin affections of this kind is, in all cases, a grave mistake, the advice of a physician being absolutely necessary if a satisfactory cure is desired.

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## THE CULT OF BEAUTY.



IN this latter part of the nineteenth century the cult of beauty in our homes and surroundings has become such a widely recognised institution, that it is quite exceptional to find, in modern dwellings, any flagrant offence against artistic taste. We have readily accepted and welcomed the doctrines of William Morris and his brotherhood, who have taught us that the cultivation of a high artistic standard in relation to the decoration of our homes is the duty of all self-respecting citizens.

The cult of beauty in relation to the person has not been so readily accepted as a necessity, yet I cannot help thinking that this is equally as important as beauty of environment.

“Beauty unadorned is adorned the most,” says the old adage, but old adages are not always trustworthy, and, to my mind, the setting of an exquisite pearl and the framing of a beautiful picture are very important points. You may spoil the effect of the gem by an imperfect setting, and considerably injure the picture by placing it in a coarse and inartistic frame.

It is the duty of every woman to study her appearance, to wear gowns which best become her type of beauty, and to dress her hair in accordance with the



rules of good taste and good style. Those of us to whom Nature has not been lavish in her bestowal of personal charms have all the more reason to make the most of those we possess. We owe something to our friends as well as to ourselves, and however high our aims and ambitions in life may be in other directions, nothing can excuse carelessness in the matter of personal appearance.

We should, therefore, as a matter of duty, avail ourselves of all legitimate means of enhancing our charms, correcting Nature's shortcomings, remedying or hiding disfigurements, and generally rendering ourselves as pleasant and attractive as it is possible to be.

The benefit of sunlight in preserving health and beauty of skin cannot be too greatly emphasised. Sunlight is a natural force; without its rays both animals and plants droop, and the direct warmth of the sun has the effect of quickening the blood and giving elasticity and vitality to the whole frame.

The value of the sun as a beautifier of the skin is proved by the fact that girls who live in the country almost invariably possess clearer and brighter complexions than those who live in towns. Women who are shut up in dark factories grow pale and sallow, and their eyes become dull and lustreless. Pure air, pure water, sunlight, and sleep are more necessary to health and beauty of skin than all other agencies put together.

Stagnant air in a close room, night or day, is a deadly enemy to beauty of complexion. Many people imagine that night air is dangerous, and exclude it from sleeping-rooms as far as possible, by keeping doors and windows



closed—a great mistake, from a sanitary point of view. The skin, with its millions of pores, or mouths, must breathe pure air to be kept in health, and night air, except in very damp and swampy regions, is quite as healthful as day air, so that plenty of ventilation should be secured for the sleeping - room, in which we spend so large a part of our lives. If fresh air be excluded from the bedroom, the sleeper is obliged to breathe and re-breathe an atmosphere charged with the impurities thrown off from the body and lungs.

I shall, in subsequent chapters, dwell upon the use of different kinds of baths in promoting health and preserving beauty of the skin, but the bath is of little value unless it be followed by plenty of vigorous friction of the whole body. Friction of the face is also necessary, but the rubbing should be done with extreme care, and with the hands. I have seen a muddy, coarse, and sallow complexion changed in colour and texture until it became clear and brilliant by persistent and scientific massage.

Beauty of complexion should be every woman's aim, and, admitting that some skins require special treatment, nearly all can be improved, and certainly preserved, by careful attention to the details I have enumerated. Remember always that beauty of complexion depends to an appreciable extent upon health, and the most scientific care of the face will not entirely overcome the effects of anæmia and other kindred blood affections upon the complexion. These conditions need internal as well as external treatment, and whatever may be done for the complexion by way of external treatment



must be more or less modified by the state of the physical health.

When a reasonable condition of bodily health exists, there is no reason why, with care, the face should not retain its youthful appearance, even in spite of advancing years. I have known many quite old ladies with excellent complexions, bright eyes, and abundant hair, and they have been able to keep these charms because they have learnt and practised the secrets of husbanding their health and cultivating their attractions.

The daily use of very hot water upon the face is, in nine cases out of ten, a mistake. To wash the face in hot water, and expose it to cold air, subjects the complexion to redness, roughness, and a generally coarse and chapped appearance. Cold or tepid water is better for daily use on the face. The effect of cold water is tonic and glowing. Dash cold water every morning upon rising upon every part of the face and throat; then with a soft flannel or Turkish pad rub the face thoroughly all over, using a good emollient soap, free from excess of alkali. Remember that there is a great difference between rubbing roughly and vigorously in a manner to roughen or bruise the skin, and that gentle yet firm pressure, slowly given, to stimulate the normal activity of the glands.

Every night, just before retiring, use tepid water and pure soap to wash every part of the face, neck, and ears, thoroughly searching out all the crevices about the eyes, ears, nose, and mouth, and wipe very dry with a soft towel. If the face has been exposed during the day to



the hot rays of the sun, or to cold, bleak winds, rub a little toilet cream of the best quality into the skin after washing.

Many people have an idea that soap is not good for the skin. This is quite a mistake. A pure, refined soap has a most emollient and beneficial effect upon the skin, and it is, in fact, practically impossible to keep the skin perfectly clean and healthy and free from blackheads without the daily use of soap. When toilet powder is used, it is more than ever necessary to employ soap at night when washing the face, in order to remove all traces of powder from the skin. If not removed, it would clog the pores, and possibly produce eruptions.



## BEAUTY IN SPRING.



IF it be true that "beauty is but skin deep," then every wise woman will take care of her skin in youth, and endeavour to preserve it in later years, bearing in mind that no woman can be really pretty who lacks that essential trait of beauty—a clear and healthy skin.

The spring sunshine, delightful as it is, with its warm rejuvenating influence, is a quick discoverer of facial defects, and almost every skin is liable to slight eruptions during the spring season.

I am not an advocate for drug-taking, but a little simple medicine indulged in during the spring will often prevent unsightly eruptions and keep the skin clear and in good condition. An occasional dose of flowers of sulphur—a teaspoonful in a little milk—will, as a rule, be efficacious. Those who cannot take sulphur will derive benefit from a dose of aperient salts taken twice a-week. Here is a good recipe:—Carbonate of soda, one ounce; tartaric acid, one ounce; cream of tartar, one ounce; powdered Epsom salts, one ounce; magnesia, a-quarter ounce; castor sugar, a-quarter pound. Place before the fire and dry thoroughly. A teaspoonful of this salt added to half a tumblerful of cold water makes a pleasant effervescing



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drink, and helps to keep the skin free from spots and blemishes.

Few people attach sufficient importance to eating plenty of fresh fruits, salads, and vegetables during the spring. If these articles of diet were more largely indulged in, there would be less need for taking spring medicines. Nature's remedies are infinitely preferable to any others, and for this reason I cannot advocate too strongly the daily consumption of green foods, such as lettuce, cress, watercress, spinach, and other seasonable vegetables, while fruit, cooked or uncooked, should form a part of every meal.

Perhaps at no season of the year is the morning bath of so much value as during the spring. It invigorates the muscles and causes a healthy glow throughout the frame, while as a skin tonic a cold bath is unrivalled. Very delicate persons, or those who have weak hearts, should not take cold baths except under medical advice, but those who are fairly robust undoubtedly derive the greatest benefit from the matutinal tub.

Endeavour to obtain as much open-air exercise as possible during the spring-time. The spring sunshine has not the drying, heating effect of the summer sun, and simple precautions can be taken to avoid sunburn or freckles.

Any harshness or dryness of the skin consequent upon east winds or the use of hard water may be remedied by the nightly application of a cream composed of spermaceti, one and a-half ounce; white wax, half ounce; oil of sweet almonds, four fluid ounces; borax, a quarter-ounce; glycerine, one and a-half fluid



ounce; orange-flower water, half-fluid ounce; oil of neroli, two drops; otto of roses, two drops. Melt the wax, spermaceti, and oil of almonds together; dissolve the borax in the orange-flower water and glycerine, previously mixed; pour the solution, a little at a time, into the melted mixture, stirring the preparation without ceasing until all the solution has been fully incorporated; finally, add the essential oils.

To keep the skin generally in good condition, a little "Icilma" water may be sprayed over after washing.

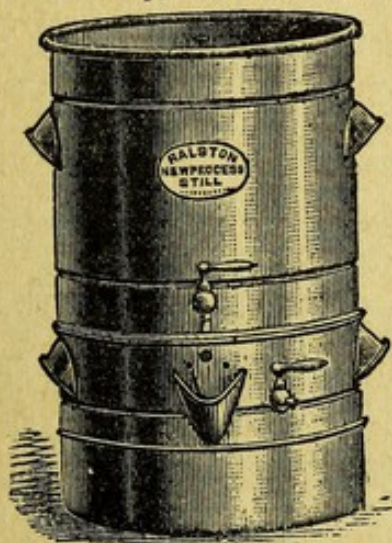


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## BEAUTY IN SUMMER.



POETS have sung the charms of the "nut-brown maid," and the well-known old English song invites us to drink to the health of "her who is brown as a berry."

If only our annual seaside jaunt had no worse effect upon our tender skins than transforming a lily-fair complexion to one of a rich olive tone, with that seductive Oriental charm which invariably accompanies the "nut-brown" skin, we might, perhaps, have little to complain of. Unfortunately, however, the effect of the salt sea breezes, combined with the strong rays of King Sol, are, as a rule, anything but becoming, and the fairest skins are likely to suffer the most. I have a vivid but uncomfortable recollection of a sweet girl-friend who gaily departed for the seashore last year, laughingly ignoring my advice to "take care of her skin," and emphatically stating her intention of sitting on the sands every morning—"so that the sun will nicely brown me, and everyone will know how much I've been enjoying myself!" When that headstrong damsel returned to town, her woeful visage had much more the appearance of that of a boiled lobster than of a "nut-brown maid." The sun and salt winds had unkindly reddened her skin in patches, her nose was a deep crimson, and her eyelids looked as if she had been daily indulging in



what is known in feminine phraseology as "a good cry." Added to this, the tips of her pretty shell-like ears were blistered, and the skin was gradually peeling from them, as if she had recently recovered from an attack of scarlet fever—or, as I once heard a doctor euphemistically call it, "rose-rash." And all this for want of a little due care and precaution.

Some people's skins are so hardy that the elements have no more effect upon them than to give them a deeper or richer tone, rather becoming than otherwise; people with very dark or sallow complexions and dark hair are less likely to suffer from sunburn than those with fair skins and light hair, but there are few women who can afford to ignore ordinary precautions for preserving their complexions during the hot summer months.

Please do not imagine that I am going to advise you to hide away from the sunshine. Go out into the sunlight as often as you can, open your windows, and let the sunshine stream into your rooms, sunlight is better for mental and physical health than any medicine in the British Pharmacopœia.

If you have a sensitive skin, however, take your sun bath (especially when accompanied by sea breezes) with proper precautions.

Take your daily promenades on the pier or the sands, but do not leave your sunshade (which should be a white one) at home, and wear a white or cream-coloured veil of fairly fine mesh; and a gauze one is the best protection if the skin tans easily.

If it is possible for you to procure buttermilk, use



this for bathing the face night and morning, and in any case do not use hard water for washing the skin. Place a teaspoonful of fine oatmeal in the washing basin an hour or two before using the water, and employ a very mild emollient soap. Strong soaps, containing excess of alkali, are most injurious to the skin, and should be specially avoided when at the seaside. Before going out into the air, the following sedative lotion may be applied to the face:—Distilled witch hazel, three ounces; prepared cucumber juice, three ounces; French rose-water, one and a-half ounces; essence of white rose, one and a-half ounces; glycerine of borax, one ounce; oxide of zinc, half an ounce; simple tincture benzoin, half an ounce. The skin may then be dusted over with a little fine oatmeal or rice powder. At night a small quantity of good cold cream may be rubbed into the face. If this plan be carefully followed, there will be little fear of seaside tan.

If the skin has become irritated by the action of the salt spray, or burnt by the sun, there are few things more soothing than a quince seed lotion. Take quince seed, two drachms; glycerine, two drachms; distilled extract of witch hazel, eight ounces; rectified spirit, half an ounce; borax, four grains. Mix the glycerine, quince seed, and the extract, and let stand, with frequent agitation, for twelve hours; then strain, and add the borax, dissolved in a small quantity of water; add the alcohol gradually. If there is much inflammation of the skin, and it shows signs of blistering or peeling, rub very gently into it at night a little pure elderflower ointment.



## BEAUTY IN WINTER.



WHEN cold winds do blow," those of us who are afflicted with very delicate and sensitive skins anticipate with something akin to dismay the advent of blue faces and nipped noses. What woman, however perfect her features, can look beautiful under such circumstances? Of all months in the year, November, December, and January are perhaps the most trying to one's complexion, and these are just the months when balls and dances are in vogue, on which occasions we naturally wish to look our best.

I have always been a strong believer in the old wives' proverb, "An ounce of prevention is worth a pound of cure," and if every woman who valued her complexion would "read, mark, learn, and inwardly digest" this old-time adage, there would be less need to fly to creams and ointments to repair the ravages of the elements.

It is absolutely necessary to wash the face in soft—preferably rain—water. Hard water is ruinous to the skin, especially in cold weather; it renders it liable to chap and peel, and coarsens the texture. Hard water is loaded with chalky substances and alkaline salts, such as lime and magnesia. A water-softener, such as Anti-Calcaire Powder, throws out of solution



and precipitates the mineral salts present in hard water, thus rendering the liquid soft and non-injurious.

First, then, use only soft water for washing. Secondly, beware of sudden changes of temperature, and never pass from heated and crowded rooms into a cold atmosphere without taking the most careful precautions to guard the skin. More injury is done to the skin by draughts of cold air coming into contact with it when heated by the exercise of dancing, or by the atmosphere of the theatre, than can be readily imagined. The sudden congestion of the pores acts as an irritating agent, checks the perspiration, and renders the skin extremely sensitive. An unpleasant rash often results, and sometimes the complexion assumes a bluish, mottled appearance during the cold weather.

Now, to come to the third point of my little sermon. I need hardly tell you that diet exercises a great influence upon the condition of the skin; those who play fast and loose with their constitutions, eating and drinking all kinds of indigestible things, must not be surprised to find that the skin is perhaps more easily affected by such a course than any other part of the system. I do not want you to live like hermits, but if you desire clear, healthy complexions, there are certain forms of food which must be rigidly avoided.

Plenty of people, however, err upon the opposite side. Several girls of my acquaintance, in their anxiety to preserve slight figures and white skins, deny themselves sufficient nourishment, under the mistaken idea that extremely plain living and an infinitesimal quantity of food will accomplish these objects. The result,



in almost every case, is exactly the opposite of what they would desire. The natural development of the limbs is checked, and angularity, which in time may become actual scragginess, is the reward of their pains. They abstain from a sufficient quantity of food, because they fear the ultimate possession of "vulgar red" cheeks, or that horror or horrors, "a red nose." In most instances, however, sallow skins and drawn, prematurely old faces bear witness to the want of adequate and proper nourishment for the frame. Let us use common sense in this question of diet. We must take a regular and sufficient quantity of nourishing, if simple, food in order to supply the waste constantly going on in the tissues.

Begin the day with a good breakfast. This meal, which may include eggs, fish, bacon (the latter in moderation), or other light dishes, should invariably be accompanied by fruit, fresh or stewed. Baked apples, pears, stewed figs, prunes, etc., are all excellent, and are invaluable aids in keeping the complexion free from impurities. Three meals a day are sufficient for most persons, and in all cases heavy suppers should be avoided. Tea and coffee should be taken sparingly, and those who have a tendency to plethora or skin eruptions should entirely eschew all malt liquors, pork, veal, spiced or salt foods, shellfish, hot curries, or rich pastry. Cooked vegetables and fresh salads may be eaten freely.

And now a word as to local applications. These are by no means to be despised. A good emollient applied nightly during the winter will, in many cases,



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entirely prevent roughness or a chapped appearance of the skin, and keep it smooth and in good condition. Here is a good recipe:—Oil of sweet almonds, one and a-half ounce; white wax, two and a-half drachms; spermaceti, two and a-half drachms. Mix these ingredients quite smoothly. Then add:—Rose-water, five drachms; simple tincture of benzoin, seventy-five minims; tincture of amber, thirty minims. The wax and spermaceti should be melted in a gentle heat, over a water bath, before mixing with the almond oil. This cream may be gently rubbed into the skin every night; allow it to remain on for a short time, then wipe off all superfluous grease.

When walking or driving in the country in an easterly wind, wear a Shetland veil. It is not particularly becoming, but will be found a great protection to the skin. If you cannot bring yourselves to the disfigurement of a Shetland, a gauze veil comes next in value. Well massage the face with the hands before going out, wash in tepid water, and again gently massage on returning, and you may defy the elements.



## FRECKLES AND SUNBURN.



**F**AIR skins are peculiarly susceptible to "sun-kisses," and are most inclined to be warped and burnt by the action of the sun's heat. Freckles are really due to increased local deposit of pigment in the skin, and those who are subject to them do not bronze uniformly under the influence of exposure nearly so deeply as others.

I cannot too strongly insist upon the use of soft or distilled water for washing the face during the hot days of summer. If the skin is to be kept free from roughness, redness, or blisters, this is imperative. All soap containing an excess of alkali should be avoided. Starting, then, with these simple precautions, there is less liability of the skin to become quickly affected by the influence of the sun's rays.

The application of a little cold cream at night, or other equally simple emollient, will help to keep the skin pliant and soft; when it is naturally harsh, this treatment is especially valuable, but care, of course, should be taken to apply only a very little, rubbing it in with the tips of the fingers, and all superfluous grease should afterwards be wiped off with a soft towel.

Either of the following formulæ is perfectly harmless for the purpose, and may be used with confidence:—

- |     |                      |     |     |     |     |                   |
|-----|----------------------|-----|-----|-----|-----|-------------------|
| (1) | Spermaceti           | ... | ... | ... | ... | $\frac{1}{2}$ oz. |
|     | Oil of sweet almonds | ..  | ... | ... | ... | 2 oz.             |



White wax...	...	...	...	...	1 oz.
Glycerine ..	...	...	...	...	4 oz.

Melt the spermaceti, white wax, and oil of almonds together first; then add the glycerine, and stir the mixture until cool.

(2) Refined honey	...	...	...	...	2 oz.
Refined white wax	...	...	...	...	1 oz.
Rose - water	...	...	...	...	1½ oz.
Almond oil	...	...	...	...	1½ oz.

In the morning, after washing the face as I have directed, and carefully drying it, it may be bathed with buttermilk or lait virginal, made by adding half an ounce of simple tincture of benzoin to a pint of rose, elderflower, or orangeflower water, drop by drop, and stirring all the time. Another preventative lotion is composed of—

Powdered borax	...	...	...	...	6 dr.
Pure glycerine	...	...	...	...	¾ oz.
Rose - water	...	...	...	...	12 oz.

When summer freckles have appeared, they can be gradually dispelled by the application of either of the following lotions:—

(1) Chloride of ammonia	...	...	..	1 dr.
Lavender water	...	...	...	2 dr.
Distilled water	...	...	...	1 pint.
(2) Sulphocarbolate of zinc	...	...	...	2 parts.
Glycerine	...	...	...	25 parts.
Rose-water	...	...	...	25 parts.
Rect. spirit	...	...	...	5 parts.

When the freckles are constitutional, these simple prescriptions will be of little avail. The only thing to be done in such cases is, by means of a very energetic lotion, to remove the outer cuticle. This, however, is a very unpleasant process; and, in fact, is only effi-



cacious for a time, for when the new skin grows, it has the same tendency to freckle.

Lemon-juice is specially useful as a remedy for sun-tan. An old-fashioned recipe contains the following ingredients:—One teaspoonful of simple tincture of benzoin, the juice of one lemon, eight ounces of rose or elderflower water, and one ounce of rectified spirits of wine.

Another, equally valuable, is made thus:—Mix together eight ounces of buttermilk; juice of lemon, one ounce; alum, half an ounce; and sugar, one drachm. Boil and skim; apply when cold. When the skin is blistered, the most gentle remedies only are permitted; these should consist of cold cream, lanoline, or a little glycerine jelly. When powder is used, it should be of the most simple description, and entirely free from bismuth or any metallic ingredients. Rice powder, or even plain starch powder, may be dusted lightly over the skin before going out.

Any of the recipes given above may be applied to the skin without fear of harmful consequences, and if my readers are careful to follow the treatment I have suggested, I think they may take their summer holidays by the sea, "far from the madding crowd," in the country, or even among the mountains, free from danger of the direful consequences which are apt to result from exposure of the skin to the varying effects of sun, showers, and breezes.



## FACIAL MASSAGE.



HERE is scarcely any trade or profession which has not, during the past few decades, become more scientific, and certainly, in the field of hygiene, we may congratulate ourselves on having made abnormal progress. The care of the body during health and sickness has become almost a fine art, and the improved physique of the nineteenth - century woman, as regards height, figure, complexion, and general appearance, is due, to a large extent, to the fact that the laws of health are more widely disseminated and recognised, and that we are practically carrying out many scientific theories which a few years ago we should have been slow to accept.

Scientific massage, or intelligent medical rubbing, is now prescribed by many eminent medical men for various forms of diseases, and it is admitted that it is one of the very best natural tonics for the skin.

I do not, in this little volume, intend to discuss the merits of massage as a cure for rheumatism, indigestion, liver complaint, and the many other forms of aches and pains which flesh is heir to, but to confine myself to a short chat on its advantages as a beautifier of the complexion.



A course of face massage undoubtedly tends to restore tone and vitality to the skin, and as a remedy for premature wrinkles, "bagginess under the eyes," and a general worn and wearied look, I know of no better method of cure. Of course, the massage must be systematic, and if accompanied by intelligently-directed electricity, the results are sometimes almost magical.

One of the most important points is to assist the flow of blood through the veins. The action of massage upon the face is to brace the nerves and muscles, rendering them flexible and healthful, to invigorate and stimulate them by bringing a fresh supply of new blood, and to make the skin firm, and able to resist climatic and other influences.

As the action of massage is really to bring the flesh into a normal or healthy condition, it will readily be seen that it may be a means of curing opposite tendencies; for instance, it is often successfully adopted as a remedy for over-fulness of the face, and also as a cure for extreme thinness.

Briefly speaking, the general method in such cases is to first thoroughly clean the pores of the skin by well rubbing into it a good but simple face cream. The face is then lathered with an emollient soap, much as if it were about to be shaved; this is then thoroughly rinsed off with pure distilled or herbal water, and dried with a very soft towel.

Now comes the process of massaging, which combines kneading, rubbing, and other movements, bringing all the nerves and muscles into play, and sending the blood coursing through the veins. There are



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different movements for the various parts of the face, which could not adequately be explained in words, and I need hardly add that no roughness is permitted; a gentle, educated, and refined touch, adapting itself to the requirements of each individual case, being absolutely necessary to successful results. A little good emollient cream is employed to facilitate the rubbing.





## THE QUESTION OF COSMETICS.



THE question of cosmetics as aids to beauty has been very often discussed. "Beauty unadorned is adorned the most" is an aphorism to which I have referred once before in this volume; but then we must remember that we do not all possess the attributes of beauty. The girl who has a faultless skin, a peach-like complexion, and other physical points in unison can afford to dispense with artificial aids; but so few are liberally endowed with Nature's gifts in these respects that it were folly to sweepingly condemn the moderate use of cosmetics.

So long as cosmetics are composed of purely harmless ingredients, there is nothing to be said against them; for the judicious use of a good toilet powder, or even a little colouring for lips or cheeks, is often a decided improvement to one's appearance. Do not mistake me, however. The toilet accessories must be perfectly free from any suspicion of poisonous or deleterious ingredients, and it is often no easy matter to satisfy oneself on these points.

Some people seem to have an idea that the use of face powder is a most reprehensible habit; indeed, I have met with those who consider it almost criminal for a woman to dust a little powder over her face. I have a distinct recollection of a friend telling me one



day, in subdued and almost tragic tones, that Miss B. (a mutual acquaintance) *actually powdered!* She had met her in the street a few days previously, and distinctly saw traces of the powder-puff on the tip of Miss B.'s nose.

There is another class of persons who, with an almost professional air, assure us that the use of powder is "ruinous to the complexion," and will sooner or later cause ravages that no local applications can cure.

I am sorry to disagree with these very positive people; but, in my opinion—and it is based on many years of practical experience in toilet matters—powder, when properly applied, and if composed of pure and harmless ingredients, is beneficial rather than otherwise to the skin.

Powder should never be rubbed into the skin, as it is then apt to stop the pores and prevent free activity of the glands. It should be lightly dusted over the face with a good swansdown puff—this is far preferable to cotton-wool or fine flannel—and when powder is used, the face should be thoroughly washed at night, before retiring, with soft tepid water and good curd soap.

A little good powder is a protection for the skin, especially in very hot or very cold weather. Many people suffer from unpleasantly greasy complexions, and the use of a small quantity of absorbent powder is, in such cases, really "a boon and a blessing." When the face is overheated from dancing in hot and crowded rooms, the application of powder will have a cooling effect, when washing with cold water would only increase the redness.

Powder, however, must be applied with judgment



and care, as nothing is more unsightly than a face looking as if its owner had "dipped it into the flour barrel." There is an art in applying powder. The face should first be well washed, and thoroughly dried, then wiped over with a cooling lotion, such as milk of roses or lait virginal, and, finally, lightly dusted with the powder, taking care to lay it evenly over the surface, so that it does not give a blotchy or mottled appearance to the face.

I have already cautioned my readers against all powders with a bismuth basis, the frequent use of which may bring about paralysis of the minute vessels of the skin. All powders containing metallic substances should be avoided, and, in fact, it is safer to make one's own powder than to invest in preparations of which the ingredients are unknown to you.

I shall now give a few recipes for perfectly safe powders, which may be either made up at home, or entrusted to a respectable druggist.

**VIOLET POWDER.**—Wheat starch,  $1\frac{1}{2}$  lb. ; powdered orris,  $\frac{1}{4}$  lb. ; mix together, and scent with a little otto of bergamot. Mix, and sift repeatedly through a very fine sieve.

**POUDRE D'IRIS.**—Powdered orris-root,  $1\frac{1}{2}$  lb. ; powdered bergamot peel and acacia flowers, of each 1 oz. Mix and sift.

**POUDRE ORIENTALE.**—Peeled sweet almonds, powdered, 1 lb. ; rice flour, 2 oz ; orris-root, 2 oz ; potassium carbonate, 3 dr. ; volatile oil of rhodium wood, 15 drops ; volatile oil of lavender, 15 drops ; volatile oil of cloves,



15 drops. Mix the whole, and sift finely. This powder is very mild and agreeable.

POUDRE BLANC.—Powdered starch or farina,  $\frac{3}{4}$  lb. ; oil of bergamot,  $\frac{1}{4}$  fl. dr. ; oil of cloves, 6 to 8 drops.

A powder for the hands is made as follows:—Almond powder,  $\frac{1}{2}$  lb. ; curd soap (air-dried, powdered),  $1\frac{1}{4}$  oz. ; white Castile soap (air-dried, powdered),  $1\frac{1}{4}$  oz. ; orris-root, in fine powder,  $\frac{3}{4}$  oz.

“To rouge or not to rouge!” Well—that depends. Certainly it is not advisable for a young girl to rouge, but when the bloom of youth has departed, and a woman wishes to retain her good looks as long as possible, a little harmless colouring applied artistically to the cheeks may be admissible. Mind, however, the colouring must be artistically applied, and it should only be the merest “suggestion,” otherwise detection is easy, and there is nothing more ghastly-looking than an inartistically be-rouged face. The rouges sold in the shops are in many cases very injurious to the skin, and after a time cause the cheeks to become coarse and pitted with small holes. The most harmless colouring you can possibly apply is a little of the juice of the boiled beetroot, carefully rubbed on the cheek with the finger. Geranium petals rubbed on the cheeks will also yield a slight colouring. A harmless liquid rouge may be obtained by mixing together the following ingredients:—

Powdered carmine	...	...	...	$1\frac{1}{2}$ dr.
Scrub's Cloudy Ammonia	...	...	...	5 dr.

Put this mixture into a stoppered bottle, set it in a cool



place, and agitate it occasionally until complete solution. Then add, with agitation—

Rose - water	...	...	...	...	8 oz.
Rect. spirit	...	...	...	...	1½ oz.

previously mixed with—

Essence of rose	...	...	...	...	2 dr.
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Lastly, dissolve in the mixed liquid—

Fine gum arabic	...	...	...	...	½ oz.
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And in a few days decant and bottle the mixture.

A harmless colouring for the lips, which will also have the effect of softening them and remedying dryness and chaps, is composed of—

Otto of rose	...	...	...	...	7 drops.
Alkanet root	...	...	...	...	½ oz.
Spermaceti	...	...	...	...	½ oz.
White wax	...	...	...	...	1½ oz.
Oil of almonds	...	...	...	...	3 ozs.

Digest the alkanet in the oil over a water-bath for an hour, then filter while warm into the wax and spermaceti, previously melted. Stir till nearly cold, then add the otto of rose. A little of this may be rubbed on the lips once or twice a day. It is valuable as a protection against cold winds, frost, etc.



## ON "KEEPING YOUNG."



FANCY I see some of my readers smiling at the above artless title! "We would all keep young," you say, "if we only knew the secret of arresting Time's onward remorseless march; but, alas! the finding of the elixir of perpetual youth is apparently as far off as ever."

In spite of this very trite remark, however, we are obliged to admit that "Father Time" appears to deal gently with some people; he lays his finger very lightly upon their brows, and if he culls some of the roses from their cheeks, he leaves behind the pink tinge of remembrance of those faded glories, and by no means robs the erstwhile brilliant eyes of all their power and lustre.

Those with whom Time deals thus gently do possess a secret—it is the secret of keeping the heart young. The art of keeping the heart young is a natural possession with many, but there is not the slightest reason why it should not be acquired, and contact with bright, hopeful spirits will sometimes act with an almost miraculous tonic effect upon those who are weary and depressed.

If you would keep young, then, cultivate cheerful



society, don't shut yourself away in the gloomy corners of your house, and nurse your griefs in solitude. Enter into the interests of others, and endeavour to adapt yourself to the society in which you are thrown.

Another important rule to observe in order to preserve one's youth as long as possible is to keep the muscles of the face under careful control. Girls especially should be taught to avoid ugly habits of contracting the brows, elevating the eyebrows, drawing down or pursing the mouth, &c. Some people seem to laugh almost entirely with their eyes; the result is a perfect network of wrinkles about those organs, unseen on those whose smiles draw back the rosy lips to display the pearly teeth within.

The approach of wrinkles may also be counteracted by a course of face massage. I have already given some hints upon this subject. Wrinkles are formed by absorption of subcutaneous tissues, thus leaving the skin flabby. We therefore seek to increase the facial adipose tissue by massage, and strengthening and emollient washes applied to the skin. A knowledge of the art of facial massage is now often one of the requisites of a first-class lady's-maid. Wrinkles about the eyes and upper part of the face may be removed, if not of too long standing, by gentle but persistent rubbing and stroking with the tips of the fingers, which are now and then dipped in almond oil, or in a little Vinolia cream.

Wrinkles, hollows, and a general flabby condition of the lower part of the face are often caused by loss of teeth. It follows, therefore, that the care of the



teeth is a very important item if you would keep a youthful appearance. In these days of scientific improvements, the art of making artificial teeth has been brought to such perfection that they are almost indistinguishable from natural teeth, and there is, therefore, no excuse for unsightly gaps in the gums or hollowness of the cheeks.





## HOW TO MAKE UP FOR EVENING AND FANCY DRESS.



HOWEVER young and beautiful a woman may be, and however averse to "making-up" in the ordinary sense of the term, it is a well-known fact that she cannot afford to face the glare of the electric light in a modern ball-room without some artistic aids in the matter of colouring.

A "make-up," which would not be considered good form during the day, is perfectly permissible for a dance or other evening function, and the girl who entirely disdains the aid of art, preferring to rely entirely on Nature, will probably have a "washed-out," insipid appearance on those occasions when she really wishes to look her very best.

Of course, we may over-do the business of "making-up" for evening dress. The greatest care and delicacy of touch is needed, and, as a rule, only the slightest soupçon of colouring—a mere suggestion, in fact—must be added to the cheeks—just enough to counteract the cold white light of electric or incandescent lamps.

It is wonderful, too, how much the general appearance of the face may be improved by judiciously darkening the eyebrows and eyelashes. The eyes may be



made to look more brilliant by drawing a thin line, scarcely wider than a hair, just under the edge of the eyelid; in fact, I have sometimes seen a girl with a heavy face and very little natural attractiveness of feature made to look quite brilliant and vivacious, if not almost pretty, under the gaslight, by the aid of a really artistic make-up.

If you want to look your best in the ball-room, let me suggest that you spend the two days previous to the ball as quietly as possible. See that the dressmaker has ample time to finish your dress a day or two before it is wanted, or if alterations are needed at the last moment, you may make yourself perfectly ill with worry and anxiety. Don't rush about shopping or visiting in the early part of the day, but endeavour to spare a couple of hours for a quiet afternoon's siesta. Take a cup of cocoa, instead of your usual tea, at four o'clock, and after a real rest in a darkened room, you will rise feeling refreshed and "fit" for the exertions of the evening. It is noticeable how much a short sleep will do in smoothing out "worry wrinkles" and removing a tired, jaded appearance.

We will suppose that you have taken my advice, and indulged in a refreshing "nap" during the afternoon, and that you now want to commence operations. Have a generous supply of warm soft water in two basins. To the first basin add a tablespoonful of prepared toilet oatmeal, or a tablespoonful of finely-ground oatmeal and fine almond-meal in equal parts. A pure emollient soap should be used. Make a generous lather, and thoroughly cleanse the skin with this from all the



dust which may have accumulated during the day. To the second basin of clear warm water add a teaspoonful of eau-de-Cologne or good toilet vinegar, and with this lave the skin until all trace of soap is removed. Unless this be carefully done, the skin is sometimes apt to have a shiny appearance. Having wiped face, neck, and shoulders perfectly dry with a soft towel, proceed to wash and bathe the arms and hands in the same way.

A good complexion wash is now needed. Here is a recipe for an excellent one:—Oil of citronella, five minims; white Castile soap, one drachm; glycerine, two drachms; cucumber pomade, three-quarters of an ounce; warm distilled water, to make half a pint. Cut the soap into fine shavings, and dissolve, by aid of heat, in one ounce of the water; then place in a warm mortar, and gradually incorporate the pomade, glycerine, and citronella oil. Finally, add the remainder of the warm distilled water, place the whole in a large bottle, and shake till cold. A little of this lotion, which should be of a thick, creamy consistency, should be taken in the hand and thoroughly rubbed into the skin of the face.

A very little good vegetable rouge may now be applied to the cheeks with a piece of cottonwool. There are many preparations of rouge to be obtained, but, in my opinion, Dr. Paul's "Ceraline" gives the most natural colour, and is also perfectly harmless. It is in the form of a soft paste, and all that is needed is to take a very little on the tip of the finger, gently rubbing it into the cheeks with a circular motion, being



careful to soften it at the edges. The "Ceraline" may also be applied to the lips, to enhance their colour. You can obtain the pots of "Ceraline" from most high-class chemists.

The colouring process having been completed, the face is next to be powdered. Use the very best face-powder for this purpose—a common powder is detected so easily, and the general effect is always bad. Touch up the eyebrows with a little liquid Kohol. Another way to darken the eyebrows is to take a cork and place it in the fire. When it has burnt right through, remove it, and rub a little of it down to powder on a small china saucer or palette. To some of this powder add a drop or two of the purest glycerine. Mix thoroughly, and with a fine camel-hair brush artistically pencil the eyebrows. It has a most successful effect. Some people possess very fair or almost white eyebrows, and in such cases these modes of darkening them are useless, as the marks of the brush or pencil are so distinctly visible. To darken very light eyebrows, apply a light brown eyebrow dye a day or two previously.

When the face has been properly made up, the neck, shoulders, and arms must be attended to. The skin lotion, for which I have given the recipe, must be thoroughly rubbed into the skin, and any discolourations, dark moles, etc., may be disguised for the nonce by painting over with white theatrical grease-paint; then powder thoroughly, the effect of the application of the lotion being to cause the powder to adhere to the skin.


In making-up the face for fancy dress, a little more



latitude may be allowed in colouring, and the eyebrows may be more distinctly darkened. A patch or two of court-plaster here and there has the effect of setting off the colouring of the face to the best advantage, and an unsightly mole or pimple may often be hidden in this way. If you wish to powder the hair, it should first be carefully dressed, then smeared over with vaseline, and the powder shaken over it from a large puff. It is, as a rule, however, far preferable to wear a white wig. The ready-made coiffures are very becoming, can be easily hired, and are most artistic and effective in appearance, besides being less trouble than dressing and powdering the natural hair.



## TOILET HINTS FOR LADY CYCLISTS.

“ HERE is no rose without its thorn,” and even the most delightful of recreations has its drawbacks. A spin on one’s favourite “wheel” through sunny lanes and pleasant high roads makes the blood course vigorously through one’s veins, and sends the glow of vitality and health through the frame, but, alas! is too often productive of unbecoming flushes, harsh, dry, or cracked skin, and unsightly tan and freckles.

Now, the moral of all this is that women cyclists must be on their guard against the pains and penalties which inevitably follow the neglect of certain rules, regulations, and precautions which I am going to lay before my readers.

First, then, a lady bicyclist should exercise good judgment with regard to her clothing. There is no need that a woman should look a fright because she rides a bicycle—she should be as natty and smart as possible—but, on the other hand, she should take care that prudence and comfort are not sacrificed to appearance. The reason why so many girls become uncomfortably over-heated and perspiring after a sharp ride is that they are far too heavily clothed—note, please, that I do not say too warmly clothed, because warmth is



essential, especially in winter weather, and in the early days of spring. A maximum amount of warmth compatible with a minimum amount of weight should be striven after, and for this reason I am strongly in favour of Jaeger underclothing.

In my opinion, the ideal lady bicyclist's costume consists of a Jaeger vest—high-necked and long-sleeved in winter, low-necked and short-sleeved in summer—a pair of corsets so cut as to give support and style to the figure without undue pressure on the muscles; a Jaeger under-bodice, and a pair of knickerbockers of the same material; over these should be worn a light all-wool cloth skirt of tan, fawn, or grey colour, and a smart short jacket en suite, with a Tattersall cloth waistcoat in winter, and a washable one in summer. In the very hot days a light silk or cotton blouse may be substituted for the coat, but the sleeves should not be full at the shoulders, as this causes them to fill with air when riding against the wind, and flap backwards and forwards in an unsightly and almost grotesque fashion. Jaeger stockings, and well-cut, shapely, but comfortable boots of tan leather should be worn.

Above all things, do not wear a huge flapping hat. The wide brim, of course, protects the face, but certainly at the sacrifice of all comfort, for the brim catches the wind, and the hat is blown from side to side, or to the back of the head, in a most aggravating fashion, necessitating a wear and tear of temper which is by no means to be advised. A Redfern yachting-cap is one of the most serviceable and desirable headgears which you can possibly wish for. It fits well to the head, and the peak in



front is a capital protection to the eyes and face. A veil may quite well be worn with this, but do not let it be a closely spotted one. And here let me drop you a valuable word of advice. Don't buy a common veil. Cheap veils are a delusion and a snare, especially for cyclists. The initial expense of a good veil may be three or four times that of a common one, but the first is really cheaper in the long run. It outlasts at least three common veils, and both in appearance and comfort it is far more satisfactory. If you buy a good veil, you can get one which has a fine mesh, and yet which affords a clear vision, and is at the same time an excellent protection against sun and wind.

And now, having clothed our cyclist from head to foot, let us turn our attention to safeguarding her complexion from the onslaughts of the weather.

The trouble with most lady cyclists is that they become so excessively hot, especially in the region of the face, after about an hour's exertion. Of course, new riders suffer the most in this direction, because they have not yet learnt to regulate their speed, and because they become anxious and nervous when traffic has to be met and careful steering is required. It is therefore necessary to cultivate as much equanimity and cool nerve as possible. The application of a cooling sedative lotion to the face before starting out for a spin is, however, sometimes a boon and a blessing, and I know of at least two cycling friends who always carry a tiny bottle of face lotion, made up from one of my prescriptions, in their cycle satchels, and find it of almost inestimable benefit.



“ My face used to become the colour of beetroot after half an hour’s cycling,” said one of these girls recently, “ and now, thanks to your lotion, I keep as cool as a cucumber.”

My method for keeping the skin cool is very simple, but to obtain satisfactory results, it must be followed in every detail. First, then, rub well into the skin a thoroughly good emollient cream—a good cold cream, obtained from a reliable chemist, will answer the purpose. Cold cream is, however, sometimes adulterated, so I give a recipe for those who prefer to have one made up:—White wax, one drachm; spermaceti, quarter ounce; white vaseline, two ounces; oil of sweet almonds, one ounce. Break the wax and spermaceti into small pieces, and place them, with the vaseline and oil, in a bowl or jar. Melt in a bain-marie, and pour in an ounce of rose-water that has been warmed, adding also three or four drops of otto of roses; then mix the whole well together by means of an egg-whisk until it becomes thick, white, and creamy. Allow it to cool, and keep well covered in a jar or pot.

A little of this cream should be taken on the fingers and thoroughly well rubbed into the face until it is completely absorbed by the skin. Then lave the face again and again with buttermilk, or, if this is not easily obtainable, with water softened with oatmeal. To do this, place in a basin of water, several hours before it will be required for washing purposes, about half an ounce of prepared toilet oatmeal. Stir the water up once or twice, and it will be ready for use. Dry with a soft towel, and then gently rub over the skin a simple



sedative wash, composed of oxide of zinc, two drachms; pure glycerine, four drachms; rose-water, two ounces. Allow this to dry, and then dust over with Mason's Bloom of Stephanotis Powder. Carry a small bottle of this lotion with you if you are going a long country ride. It will be found very cooling and refreshing when you stop at a wayside inn for a rest and "brush-up."

One of the evils which I would warn my fair bicycling friends to be on their guard against is the acquirement of that terrible malady, "the bicycle face." The possession of the "bicycle face" is no enviable one, I can assure you, and, although easily acquired, is not so readily remedied as might be supposed.

It attacks, principally, very nervous riders, and, in fact, if you take the trouble to scan the countenances of the bicycle riders—men and women—whom you meet in the streets, you will notice that very many of them wear a strained, fixed expression, and that this is generally more noticeable in roads or streets where there is a good deal of traffic. If not corrected in time, the face gradually settles into a hunted, drawn look, the brows become contracted, and there is a rigid appearance about the eyes which is the reverse of prepossessing. The trouble is that this expression does not pass away, but becomes habitual, and as it is contracted almost unconsciously, it is well that learners should be on their guard.

The "bicycle face" is a well-known malady in America, and is rapidly becoming prevalent in this country. As the habit is generally due, in the first instance, to nervousness, it is obvious that considerable



self-control and will power must be exercised to overcome the tendency to contract the facial muscles. Whenever you feel that the muscles of the face are contracting in the way I have described, the lips firmly compressed, and the eyes strained, pull yourself together and make a persistent effort to relax the features as much as possible.

A gentleman who was discussing the pros and cons of bicycle riding with me a few days ago said, "I never think a woman looks her best on a bicycle. Nine out of ten of them wear such an anxious expression—just as if they were working a treadmill." I smiled, but I could only agree that there was some truth in the assertion. A strained, anxious, and fixed expression does not suit even the prettiest woman's face, and if you want to look well on that smart new "Humber" in which you have just invested, and which goes well with your stylish tailor-cut costume, don't forget that a bright, pleasant expression is a *sine quâ non*.

I must say a few words in conclusion on that affection which so frequently attacks bicycle riders—seborrhœa, or greasy skin. It is due principally to over-exciting the glands of the skin by excessive exertion; this is followed by reaction and loss of tone and elasticity in the sebaceous glands.

Violent bicycle exercise must be avoided; take short spins of an hour's, or two hours', duration, rather than long continuous rides, and take the precaution to bathe the face before going out with a lotion composed of:—Sulphate of zinc, two grains; compound tincture of lavender, eight minims; distilled water, one ounce.



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Before applying this lotion the face should be washed with water to which a few drops of Scrubb's Cloudy Ammonia have been added.

The oatmeal face-treatment is both preventative and remedial. Take a teaspoonful of prepared toilet oatmeal, and mix it on a saucer or plate to the consistency of a thick paste with a little rose, orange-flower, or elderflower water. Take this upon the tips of the fingers, and thoroughly massage the face with it, rubbing it into the skin until all the paste is used and the oatmeal comes off in the form of a fine powder. Then dust the skin over with toilet powder. This is most refreshing, and the oatmeal has a very absorbent effect upon the superfluous sebaceous matter. The oatmeal treatment, however, is sometimes a little irritating to ultra-sensitive skins, and in such cases should not be adopted. I am not in favour of very strong astringent washes to overcome excessive greasiness if they can be avoided, as the disadvantages of such lotions are many.



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## GENERAL CARE OF THE HAIR.



BEAUTIFUL hair adds to the attractions of a pretty face, and half redeems a plain one. No part of the organisation requires more attention than the hair, and yet, while pains are bestowed upon the complexion, the hands, or the figure, this adjunct of beauty is frequently almost neglected. One of the consequences of this is that at least seventy per cent. of the applications for advice to the toilet columns of ladies' papers are upon the subject of the hair. Premature greyness, baldness, dandruff, and the thousand and one troubles to which the hair is subject, may be traced, as a rule, directly or indirectly, to want of sufficient care in keeping the scalp in a healthy condition.

From the very earliest age the hair should receive the most constant and thorough attention, great care being taken to cultivate thorough cleanliness, which is, perhaps, the most essential safeguard against all future diseases of the scalp, and consequent falling of the hair.

In order to secure thorough cleanliness, it is not necessary to indulge in daily, or even weekly, ablutions, for it is quite possible to wash the hair too much; a good comb and brush are excellent agents to employ for the purpose of keeping it clean, vigorous,



and healthy. The comb is intended for the hair only, and not for the scalp, its mission being to remove all tangles by separating the individual hairs and preventing their becoming matted together.

The hair should be well brushed night and morning with a brush containing moderately stiff bristles, and which should always be kept most scrupulously clean. This process of brushing the hair should be done as firmly and as gently as possible, so as to ensure cleanliness and smoothness, and at the same time avoid any injury to the scalp. Very stiff or wire bristles should be carefully avoided.

When we remember that all the refined nations of the world, from antiquity to the present day, have looked upon luxuriously - silky tresses as an important feature of beauty, we cannot afford to neglect the hair at any period of life, and when Nature has been sparing in the bestowal of her gifts, great improvements may be effected by constant and proper care and attention.

Very few people have any idea what an astonishingly large number of hairs there are on one single person's head; the average total number is estimated at between ninety and one hundred thousand. The shape of the hairs is very variable; the small ones are cylindrical in form, while the long ones are oval; straight hairs are nearly round, while curly hairs are almost perfectly flat. Each hair is like a tube, rising from a bulb, which contains a separate artery, vein, and nerve of its own.

Each tube, when in a healthy condition, contains a



fluid of an oily nature, and it is this which nourishes it and assists the growth. But if the hair is neglected, the ends will soon become split, thus forming an opening through which the fluid escapes.

Baldness is due to many causes. If it proceeds from old age, it is the natural result of the general decay of the body; the circulation becomes poorer, the roots of the hair dry up for want of nourishment, and the hair falls sometimes with alarming rapidity. If baldness is due to heredity, it is a very difficult matter to arrest, or even to restore the hair which is lost.

Sometimes baldness follows a severe illness, such as typhoid fever, or results from close mental application and nervous strain. When this is the case, the first thing to be done is to build up the system with a good tonic and plenty of fresh air. The diet should be nutritious and generous, and a stimulative wash is generally necessary for local application.

Once a month, or every six weeks, the hair should be shampooed; this should not, unless for exceptional cases, be done oftener, as daily brushing will keep the scalp quite clean.

The practice of crimping or curling the hair with hot irons cannot be too strongly deprecated. The degree of heat which is required to accomplish the desired result is sufficient to dry up all the natural oil in the glands.



## DANDRUFF.



ANDRUFF is, perhaps, the most common of all hair diseases, and when once it has made headway is extremely difficult to cure. In the incipient stage, however, it easily yields to treatment. It may arise from many and various causes—ill-health, neglect of daily brushing, the use of drying washes or irritating soaps, or too frequent washing of the hair. It evidences its existence by itching of the skin, heat or redness of the surface, and its destructive power by the scales of dead skin that fall. If neglected, it invariably produces falling of the hair, and sometimes baldness. The scales, that fall in abundance, are thin, small, opaque, dry, and white. The slightest scratch dislodges them, but they are renewed as fast as they fall. There are several kinds of dandruff, the most common being Pityriasis, when the scales are of an exceedingly dry nature, almost like March dust, and Seborrhœa, in which case the scales are dull and dirty, and exude grease, which sticks to the hair, and renders it extremely unhealthy.

It is safe to say that, as a rule, nutritive debility is at the root of this skin affection. It is frequently also due to heredity, and when this is the case there is greater difficulty in effecting a cure.



When there is a tendency to dandruff, the diet should be very carefully chosen. Salt foods should be avoided as far as possible, and, in fact, anything, either in meat or drink, which would be likely to over-stimulate the system. Sometimes an iron tonic may be recommended, but this depends greatly upon circumstances, and should not, therefore, be laid down as a broad principle. In any case, however, plenty of fruit of all kinds should be eaten, especially in the morning, and vegetables and salads may be partaken of freely. Cod-liver oil, in nearly every instance, may be prescribed.

It is exceedingly important to avoid irritation of the scalp, and although daily and systematic brushing is both important and necessary, the brush chosen should be rather a soft one, and should, of course, be kept scrupulously clean. The teeth of the comb should not be allowed to touch the scalp.

Children's hair may be kept free from dandruff by using a shampoo lotion once a week, composed as follows:—Carbonate of ammonia, one drachm; carbonate of potassium, one drachm; water, four ounces; tincture of cantharides, one drachm; alcohol, four ounces; rum, one and a-half pints. Dissolve the carbonate in the water, then add the other ingredients. Shake well before using, moistening the scalp until a lather forms. Wash in cool water, and rub dry. This shampoo wash is equally valuable for adults, and will seldom fail to keep dandruff at bay. Another excellent lotion for removing scurf may be made by taking half a teaspoonful of Californian borax and a heaped teaspoonful of common sulphur. Pour over them



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a pint of boiling water, and, when cool, pour into a bottle. Agitate frequently for three or four days, then strain. Moisten the scalp with this thoroughly three or four times a week. When the dandruff is of an extremely dry nature, and is accompanied by great irritation, the irritated surface may be bathed night and morning with a lotion composed of equal parts of rose-water and glycerine. Sometimes an ointment is necessary, one of the best being a simple composition of two drachms of solution of acetate of lead (Goulard's lotion) and one ounce of benzoated lard. This should be applied night and morning. Chronic dandruff may generally be relieved by the daily application of twenty grains of the red oxide of mercury, mixed with an ounce of benzoated lard. When dandruff is chronic in children, it almost always points to a weakly constitution, and internal treatment will, in such cases, often do more towards a permanent remedy than local application. A change of air, a generous and nourishing diet, and a course of cod-liver oil will often work wonders.

The most important point to remember is, that dandruff should always be attacked in the first stage, when it is comparatively easy to cure. When once it has become firmly rooted, the cure is necessarily slow, and in the meantime the hair is robbed of its tone, colour, and luxuriance.



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## GREYNESS.



IN one of Corney Grain's clever sketches, he spoke of a lady who had experienced much trouble:—" Her grief was so great that her hair had turned golden! " Golden hair is now so common that its production is an open secret, and perhaps this is the reason one sees so few grey-haired people nowadays.

Grey hairs may be honourable, but most of us are by no means anxious to welcome " silver threads among the gold," and the discovery of the first grey hair has awakened a thrill of horror in many a pretty woman's breast.

Much as we may dread their appearance, however, grey hairs will come. Time scatters his traces remorselessly amongst us all, but although we cannot stay his hand, we may do much to hide his ravages, and cover with art the defects of Nature.

When greyness is premature—that is, when it is caused by illness, worry, or a general debilitated state of the system—it may often, by timely care, be entirely arrested. In such cases internal treatment and the use of a good hair tonic will generally suffice to effect a cure. When greyness is hereditary it is almost use-



less to attempt treatment, and the only thing to be done is to have recourse to a dye.

The neuralgia fiend is responsible for at least five-tenths of the cases of premature greyness. Obviously, in such instances, the cause must be attacked, and a course of careful medical treatment may generally be recommended. Dyspepsia is another cause. It affects the general nutrition of the system, and the hair is almost certain to suffer.

In each of the cases which I have enumerated a different mode of internal treatment will be necessary. The most important point, of course, is to build up the system by strengthening food, carefully selected, and the judicious administration of tonics. The local treatment is very simple. A useful lotion, which I have many times proved to be efficacious, is made from the following ingredients:—Tincture of cantharides, one ounce; oil of rosemary, one ounce; bay rum, six ounces; olive oil, one ounce. Break up an ounce of rock sulphur (it need not be powdered), and add to the lotion.

Pilocarpine, a preparation from the leaves of jaborandi, a South American plant, is a valuable drug as a remedy for premature greyness, and has recently come greatly into use. Here is a good prescription containing it:—Tincture of cantharides, one drachm; spirits of rosemary, two drachms; solution of ammonia, two drachms; pilocarpine hydrochlorate, four grains; precipitated sulphur, four drachms; rose-water, ten ounces. It should be well shaken before using. When there is much dryness of the scalp, a



little pure cod-liver oil may often be used with effect. Greyness which is the result of advancing years can only be met by the use of restorers or dyes. It is the fashion to protest against the use of hair dyes, and, personally, I prefer to see grey or white hair framing the faces of those who have passed the meridian of life. There is no doubt, however, that the use of a hair dye makes many faces look much younger than they otherwise would do, and if care is taken to use only a harmless stain, no injury to the scalp or health is likely to result.

Nearly all hair dyes contain a small quantity of acetate of lead. So long as the proportion is small, this does not really injure the hair. Dr. Benjamin Godfrey, F.R.A.S., had a large number of well-known advertised hair dyes and restorers analysed, and pronounced, as his opinion, that the quantity of lead contained in any of them could not possibly do any harm. A very good restorer for grey hair may be made up from this formula:—Acetate of lead, forty-five grains; lac sulphur, two drachms; rose-water, eight ounces. Use at first once a day, and afterwards once or twice a week.

Dr. Anna Kingsford, who was a well-known authority upon the subject, gave the following recipe for a dark dye:—Green sulphate of iron, two drachms; common salt, one drachm; Bordeaux wine, twelve fluid ounces. Simmer these ingredients together for five minutes in a covered glazed pipkin; then add—Aleppo nut-galls (powdered), two drachms, and simmer again, stirring occasionally. When the liquid has cooled, add a tablespoonful of French brandy. Cork



the liquid up in a bottle, and shake it well. In a day or two decant the clear portion for use.

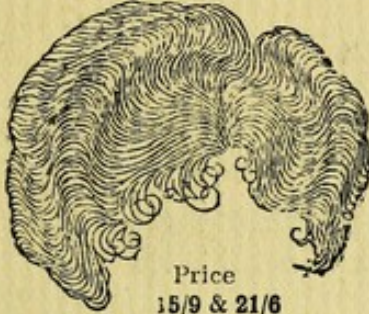
In all cases the hair should be well cleansed before the application of a dye, in order to free it from grease. Wash the hair in a quart of warm, soft water, adding a teaspoonful of Scrubb's Cloudy Ammonia, and be careful that it is thoroughly dry before applying the preparation.



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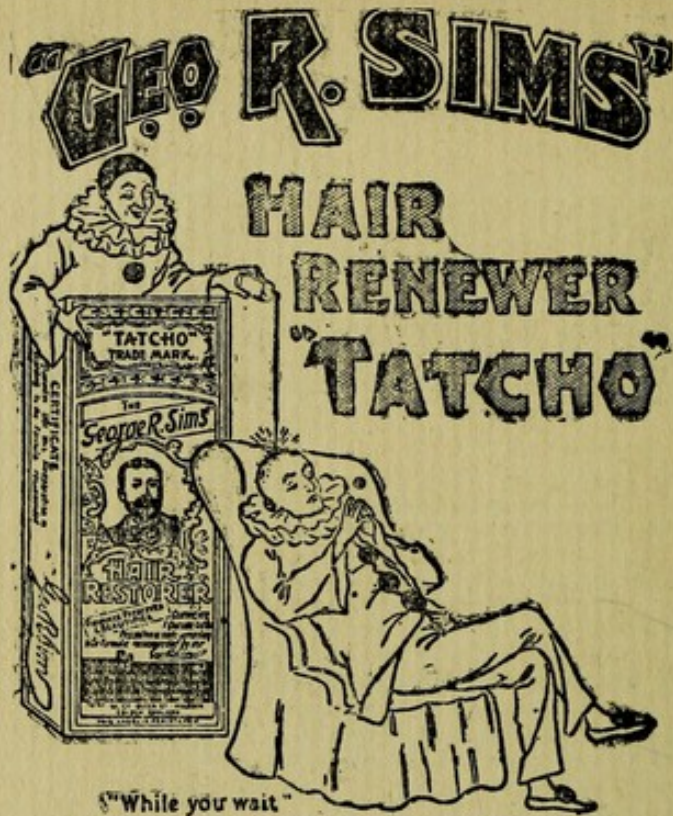
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## BALDNESS.



BALDNESS is one of the most distressing symptoms of an unhealthy state of the hair-glands, and, unfortunately, it appears to be upon the increase. This may be due to the fact that we live in an age of hurry, competition, and mental strain. A cynical member of the male sex was recently heard to unkindly whisper that the "New Woman" would probably be minus hair in the near future—that one of the penalties she would have to pay for claiming and exacting equality with men would be a similar tendency to baldness!

How this gentleman supported his assertion I am not informed. At any rate, although we are not all "New Women," many of us, from various and manifold causes, suffer from excessive falling of the hair, and my object in this chapter is to give my readers a few hints on the prevention and cure of the malady.

Progressive falling of the hair often occurs during convalescence after severe illness. In a great number of people, annual diminution of the hair exists. When the scalp is healthy, fresh filaments take the place of those shed, but if the power of repair be not equal to the fall, baldness ensues.

Depression of spirits, worry, or general debility of



the system, causing exhausted nutrition, may produce baldness. The hair, previously thick and glossy, begins to loosen, the partings to become broader, and the brush to be filled daily. The formation of new hair is, for the time, entirely arrested, and the skin becomes hot, dry, and frequently covered with scurf.

I need hardly say that a point of primary importance is to establish the health by judicious diet and the careful use of tonics. A well-known authority upon the hair says that fat is essential as a diet, whether it be taken in the form of good, fresh butter, cream, or cheese, whether it be introduced with bacon for breakfast and excess of milk in coffee, or whether it be given by the means of cod-liver oil. Adipose material is the great nerve restorer, and supplies the very material that the scalp lacks.

If the failure of nerve power be the cause of falling hair, the head should be washed twice a week with the yolk of an egg, beaten up in a glass of sherry or hock. This should be well rubbed into the roots. Afterwards wash with clear warm water, and dry thoroughly. As an internal remedy, tincture of the sesquichloride of iron should be given three times a day, in water, directly after meals. Should anæmia be at the foundation of the disorder, iron and cod-liver oil must be given freely internally, and bay rum and almond oil applied externally. If great physical exhaustion or fatigue of the mind be the cause, a change of air and complete rest will often effect a cure. An ointment composed of a drachm of calomel, added to two ounces of benzoated lard, rubbed daily into the skin,



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will sometimes be of great service. This may be perfumed with a few drops of any essential oil. Expressed oil of mace and benzoated lard in equal parts is another much-extolled remedy.

When the hair falls off, leaving bald spots, or the head becomes bald round the temples, apply daily a preparation composed of tincture jaborandi, half an ounce; lanoline, three drachms; glycerine, two ounces. Mix by the aid of a little purified soft soap, and well rub in every night.

Cantharides, which forms the basis of nearly all hair tonics, is especially useful in baldness, and I have seen excellent results from the daily use of a wash made from vinegar of cantharides one fluid ounce; glycerine, two fluid ounces; rose-water, six fluid ounces. Mix well; let the mixture stand for twenty-four hours, then filter. Another exceedingly efficacious wash is made up from this prescription:—Solution of ammonia, one drachm; vinegar of cantharides, four drachms; eau-de-Cologne, one ounce; glycerine of borax, one ounce; distilled water, add to six ounces. A cantharidine pomade, for rubbing into bald spots, is made thus:—Marrow, four ounces; white wax, three and a-half drachms; tincture of cantharides, fifteen drops; oil of mace, seven drops; oil of cloves, seven drops; otto of roses, three drops. Melt the solids together, and add the oils and otto when cooling.



## THE CARE OF CHILDREN'S HAIR.



THE care of the hair in youth is so important and essential a matter in relation to its welfare in after life, that the subject deserves a chapter to itself, which will, therefore, be devoted to giving mothers a few useful hints on the management of children's hair.

The hair depends, perhaps more than any other part of the anatomy, upon physical health. Its texture, tone, and growth are determined largely by hereditary influences, a sickly, unhealthy child generally possessing weak, thin, and brittle hair, while in a child of more robust organisation the hair has a tendency to thick and luxurious growth. Of course, there are exceptions to this rule. I have known many delicate children with strong and thick hair, but with almost all weakly children the greatest care is needed to encourage the growth by artificial means. The great mistake made by most parents with regard to children whose hair is weak and of feeble growth is to have it frequently cut. Hair which is in a delicate, unhealthy state should not be cut, as it lacks sufficient recuperative power to recover itself. The hair of children which is in a healthy state should be cut periodically; two or three times a year is often enough; but the best and most rational treatment of children's hair is to keep the scalp thoroughly clean and free from dandruff by occasional washing and a daily systematic brushing with a moderately hard brush.



A child's hair should be washed about once a month, not oftener, as too frequent washing has a tendency to dry up the natural oil of the glands, and thus deprive the hair of the nutriment which is essential to its healthy condition. Warm, soft water should be used, to a quart of which a teaspoonful of Californian borax should be added, and the yolk of an egg, well beaten up with a little warm water, is far preferable to the use of soap.

The nurse should be instructed to brush her charge's hair every night and morning for at least five minutes, being, of course, careful not to irritate the scalp in any way by too vigorous handling. I do not approve of tightly crimping or curling children's hair every night. If the hair does not curl naturally, it may be curled occasionally with soft rags or Hovenden's Easy Hair-curlers. I hope I need hardly add that curling children's hair with hot irons is almost criminal. No child can ever hope for beautiful tresses whose hair has been damaged in this ruinous fashion by thoughtless attendants. Almost all children's hair requires the occasional use of a mild stimulative lotion during the spring and autumn. An excellent hair-wash, useful for this purpose, is composed of:—Oil of geranium, five drops; solution of ammonia, one drachm; glycerine of borax, four drachms; tincture of cantharides, two drachms; spirit of rosemary, two drachms; rose-water, to eight ounces. This forms an exceedingly cooling and invigorating wash for dressing the hair, and is especially useful when there is a tendency to dandruff. When the hair is in a very impoverished



condition, a more energetic lotion is required, a useful formula for which is as follows:—Solution of ammonia, one drachm; vinegar of cantharides, four drachms; eau de Cologne, one ounce; glycerine of borax, one ounce; distilled water add to six ounces. This should be applied several times a week to the roots of the hair with a small sponge. As a rule, dandruff may be remedied by the occasional use of a simple wash composed of equal parts of glycerine and rose-water.

Ringworm is a troublesome disease, very prevalent among children, especially those of weakly constitution. It is really a disease of nutritive debility, and, unfortunately, is exceedingly contagious. It requires most careful attention. Sir Erasmus Wilson, one of the highest authorities upon the treatment of the hair, gave it as his opinion that a nourishing diet and generous regimen, with the aid of tonic medicines and local treatment of the tonic or stimulant kind, was the best remedy. Well-fed and well-tended children, even when of delicate parentage, seldom suffer from ringworm, but a nutritious diet will not cure without the assistance of medicine. The tonics principally used are nitro-muriatic acid with tincture of orange-peel, phosphoric acid with tincture of perchloride of iron and tincture of orange-peel, or the ferro-arsenical mixture. The local treatment consists in ablutions with carbolic-acid or juniper tar soap, and the application of nitric-oxide of mercury ointment. At the skin hospitals an ointment of sulphur, white precipitate, and creosote with oil is often used.



THE FIGURE



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## OBESITY.

“ SUPERABUNDANCE of adipose tissue ”  
—that is the technical way of expressing the discomforting possession of embonpoint. Nearly every woman has a horror of becoming stout, and although plumpness and fulness of contour are by no means unbecoming to many women who have passed middle life, corpulence is a thing to be avoided, for in nearly every case it betokens an unhealthy state of the system.

Obesity, in some instances, is due to heredity, and it is then almost impossible to cure. More often, however, it is the result of want of sufficient physical exercise, and of over-indulgence in fattening foods.

One of the most important preventatives of an over-accumulation of flesh is daily and systematic walking exercise. An hour's walk should be taken, if possible, before breakfast. A small cup of milk and soda-water, in equal parts, and a biscuit or a small piece of bread-and-butter, may be indulged in before starting. Some slight foundation of this kind is necessary, especially for those who are not in robust health. Later in the day, two more hours, at least, should be devoted to walking or gymnastic exercises.



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Young girls who have a tendency to stoutness can keep obesity at bay by entering thoroughly into outdoor pastimes. Tennis, rowing, bicycling, or cricket are the most healthy and rational means of reducing weight and improving the figure, and are more permanent in their effects than any medical treatment.

The question of diet is one which needs careful consideration, and is really all-important in the treatment of obesity. I need hardly say that all carbo-hydrates—that is, all foods containing starch and sugar—should be rigorously avoided. Under this heading come rice, potatoes, tapioca, sago, oatmeal, vermicelli, macaroni, etc. Sugar in all its forms must be a forbidden article of diet, and butter and oily substances should be partaken of sparingly. Here is a general table of diet which may be followed safely:—

Breakfast:—Plenty of ripe uncooked fruit—apples, pears, oranges, figs, nectarines, greengages, grapes, etc. A selection may be made from these. In winter, when fresh fruit is not plentiful, stewed prunes or bottled fruits may be substituted. After this, a boiled egg or a little fish may be indulged in, and biscuits or thin toast should be substituted for ordinary bread. Weak tea, without sugar, may be taken, but if plenty of fruit is eaten, the tea may be—and is better—dispensed with.

Lunch should consist of white fish, grilled or baked, or a little cold lean meat and salad, toasted brown bread or stale bread, soda-water, mineral water, or home-made lemonade.

At dinner no soup should be taken, and the diet



should be confined, as far as possible, to white fish, lean mutton, poultry or game, and fruit. A glass of claret or sherry is allowable.

It is best for those inclined to obesity to limit themselves to three meals a day. Before retiring for the night, however, one or two biscuits and a small glass of wine and water, or a similar light repast, may be taken.

Turkish or vapour baths are excellent mediums for reducing flesh, and I have known them highly effectual in many cases. Turkish baths must, however, be taken with discrimination, as they are not suitable for all constitutions.

A course of massage has frequently very good results, while early rising and the matutinal cold bath are valuable agents in reducing corpulency.

The following table shows the relative height and weight of an adult woman in proper health:—

Stature					Weight.	
ft.	in.				st.	lb.
4	10	...	...	...	7	0
4	11	...	...	...	7	4
5	0	...	...	...	7	7
5	1	...	...	...	7	12
5	2	...	...	...	8	2
5	3	...	...	...	8	9
5	4	...	...	...	9	2
5	5	...	...	...	9	9
5	6	...	...	...	9	13
5	7	...	...	...	10	8
5	8	...	...	...	11	4

The only drug which I can safely recommend for



reducing flesh is the Liquid Extract of *Fucus Vesiculosus*, a species of seaweed, which acts in a marked way upon the tissues, and, being purely vegetable, has no unpleasant or injurious results upon the physique. A teaspoonful of the liquid extract, taken twice a day, after meals, when combined with the diet regimen I have prescribed above, often reduces the weight considerably within a few weeks.



## HOW TO INCREASE FLESH.



IT is a much easier task to increase than to reduce flesh, and unless the loss of weight is due to deep-seated and serious constitutional causes, careful attention to certain rules of diet and living, which I shall presently prescribe, will, in nearly every case, succeed in producing the desired results.

There is an old saying, "Laugh and grow fat," and it no doubt forms the fundamental basis of a true theory. Very thin people are generally nervous and fretful, over-sensitive to trifles, and frequently of anxious and gloomy dispositions. Overwork, both mental and physical, is another very general cause of excessive attenuation. Late hours and insufficient or indigestible food are also agents in bringing about this condition of the body. We live in a high-pressure age, and the continual wear and tear of domestic worries and social life in towns is no doubt much to blame for the production of so many thin and angular women.

I know that it sounds terribly unpractical and exceedingly irritating to be told to "cultivate a placid and equable temper." When so many things will persist in going wrong in one's everyday life, it is by no means an easy matter to "smile and smile," and, in



some cases, impossible to avoid the inevitable loss of patience and temper which thoughtless servants and troublesome children cause. To some extent, however, the disposition to "worry" can be overcome, and happy the woman who has learnt to look upon the small but nevertheless vexatious worries of her household with something like the equanimity of a philosopher!

Retiring early to rest is an important rule which should be adopted by all who desire to increase flesh. There is no necessity, however, to rise with the birds, and even if I run the risk of encouraging laziness, I would say to the thin woman, remain in bed as long as you conveniently can in the morning.

Before rising, drink a small cup of sweetened chocolate or cocoa (not tea), and dress leisurely. Your diet, of course, should be generous, and should consist of rich and nourishing foods, astringents and acids of all kinds being rigorously avoided. Here is a fairly extensive diet regimen, which may be generally adopted by lean people:—Breakfast.—Milk, chocolate, or cocoa. Wheat or oatmeal porridge, wholemeal bread, with plenty of butter. Fried bacon; eggs poached or boiled, or in the form of savoury or sweet omelettes. Sardines in oil, preserves, honey. A selection from these should be made, and prunes, dates, or figs, stewed in milk, may occasionally be substituted for porridge.

Lunch.—Fish, including cod, turbot, mackerel, oysters, etc. Cutlets, steak, or cold meat, milk puddings. Stout, ale, or a glass of light port.

Dinner.—Soups of all kinds; fish, especially turbot, salmon, oysters, cod, or mackerel; beef, mutton,



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poultry, or game, baked or steamed potatoes, and other vegetables; farinaceous puddings, cheese, one or two glasses of wine.

Take plenty of cream and sugar in your tea, and at night, before retiring, take a glass of milk and some light refreshment. Heavy suppers should, in all cases, be avoided.

Your clothing should be warm, but as light as possible, as heavy clothing tends to attenuate the body.

Above all things, do not forget my advice at the commencement of this chapter, Don't worry.



## THE FIGURE IN MIDDLE AGE.



HOW to preserve through middle life the symmetrical figure of early womanhood is a problem which most women find no easy matter to solve. The tendency of adipose tissue to increase in various parts of the body is the difficulty with which so many of us have to deal. The curves of the body persist in appearing in the wrong places, and greater, perhaps, than the consciousness of visible loss of symmetry is the growing sense of clumsiness and helplessness that creeps over one as the accumulation of adipose, instead of being uniformly distributed over the body, piles up below the waist-line.

In cases of embonpoint, when the tendency to increased stoutness is general throughout the frame, the trouble may be coped with by means of careful dieting, but in the instance to which I have alluded above dieting is of little avail.

I have come to the conclusion, however, that there is a remedy, and, although it requires some energy and perseverance, it may be relied upon to prevent this accumulation of fat in certain parts of the body.

The course of exercises, which I shall give in detail, are specially directed towards keeping the figure lithe and agile, and preserving, as far as possible, its symmetrical proportions.



The best time for taking these exercises is in the morning, immediately after leaving one's bed, and before putting on the corsets. The air of the room should be pure and sweet, so that the lungs may be benefited no less than the abdominal muscles, and the blood be purified.

1. Draw in the abdomen as far as possible, fill the lungs with air, and then raise the arms above the head till the hands meet, without moving or bending the knees; bend the body as far back as possible, and then, allowing the air to escape from the lungs gradually, bend the body as far forward as possible, until the hands approach the floor. Repeat this ten times, following exactly the directions for breathing.

2. Place the hands upon the hips akimbo, draw air into the lungs as before, and bend forward, first to the right, as far as possible, allowing the air to escape from the lungs, and then, after filling the lungs again, to the left. Repeat this exercise ten times.

3. Place the hands lightly on the breast, draw in the abdomen, fill the lungs, and turn the head and body as far as possible, without moving the knees or feet, first to the right, and then to the left. Repeat this ten times.

4. With the arms at the side, draw in the abdomen, fill the lungs with air, and raise the arms to their height above the head, keeping the lungs fully expanded; then, breathing out, allow the arms to fall slowly to the side again. Repeat this ten times.

From fifteen to twenty minutes each day should be spent in these exercises, the aim being to strengthen



all the muscles of the abdomen, causing them gradually to contract and maintain their normal healthy attitude.

The daily practice of these exercises is an excellent preventative measure, but in cases where the accumulation of adipose tissue has already taken place, I recommend a systematic course of massage. This I have found exceedingly efficacious in numerous instances, and it also has the effect of giving tone to the muscles and invigorating the system.

With regard to the question of corsets, anyone who has been in the habit of wearing these much-abused appliances for years would be very ill-advised to discard them at a time when the figure has a tendency to spread. Tight-lacing is, of course, an evil which cannot too strongly be declaimed against, and the physical ills of which it is the cause have been enumerated so many times that it is scarcely worth while to discuss them. The National Health Society and kindred associations have done much towards spreading a knowledge of hygienic principles in relation to clothing throughout the land, and a tiny waist, out of all proportion to the figure, has come to be looked upon as one of the signs of excessively bad taste. It is not "good form," in more senses than one.

The best kind of corset for middle-aged ladies is one which is long in the busk and short at the back; one which has the seams running diagonally is to be preferred to the ordinary kind. It should be carefully and evenly laced, but should not in any way interfere with the free movement of the figure, and there should be no unequal pressure.



## EXERCISE AS AN AID TO BEAUTY.



IN spite of the fact that popular ideas have considerably progressed of late years in relation to woman's physical education, I am afraid it must be admitted that the majority of women lead far too sedentary lives. The habit of "staying indoors" is often the result of mistaken ideas regarding the action of the weather upon the skin. In the springtime of the year, when exercise is really most beneficial, many girls deny themselves the advantage of out-door walks because they think the hot sun, the sudden shower, and the frequent changes of temperature, so often characteristic of springtime in this country, will ruin their complexions.

It is not to be denied that "erratic" spring seasons are trying to delicate and sensitive skins, but there are plenty of precautions which thin-skinned individuals might take in order to preserve their complexions without sacrificing the physical exercise which is not only necessary, but indispensable to health.

I would impress most forcibly upon every woman who values her appearance the necessity of daily walking exercise. Those who are engaged in sedentary occupations need at least two hours of brisk walking every day. The two hours need not be taken "at a stretch," but may be divided to suit the convenience of the walker. The best time for walking is, undoubtedly, in the morn-



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ing, although I am by no means an advocate for a walk before breakfast "on an empty stomach." Few people are strong enough to indulge in such Spartan recreations, and in some cases it would be distinctly injurious to health.

Some of the most unpleasant people one can meet with are those who are continually boasting of their feats of strength. I can call to mind the case of a tall, stout, and robust young lady, brought up in a healthy country district, who visited a delicate little friend of mine, living in a suburb of London. The "robust" young lady persuaded my friend that her health would be considerably improved by taking an early morning walk daily before breakfast. The experiment was tried. The country friend returned from the walk with roses in her cheeks and a healthy appetite for breakfast, while the frail "town mouse" came in pale and fatigued, almost fainting with exhaustion, and perfectly incapable of either enjoying or digesting food. If the early morning walk had been persisted in, it would probably have resulted in disastrous consequences for my friend. If a walk is taken before breakfast, a glass of milk and a biscuit, or some other light refreshment, should be indulged in before starting. In my chapter on obesity I have referred to the early morning walk as an aid in reducing flesh.

The value of exercise in developing the muscles, giving vigour and tone to the system, and suppleness to the figure, can hardly be over-estimated. While I am no advocate of severe physical exertion for girls, I think a fair amount of muscular train-



ing is as essential for their healthy physical development as a sound education is necessary for the development of their minds. Those who are responsible for the training of girls at Girton, Newnham, and other well-known colleges and high schools have evidently recognised this, and girls are now given almost the same latitude as regards bodily recreation as the students of the other sex at the universities and public schools.

The consequence of all this is that the physique of the modern woman is vastly improving. To be "pale and interesting" is no longer fashionable, and if we continue to progress along the lines of rationalism, we may even dare to hope that in the not very distant future "fainting" and "hysteria" may become lost arts.

Among the various forms of exercise which may be recommended for the development and improvement of the figure, the cultivation of grace of movement, and the strengthening of muscles and limbs, are lawn-tennis, archery, bowls, cricket, riding, rowing, bicycling, etc.

I do not, of course, intend it to be understood that either of these recreations should be indulged in without due regard to individual temperament and constitution. Some women are so fragile and delicate that only the most gentle walking exercise can be taken, while any form of muscular exertion would be extremely injurious. Where there is a tendency to weakness of the heart or any other organ, physical exertion should be avoided, or at least indulged in in a modified form and under medical supervision.

Those of you who cannot obtain opportunities for



athletic exercise out of doors must be content with home gymnastics. There are various good handbooks published which will be of practical service in this direction. Two sixpenny handbooks, by Charles E. Lord, published at 71, Inverine Road, Charlton, S.E., contain complete instructions, with photographic illustrations, for courses of exercises with dumb-bells and Indian clubs. A useful book of instructions for the guidance of teachers of Swedish exercises, written by Mrs. Strachan Matthews, Superintendent of Physical Education to the London School Board, may be obtained from W. Wayre, 22 and 24, Lower Kennington Lane, S.E., for (I think) 1s. 7½d.

Dr. Schreber's exercises are in my opinion, excellent for general development of the limbs. They consist of a series of gestures, carried out in the following order:—

1. Describe a circular movement with each arm twenty times in succession. Extend the arms forward, outward, and upward thirty times in succession, taking eight or ten deep inspirations between each series.

2. Execute a circular movement from the waist, swaying the upper part of the body slowly round, the hands resting on the hips, thirty times.

3. Extend the leg as nearly at right angles with the body as possible twelve times each side, taking eight or ten deep inspirations between each series.

4. Extend and bend the foot twenty times each side; perform the gesture of reaping or sawing thirty times; bend each knee rapidly thirty times; take eight or ten inspirations.



5. Raise the arm swiftly and rapidly, as in the action of throwing a lance, twelve times in succession; throw out both arms simultaneously twenty or thirty times; take eight to ten deep inspirations.

6. Trot on one spot, resting the hands on the hips, and lifting the feet briskly a hundred to three hundred times. Take eight or ten deep inspirations.

7. Jump with the hands on the hips, and the head and body erect, fifty or a hundred times. Take eight or ten deep inspirations. If necessary, a brief rest should be taken between each exercise.

Sandow's "Developer" is a most useful Home Exercising Apparatus, and may be specially recommended for increasing the measurement of the chest.

Cycling is an admirable form of general exercise, as it brings many muscles into play which would otherwise be seldom used. One or two short bicycling runs each day is the finest sort of exercise a girl can take, but over-fatigue should be carefully guarded against, or more harm than good may be done. For this reason, I am not in favour of girls joining bicycling clubs unless they are of exceptionally strong physique. The spirit of emulation is likely to be very strong, and the delicate girl is often led to overtax her powers and exhaust her strength in endeavouring to compete in fleetness and endurance with those who are of stronger build and of greater vitality than herself. Indeed, I have seen so many cases of injury and complete collapse from this cause that I am inclined to advise every girl to consult a doctor before buying a bicycle. To a girl or woman with a weak heart the violent exertion of a "sharp spin"



might have disastrous results, and for this reason caution and prudence are needed. Women, as a rule, are very careless in the matter of "reserve force." They are too prodigal with their energies, and although some of them possess wonderful powers of endurance, they too frequently forget that these have a limit, and so a collapse, in one form or another, comes sooner or later.

Bicycling exercise, therefore, must be taken with proper restrictions, and the same rule applies to swimming and rowing. Every girl should learn to swim, not only as a precaution against the danger of drowning, but for the sake of the grace and agility which this form of physical movement confers. Rowing is useful for strengthening the muscles of the arms and expanding the chest, while it has an invigorating effect upon the respiratory organs.

I need hardly say, in conclusion, that the clothing should be properly adapted for all these forms of recreation. Tight, stiff corsets or tight gowns would make all such exertions tortures rather than pleasures.



ON THE ART OF BEING GRACEFUL.



ANY beautiful women fail to charm because they lack grace of manner, and one repeatedly meets in society women who, themselves personally unattractive, have yet won the esteem and admiration of those around them by their evident possession of the "je ne sais quoi" which charms—the "indefinable something," as Lord Chesterfield termed them, which enchant.

All grace consists in motion. The great secret of it is to unite in the same movement apparent contradictions—quickness and softness, vivacity and mildness, gentleness and spirit.

Ease is the essence of grace. When Milton describes the grace of an angel, it is "smooth-sliding, without step," and Guido's angels, graceful as Taglioni or Duvernay, seem to have been painted after Milton's description.

The seat of grace is in all parts of the body that have motion—the legs, hands, arms, head, lips, eyebrows, but particularly the neck. As the head is almost continually in motion, the muscles of the neck, in order that the head may move with freedom and ease, should be extremely supple. This suppleness is acquired by practice. Frenchwomen possess it in an extraordinary



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degree. A Frenchwoman, sitting between two men, will address the same phrase to both of them, by a free and easy motion of the head, without even moving her shoulders. The women of other countries can seldom do that. When they turn the head, there is a stiffness in the joints or muscles of the neck, making them turn the body with it.

Nothing is ever graceful that is forced or unnatural. The smallest degree of affectation destroys grace, and hence the necessity of attending to that precious rule, "Rien de trop"—do not overstep the modesty of Nature. To trespass against this precept is to become theatrical in manner—a fatal mistake, and a habit which, once acquired, is not easily rectified. To hit the happy mean is one of the most difficult things in the world, perhaps in nothing more so than in this grace we are talking of.

The art of graceful gesture is one which is well worth careful study. In America, the Delsartian method is taught in many of the schools and colleges, and it has often struck me that, if some of the young men in our English public schools were allowed to devote a little attention to the system of Delsarté, they would feel more self - possessed and more able to control their hands and feet when in society than is at present the case.

It is, of course, impossible in a short chapter to do more than touch upon the fringe of the most important points in the whole art of gracefulness. With some people ease of attitude is second nature. They are "to the manner born," and such people carry a delightful atmosphere with them. An ungainly style



of gesture or awkward manner of conversation is frequently due to extreme nervousness and self-consciousness, and when this is the case, lessons in deportment are of little avail. When the nervousness and self-consciousness have been overcome, the awkwardness will disappear.

I would strongly advise all parents to allow their children to learn dancing when quite young, in order to promote firmness and flexibility in the limbs, and the power of sustaining balance, or, in other words, to adjust the centre of gravity.

I have always thought it a pity that the beautiful French gavotte dance has gone out of fashion. The gavotte and the minuet, with their old-world gracefulness and picturesque dignity, are, to my mind, the most delightful expositions of elegance and beauty. Another extremely graceful dance is the polka-mazurka, which, like almost every other round dance, has had to give way to the inevitable and perpetual quick waltz. Edward Scott, in an excellent little work upon dancing, recently published, says:—"The cultivation of graceful dancing has been so much neglected of late years that there is, perhaps, no art concerning which people are at the present time so generally ignorant. In all other arts the public mind has been steadily trained to perceive and appreciate whatever is admirable and lovely. Everywhere there are schools where young people can learn to draw, and to draw well, if they have taste; music is universally studied and appreciated by men and women of culture; mediocre instrumental performances are not tolerated, even among amateurs; but



people seem to have lost all perception of what is good and bad in dancing, either regarded as an art or a pastime, and the most wretched performances frequently pass muster, both on the stage and in the ball-room." Children who are awkward in their movements should, then, as a first step towards attaining a graceful manner, be given a thorough training in dancing by a competent teacher. Adults also will derive benefit from a course of dancing lessons, but I need hardly add that at the base of all gracefulness of gesture or of speech lies the desire to please and be pleasing to others—a legitimate desire, which should be encouraged and cultivated.



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## GENERAL BATHING.



IN the external treatment of the skin for health and beauty, bathing plays an important part. It was a recognised institution among the civilised ancients. Egyptians, Persians, Greeks, and Romans alike patronised the bath. The ruins of ancient Roman public baths are famous, and many magnificent private baths were supported by the patricians. At the present day, nearly every modern house is supplied with a bathroom, yet many people appear to consider that a bath taken oftener than once a week is a useless indulgence in water. Perfect cleanliness of body is essential to physical and moral health, and especially to beauty.

Bathing serves a number of useful ends—refreshing, removing waste matter, increasing vigour, and overcoming physiological defects. After many years of study of the effects of different kinds of baths upon different constitutions, I am convinced that some kind of daily bath is as necessary to daily health as daily food for perfect nourishment. This seems like a sweeping assertion, but I think I have never known a person whose skin was translucent and glowing, and whose general system was entirely free from nervous irritable neuralgic symptoms, who did not wet the whole body once daily with a hand-towel, at least, and bring the skin to a glow with friction. Many people think the



condition of freedom from pain necessarily a condition of health; but this is a mistake; for health furnishes external evidences, in glowing skin, sparkling eyes, elastic step, and a buoyant desire for useful activity, and the proportion of people who are in this enviable state of physical exhilaration is small indeed.

Upon general principles, I have already said that everybody should bathe daily, because bathing, if followed by friction, removes the waste matter thrown upon the surface of the body by the activity of the pores, the sweat and oil ducts. If this matter remains on the body, a portion of what has already been rejected must be re-absorbed, to the detriment of the health, and is fatal to the beauty of the skin. Everyone throws off enough effete used-up matter over the surface of the body daily to need a matutinal wetting and friction. This proposition, of course, admits of no doubt; therefore, I stand committed to a daily bath, not necessarily to a daily soaking in soapy water, cold or hot, nor to a Turkish or Russian bath, but merely a daily wetting of the body with tepid water, using a little good soap, to be followed by a brisk rub. The wetting loosens the waste particles, and rubbing does the work of removal, and stimulates renewed secretions and healthful activity of the pores. There are times when cold baths are beneficial, times when they are injurious, and it is the same with hot baths, while Roman, Russian, Turkish, shower, vapour, sulphur, salt, sitz, electric, and other scientific baths must be employed with the wisdom born of the knowledge of their tonic, stimulating, relaxing, sedative, or curative properties, as the



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case may be, and none of these baths should be frequently taken, nor even ignorantly indulged in.

The virtues of the cold bath are many; it is both invigorating and stimulating, and causes a reaction which is alike healthful and pleasant. It braces up the muscles, gives tone and elasticity to the skin, and it is one of the best precautions against colds and chills.

While on the subject of cold baths, however, I must utter a word of caution. I by no means advocate indiscriminate cold bathing. Delicate girls and women should never adopt the cold bathing habit without having previously asked the advice of a doctor. What a healthy person may do with impunity, and, indeed, with benefit, may prove highly injurious to one of delicate organisation. If there is a tendency to weakness of the heart, cold bathing is best avoided. If, after a cold bath, there is a feeling of headache, giddiness, or chilliness, it is a sure sign that it has done harm rather than good. Never put a delicate, sensitive child into a cold bath, under the impression that the shock will do it good. Never was there a greater mistake on the part of mothers and nurses. If the child shows fright, do not force cold water upon it, but substitute tepid or lukewarm water, and well sponge the body before immersing in the bath. Another important precaution with regard to bathing is never to take a bath after a full meal, or it may lead to disastrous results. The best time for the cold or tepid bath is before breakfast, the best time for a hot bath is just before retiring to rest. Do not remain in the bath longer than from six to eight minutes, and be careful to avoid taking a chill afterwards.



## MEDICINAL AND INVIGORATING BATHS.



MEDICINAL bath is often a great boon when one is feeling weak and tired after great mental or physical exertion.

Here is a recipe for an invigorating medicinal bath, which I can recommend as being quite harmless. Take of sea salt, four ounces; Scrubb's ammonia, two ounces; spirits of camphor, two ounces; alcohol, eight ounces; and of hot water, sufficient to make a full quart of the liquid. Dissolve the sea-salt in the hot water, and let it stand till cool. Pour into the alcohol the ammonia and camphor, and mix them well by a thorough shaking before adding to the salt water. Once more shake well, until the ingredients are perfectly mixed, and bottle for use. Keep tightly corked.

Do not understand me to mean this as an entire substitute for the good old-fashioned bath of soap and water, and the vigorous use of that indispensable flesh-brush. But keep near at hand, in the sleeping-room, a soft bath sponge, a saucer, and a bottle of this liquid, and when tired, nervous, and "blue," just see how quickly all those morbid thoughts and depressed sensations will be dispelled by calm, sweet, and really restful sleep, by quickly sponging the entire body over with some of this medicated liquid. A few tablespoonfuls



of the liquid will wet the body over if the bathing is rapidly done, before evaporation has caused the escape of a portion of it. If too strong, a few teaspoonfuls of water may be added. Then, with a clean, soft Turkish towel, let the whole body be vigorously rubbed until the skin fairly glows and tingles, and has reddened very perceptibly. Slip quickly into a fresh, cool "robe de nuit," and into a well-aired, clean, and comfortable bed, and, you may take my word for it, you will, in a short time, sink into a really refreshing sleep. I am told that this kind of bath is taken by one of our greatest singers whenever feeling unusually exhausted and nervous, and that she claims her youthfulness of appearance and feelings to be largely due to a continued use of this medicinal bath for years.

There are few people who do not feel some strain and fatigue on arriving at a journey's end, and many fair visitors at country houses own, with some humiliation, that they look their very worst, besides being flushed and "head-achey," on making their appearance at the dinner-table on the night of their arrival. In France, ladies believe in simple remedies more than we do. No Frenchwoman who respects her personal appearance ever fails to take a bran bath on reaching the end of her journey. She goes so far as to carry the bran with her, ready sewn up in a large muslin bag, within the recesses of her portmanteau. About two pounds of bran are first thrown into boiling water, which is then well mixed with moderately warm water, and added to the bath. Such a bath is delightfully cooling and soothing.



An eau de Cologne bath is a luxury which few can indulge in, owing to its expensiveness; but it is delightfully refreshing and invigorating, all the same. It consists simply of a pint of good eau de Cologne added to the bath-water just before entering the bath.

The Baroness Staffe, whose work, entitled "The Lady's Dressing-Room," was translated from the French some years ago by Lady Colin Campbell, speaks very highly of flower-baths. A delicious bath may, she says, be prepared from cowslips or wild primroses. Three handfuls of these flowers, freshly gathered, should be thrown into the bath, which thus becomes not only delightfully perfumed, but exceedingly calming to the nerves, by the virtue in the sweet golden petals. A bath of lime-flowers, she remarks, is also particularly soothing to over-excited nerves. It is worthy of note that herb baths are a very old-world remedy for disordered nerves and spirits. In the household book of the Fairfax family melancholy was regarded as a disorder amenable to treatment, and a favourite remedy, more pleasant than most in the volume, was a sort of bath of mallows, pellitory of the wall, camomile flowers, hollyhocks, hyssop, and new milk, taken at blood heat.

The most luxurious bath on record seems to have been Madame Tallien's favourite bath, which was prepared, so the gossips of her time report, of twenty pounds of strawberries and two of raspberries, crushed and thrown into the bath, from which the bather emerged with a skin freshly perfumed, soft as velvet, and tinged with a delicate pink.



## SEA-BATHING.



SEA - WATER is an excellent tonic. It tends to encourage the healthy action of the skin, and keep up the tone and vitality of the system. At the same time, it must be remembered that sea - bathing cannot be indiscriminately advised. Where there is any tendency to skin disease, either hereditary or acquired, sea - water should be rigorously avoided. The saltness in the water, and even in the sea air, will aggravate rather than modify skin eruptions of all kinds. When, however, skin affections are absent, there are very few constitutions which will not benefit by sea-bathing, provided proper precautions be taken. Unless accustomed to a cold bath every morning, it may be dangerous to a delicate person to commence sea-bathing without first taking tepid sea - salt baths, and to gradually accustom herself to water of the temperature of the sea.

A bright, sunny day should be chosen for the first experiment, and the bather should not remain longer than seven or eight minutes in the water. The head should be completely wetted, otherwise a headache may follow. After a vigorous rubbing with a rough towel, a gentle walk should be taken along the beach.



As a rule, bathers can remain much longer in salt water than in fresh water without injurious results, and the length of time occupied in bathing may be gradually extended, until it reaches twenty minutes.

It is best to put a small piece of cotton wool in each ear before bathing, being careful to remove it afterwards. Very unpleasant results may occur through the sea-water getting into the ears.

The best time of day for sea-bathing is in the forenoon. The first sea-bath should be taken about three hours after breakfast, but by degrees the time may be lessened, breakfast being made less and less of a meal, till it consists merely of a cup of milk. The breakfast proper may then be taken about half an hour after the bath.

The Royal Humane Society has laid down some exceedingly useful rules for the guidance of bathers, which it would be well to bear in mind during the sea-bathing season:—

1. Never bathe within two hours after a meal.
2. Never bathe when exhausted or in ill-health. The practice of plunging into the water after exercise is to be thoroughly condemned.
3. Never bathe when the body is cooling after perspiration.
4. A morning bathe may be taken by those who are strong and healthy before breakfast, on an empty stomach.
5. The young, or those who are delicate, should bathe two or three hours after a meal, and in the forenoon if possible.



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6. The signs which forbid open-air bathing altogether are chilliness and shivering after entering the water, numbness of hands and feet, and deficient circulation generally.

7. When the body is warm, bathing may be indulged in, provided undressing is quickly accomplished, and the body is not chilled before entering the water.

8. On leaving the water, dry and dress quickly. Standing about undressed after leaving the water is, under any circumstances, injurious.

9. Rather cut short than prolong the bathe. Swimmers possess the power of remaining in the water for a considerable time, in consequence of their active movements; but even in their case injury is often wrought by unduly extending the exercise. The slightest feeling of chilliness should be taken as a sign to leave the water at once..

10. Lastly, the common-sense advice may be given that those who experience any symptoms after bathing—such as palpitation, giddiness, etc.—should not again enter the water without consulting a doctor.



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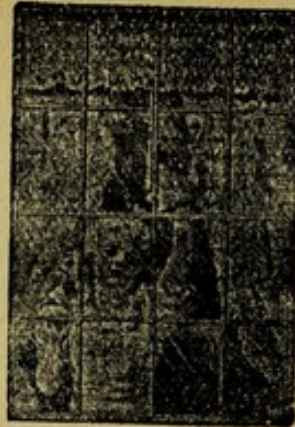
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THE HANDS AND FEET.



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## THE CARE OF THE HANDS.



It has been said that a shapely hand, with tapering fingers and "filbert" nails, is an invariable sign of high breeding. We cannot all possess well-shaped hands, but every woman with a true sense of refinement is careful to give daily attention to their culture. Those of us who have to perform household duties need not necessarily possess red or coarse hands. Doeskin gloves can be used when dusting and cleaning, and after our daily tasks are over, the hands should be thoroughly washed, and the nails attended to.

Every night before retiring to rest well wash the hands with soft water and good curd or oatmeal soap, and after drying with a soft towel, rub into the skin, until completely absorbed, a little good toilet cream. An efficient and reliable cream may be made up from this recipe:—

Spermaceti	...	...	...	...	$\frac{1}{2}$ oz.
White wax	...	...	...	...	$\frac{1}{2}$ oz.
Lanoline	...	...	...	...	$1\frac{1}{2}$ oz.
Water	...	...	...	...	19 drachms.
Almond oil	...	...	...	...	$3\frac{1}{2}$ oz.
Borax	...	...	...	...	18 grains.
Otto of roses sufficient to perfume.					

Dissolve the spermaceti, white wax, and lanoline in the almond oil, and stir together until nearly cold, then gradually add the water in which the borax has been dissolved, and finally the otto of roses to perfume. If the hands are very rough and red, loose doeskin gloves



with the palms cut out may be worn during the night, but I do not as a rule advise this plan, as the constant wearing of gloves during the night is sometimes apt to make the hands a sickly, unhealthy yellow colour, instead of white.

Discolourations of the hands caused by gardening, ink stains, etc., may generally be effectually removed by rubbing the surface with a slice of cut lemon. A slice of lemon freshly cut each day is, in fact, an invaluable adjunct to the toilet table. It preserves the hands from chapping or roughness, whitens the skin, and prevents the cuticle skin from growing over the nail. The lemon should not be rubbed on until after the hands have been washed, and are freed from soap, and they should afterwards be rinsed in clear water. A piece of pumice-stone will also be found useful for removing deep stains, but care should be taken not to scratch the nails.

The hands frequently become wrinkled sooner than the face. This is sometimes due to excessive dryness of the skin. When this is the case, an emollient lotion such as the following may be rubbed into the skin after washing:—

Powdered borax	...	...	...	2 drachms.
Glycerine	...	...	...	3 drachms.
Elderflower water	...	...	...	6 oz.

When the hands have been rubbed with this until quite dry, dust them over with a little rice powder. Well massaging the hands two or three times a day will also help to keep away wrinkles.

When the hands have a tendency to roughness and chapping, occasioned sometimes not only by the rough winds and frost of winter, but by the effects of the hot



sun during summer, they should be kept carefully protected. White gloves should, whenever possible, be worn out of doors. A good preventative and remedy for chapped hands is a preparation called "Vaseline and Camphor Ice." It is made from

White wax	...	...	...	...	1 oz.
White vaseline	...	...	...	...	2 oz.
Camphor	...	...	...	...	$\frac{1}{4}$ oz.
Oil of sweet almonds	...	...	...	...	1 oz.

Mix together, and dissolve by the aid of a gentle heat, pour into a hollow tin, and cut into blocks. It may be rubbed over the hands several times a day. Another form of camphor ice, without vaseline (the latter does not suit all skins), is made as follows:—

Spermaceti	...	...	...	...	2 oz.
Refined white wax	...	...	...	...	2 oz.
Sweet almond oil	...	...	...	...	$\frac{1}{4}$ pint.

Melt by a gentle heat, and add:—

Camphor (in shavings)	...	...	...	1 oz.
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Stir until all are dissolved thoroughly and beginning to cool, then pour the mixture into slightly warmed moulds or egg-cups.

Excessive perspiration of the hands is generally due to a debilitated state of the health. Internal treatment is often necessary, and such treatment must depend greatly upon the predisposing cause. After washing the hands and drying thoroughly, sponge them over with a lotion consisting of equal parts of toilet vinegar and rose-water, and then dust over with a medicated powder composed of—

Oxide of zinc	...	...	...	2 drachms.
Boracic acid	...	...	...	2 drachms.
Pulverised lycopodium	...	...	...	4 drachms.
Powdered starch	...	...	...	1 oz.



## HOW TO MANICURE.



PERFECTLY, transparent, filbert-shaped nails are possessions to be prized by those who appreciate physical beauty, and nail culture, or manicure, introduced in the first instance from America, is now very widely recognised.

Well-kept nails betoken a sense of refinement and culture in the owner, while badly-kept nails, with jagged edges, show coarseness and low-breeding. Well-formed nails are, of course, Nature's endowments; but, unless they are kept carefully cut and polished, they soon lose their natural beauty.

Dr. Paul, who is a well-known authority on the subject of manicure, gives the following instructions upon the process:—First immerse the finger-tips in a lather made from a pure soap in tepid water, and thus soften, not only the nail itself, but, far more important, the hard cuticle which surrounds the matrix or base of the nail, which in the unkempt or neglected hand is too frequently found growing over and obscuring that much-prized ornament, the “lunula,” or half moon. After a few minutes' immersion, the nails are ready for



the operator, who should commence by loosening this projecting cuticle very carefully and lightly with the cuticle knife. Great nicety is required to do this without injuring the matrix or root of the nail, and much precaution is necessary to avoid scratching the nail. The cuticle knife should now be passed with edge towards the finger under the free margin of the nail, and any broken or superfluous cuticle should be removed with the slender cuticle scissors, whose curved points are specially adapted for this work—indeed, it could not be performed with any ordinary scissors. Great delicacy and a light hand are necessary to ensure that only as much as is absolutely necessary be clipped from the delicate tissue surrounding the matrix. The reckless cutting-away of this highly sensitive membrane is frequently followed by considerable irritation, and agnails, with their long train of misery, frequently result.

The next point is to reduce the nails to the required length, and also leave them uniform in shape, and this is effected, firstly, with the file, the edges of the nails being afterwards bevelled and equalised with "emery board," commencing with the rougher side, and completing the operation with the finer surface.

The hands may now be rinsed in a little perfumed water, and after drying, a small quantity of nail-powder is shaken over them, and they are well polished with a chamois-leather polisher.

Sets of manicure instruments can be obtained from most chemists or perfumers, but those obtained in boxes are not, as a rule, of the best quality. It is much the



best plan to buy the instruments separately. Here is a list of the most necessary manicure instruments:—

1. A cuticle knife.
2. A pair of cuticle scissors.
3. An ivory presser (for pushing back the skin growing at the base of the nail).
4. A pair of ordinary nail scissors.
5. A file.
6. A chamois-leather nail polisher.

A box of nail powder and some good cream, for healing irritation of the skin of the nails, should also be added. When the nails are dry and corrugated, a little good cream, well rubbed into them, will supply nutriment, and keep them from becoming brittle and breaking off at the edges.

A very good cream may be made up from this prescription:—White wax, one drachm; spermaceti, quarter of an ounce; white vaseline, two ounces; oil of sweet almonds, one ounce. Break the wax and spermaceti into small pieces, and place them with the vaseline and oil in a bowl or jar. Put it in a pan of water, and melt over a gentle heat. Take the jar out of the pan, and pour in an ounce of rose-water that has been well warmed, adding also three or four drops of otto of roses; then at once mix the whole well together by means of an egg-whisk until it becomes thick, white, and creamy. Allow to cool, and keep well covered in a jar or pot. This is also very useful as a face cream, and is excellent for keeping the hands in good condition.



## GENERAL TREATMENT OF THE FEET.



ON the question of beauty with regard to the feet, artists and Dame Fashion have generally been at variance. The popular and the hygienic ideals are always in conflict, and comfort is invariably sacrificed to appearance.

The plan of the healthy, natural foot is an exquisite combination of arches—one long and low from the heel to the balls of the toes, the other short and high, crossing this at right angles, a little in front of the ankle joint. These are composed mainly of a number of wedge-shaped bones, but there is little that is “bony” or rigid about them, as their form is mainly preserved by the tension of the muscles of the leg, whose tendons attach themselves to both the upper and lower surfaces of their keystones in a most ingenious manner. Thus the weight of the body is naturally supported upon the intersection of two graceful, yielding, living arches, which, by their expansion and contraction, give a beautiful springy elasticity to the gait. But in order to do this they must, like all other springs, expand, so that the foot ought to become markedly both longer and wider when weight is placed upon it.

For this change in form the modern “pretty” shoe makes absolutely no adequate provision, and not only



this, but by throwing a peg-shaped heel far forward to give an appearance of shortness to the foot, the longitudinal arch is completely broken, the weight thrown directly upon the sensitive instep, the centre of gravity of the whole body disturbed, and the elasticity of the gait destroyed.

Nothing adds more to the physical attractiveness of a woman than an easy and graceful carriage. A good deportment is really far more important than the possession of feet which conform in shape and appearance to conventional fashions. A sacrifice of one or the other must be made, and the question is—which? Graceful walking is, of course, out of the question if the feet are encased in narrow, tight, high-heeled boots. In many instances the wearers are compelled to hobble rather than walk, and in course of time graceful walking becomes an impossibility. Corns and bunions are almost always due to the wearing of narrow boots with pointed toes, and enlargement of the joint of the great toe is another deformity owing its origin to the same cause.

To have a really easy-fitting boot, it should be made to measure, the leather should be soft and pliable, and there should be sufficient room to allow of expansion on pressure. The heels should not be more than about one and a-quarter inches high, and should be sufficiently broad to be comfortable.

The feet should have as much care bestowed upon them as upon the hands. They should be washed at least once a day, and if there is any tendency to excessive moisture, washing twice a day is not too often.



The nails should also be carefully attended to. They should be cut once a week.

Ingrowing nails are exceedingly painful, and are generally the result of neglect. When there is a tendency to ingrowing of the nail, the feet should be soaked four or five times a week in very hot soapy water. After immersing them for about half an hour, frequently adding hot water to keep up the temperature, a small, blunt knife-blade should be used to carefully remove from under and round the nail any dirt or matter that may have accumulated. Cease cutting the nail in any manner, but allow it to grow until it is about a quarter of an inch beyond the flesh. It may then be trimmed and cut even with the foot. When the nail has cut deeply into the flesh, apply oil freely, and then place a small tuft of cotton-wool under it, and cut a V-shaped piece out of the middle of the nail.

Profuse perspiration of the feet is another affection which needs careful attention and treatment. It often proceeds from a debilitated state of health, and in such cases it is, of course, necessary to rely a good deal on internal remedies. When there is a tendency to excessive perspiration, it is dangerous to attempt to completely or suddenly check it, but the trouble may be gradually diminished, and often finally removed, by judicious treatment. I advise daily bathing with tepid water, into which a little vinegar has been put. First wash the feet with warm or tepid water and Calvert's carbolic soap, then put them into the water, to which the vinegar has been added, and after allowing them to remain for a few moments, wipe dry and dust



over with a medicated powder, composed of—Oxide of zinc, two drachms; boracic acid, two drachms; pulverised lycopodium, four drachms; powdered starch, one ounce. This powder may be dusted inside the stockings, and will also be found valuable in cases of excessive perspiration of the hands. Friction on the soles of the feet is very advantageous, but on account of the great number of highly sensitive nerves in them, the practice must not be carried to excess.

Corns and bunions are chiefly caused by wearing the boots or shoes too tight across the toes and instep. A corn is an abnormal growth of the epidermis, which increases in two directions, outwardly forming a callosity, inwardly dipping into the true skin. A hard corn generally forms over some projecting point of bone; soft corns form between the toes.

All methods of extracting corns seem but to afford temporary relief, and never will be attended with complete success unless attention be paid to the shoes. It is very dangerous to cut corns too deep, owing to the multiplicity of nerves running in every direction in the toes. Easy shoes, frequent bathing in lukewarm water, and the application of a plaster made of equal parts of gum galbanum, saffron, and camphor are the best remedies that can be adopted.

One of the best preparations for the removal of corns which I have yet come across is composed of:—Salicylic acid, thirty grains; cannabis Indica (Indian hemp), five grains; castor-oil, half a drachm; collodion, half an ounce. Mix, and apply morning and evening for four days. Then soak the feet in warm water. If this



be done faithfully, the corns are removed without any difficulty. It should be a clear, light green solution. To prevent it from evaporation, keep in a stoppered bottle.

A corn on the sole of the foot is usually difficult to cure, as the weight of the body causes a constant pressure on it. The application of an ordinary corn-plaster, with a hole in the centre, will relieve the pressure from the corn, but it causes an inequality under the foot, which is not only uncomfortable, but likely to produce other corns. The following method, however, never fails. Cut a piece of stout cardboard (or binders' board) to fit inside the sole of the boot. This should be large enough in every way to prevent it shifting under the foot in walking. Next, cut a round hole in this inner sole, exactly where the corn rests, the hole being rather larger than the corn. This arrangement relieves the corn from pressure, and allows of its rapid cure, at the same time affording instant relief and freedom in walking. The corn may be treated at night by soaking a piece of rag in turpentine and binding over it.

Soft corns may be removed by the same means. Dip a piece of linen rag in turpentine, and wrap round the toe on which the corn is situated, night and morning. The relief will be almost immediate, and in a few days the corn will disappear. Another way of treating soft corns is to place a tuft of cotton-wool which has been soaked in castor-oil between the toes, renewing it every day.

When a corn is accompanied by inflammation, it is



better not to use strong caustics, as these are liable to further excite the skin. It is best then to bathe them with hot water, and afterwards to apply castor-oil on wool, binding it over the part affected.

Bunions are sometimes more painful than corns, and, if not attended to, are likely to cause permanent enlargement of the joint. They generally appear on the joint of the big toe, and are almost invariably caused by wearing too narrow shoes. The pressure must, of course, be at once removed, and the part may be bathed night and morning with a lotion composed of a strong solution of muriate of ammonia (sal ammoniac), or a pledget of lint, wetted with the lotion, may be kept on constantly. Tincture of iodine, painted on the bunion night and morning, may also be recommended as a cure, and another method is to apply on wash-leather equal parts of the ointment of nitrate of silver and compound iodine.



## CHILBLAINS.



CHILBLAIN is a kind of low inflammation of the skin, caused by sudden changes of cold and heat. Sudden changes of temperature, however, are only "exciting" causes. The real root of the trouble lies generally in imperfect circulation, impoverished blood, or a low, nervous state of the system. Children, young people, and very old persons are the chief sufferers.

A chilblain begins with swelling, slight purplish redness, and intolerable itching. If not attended to, it may go on to form a blister, followed by ulceration, and there is perhaps no more painful affection of the skin than a broken chilblain.

It is quite a mistake to imagine that an embrocation rubbed on the affected skin is sufficient to hasten the departure of these unpleasant winter visitors. In nearly every case other treatment is necessary, and I may say that perfectly healthy people are seldom troubled with chilblains.

Those of you who have a tendency to chilblains should commence precautionary treatment early in the winter season. Young children especially should be carefully attended to in the matter of diet and clothing. The soles of the boots should be rather thick and warm,



and closely knitted stockings should be worn. Suspenders should be used instead of garters, as the latter are likely to impede the free circulation of the blood. Every night the legs and feet should be well rubbed, either with flesh gloves or a towel, and if chilblains are also likely to appear on the hands, the arms should be subjected to similar treatment.

I am a strong believer in the gymnasium for young people. Those who cannot join exercise classes should practice at home with dumb-bells for half an hour two or three times a day. This induces the sluggish blood to circulate freely, and gives brightness and vitality to the whole system.

Diet is a very important matter; it should be of nutritious quality, and for young children there should be abundance of good milk, cream, butter, eggs, and other sustaining but easily-digestible foods.

Never wear socks or stockings in bed, or warm the feet before a fire when cold. Both these practices induce and accentuate chilblains. Vigorous friction of the legs and feet at night, especially if plenty of exercise is taken in the day, will generally accomplish the purpose of keeping the feet warm while sleeping, and the bed may be warmed with an old-fashioned warming-pan before entering it. This is far better than having a hot-water bottle for the feet.

Either of the following liniments may be well rubbed into the part affected when chilblains have made their appearance. They are all reliable and efficacious.

1. Spirits of turpentine, white vinegar, and the contents of an egg, in equal proportions; shake well



together in a bottle. 2. Liquor of sub-acetate of lead, half an ounce; camphorated spirits of wine, one ounce. 3. Sulphuric acid, two drachms; olive oil, two and a-half ounces; oil of turpentine, one ounce. 4. Balsam of Peru, half a drachm; muriatic ether, two drachms; laudanum, two drachms. 5. Petroleum, half an ounce; alcohol, half an ounce; mix well together. These liniments should not be applied near a light or fire, and should only be used when the skin is unbroken.

For those who prefer ointments, here are several very good recipes:—1. Oxide of zinc, half a drachm; acetate of lead, one drachm; pure glycerine, one drachm; prepared lard, four ounces. Rub the lead and zinc salts well with the glycerine, and then add the lard. This is specially suitable for chilblains on the hands, and a little perfume may be added, if desired. 2. Camphor, in powder, one drachm; oil of turpentine, two drachms; olive oil, four drachms; ointment of nitrate of mercury, one ounce. Mix thoroughly. 3. Calomel, one drachm; camphor, one drachm; spermaceti ointment, four drachms; oil of turpentine, two drachms. 4. Creosote, ten drops; solution of sub-acetate of lead, ten drops; extract of opium, one and a-half grains; prepared lard, one ounce.

Broken chilblains are excessively painful, and require very tender treatment. A good way is to spread a piece of lint with spermaceti cerate, and apply every day to the part affected. This ointment can be obtained from any chemist, or it may be made up from the following recipe:—Take spermaceti, one ounce; white wax, three ounces; olive-oil, five ounces. Melt



together, stirring till cold. The oil should first be heated, and then the other ingredients added.

Resin cerate is often recommended for broken chilblains. It is a very old remedy, and is also most useful as a dressing for indolent sores, burns, or scalds. Gall-nut ointment is another efficacious remedy. Take of gall-nuts, in very fine powder, one drachm avoirdupois; spermaceti cerate, seven drachms; mix. Add pure glycerine, two drachms, and rub the whole to a uniform mass. This is an excellent application for very obstinate broken chilblains. When the parts are very painful, one ounce of compound ointment of galls may be substituted for the galls and cerate.



THE TEETH.



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## THE TEETH.



EARLY all the heroines of fiction are represented as having teeth of pearly whiteness, and it is, of course, a well-accepted fact that no face can be truly beautiful unless the teeth are perfectly formed and of a good colour. Sad to say, however, the care of the teeth is a duty which is greatly neglected by most people, and the "caskets of pearls" possessed by the happy heroines of novels seldom find their counterparts in real life.

The chief causes of decay in the teeth are an accumulation of tartar about them, and the retention of small portions of food in the interstices between the teeth, which, by decomposition, set up an acid fermentation that reacts on the elements of which the teeth are composed, disintegrating them, and causing decay.

The great thing is, then, by perfect cleanliness and other means, to remove these deposits before they have time to work mischief. First, as to the proper powder to be used. Many advertised nostrums contain acid materials, which, though they thoroughly clean the teeth, do so at the expense of the enamel, which they tend to dissolve. Astringent washes, habitually used, and strong alkaline washes are injurious, as also are tooth-powders containing gritty materials, which scratch



and roughen instead of polishing the enamel—such as charcoal and astringent bark in powder. For ordinary purposes, any preparation containing a gritty substance or a bleaching agent to whiten the teeth is decidedly injurious, and should be avoided.

A really useful and quite harmless tooth powder, which, if used twice a-day, will keep the teeth in excellent condition, may be made up from the following recipe:—

Precipitated chalk ...	...	...	...	6 oz.
Powdered white Castile soap ...	...	...	...	1 oz.
Powdered orris root ...	...	...	...	1 oz.

Another equally efficacious powder, and one which is deliciously fragrant, is composed of:—

Camphorated chalk ...	...	...	...	2 oz.
White Castile soap ...	...	...	...	3 dr.
Powdered orris root ...	...	...	...	6 dr.
Bi-carbonate of soda ...	...	...	...	3 dr.
Grain musk ...	...	...	..	5 gr.

Neither of these powders will scratch or roughen the teeth in any way.

If a tooth-wash is prepared, it should be slightly alkaline, soapy, and aromatic. A very good one may be made from this prescription:—

White Castile soap ...	...	...	...	½ oz.
Oil of cinnamon ...	...	...	...	2 min.
Oil of cloves ...	...	...	...	5 min.
Oil of wintergreen ...	...	...	...	10 min.

Dissolve in proof spirit sufficient to produce ten ounces. A few drops sprinkled on the tooth-brush will



be sufficient. The well-known "Tincture of Myrrh and Borax" wash is composed of:—

Myrrh (picked) ... ..	1/2 oz.
Powdered rhatany root ... ..	1/2 oz.
Powdered borax ... ..	1/2 oz.

Percolate with proof spirit to ten ounces, and add to percolate—

Oil of neroli ... ..	7 minims.
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This should be used in the same way as the previous recipe.

It is not a bad plan to wash out the mouth each time after taking food with a little alkaline wash, as, for instance, a few grains of carbonate of soda in a wineglassful of water, to which may be added a few drops of "Izal" in water.

The tooth-brush should be selected with care. It should not be too hard, but rather of a medium character; not too wide, yet having proper regard to the formation of the mouth and teeth, and the bristles should be long and elastic. The movement of the brush should be upward and downward (vertical), in order that the interstices should be well cleansed. After brushing the teeth, rinse the mouth with pure water.

The acids of medicines have a very destructive action upon the teeth. Iron tonics greatly discolour and injure the teeth. The best plan, therefore, is to take such medicine through a tube, afterwards washing out the mouth with one of the alkaline lotions which I have mentioned. Children should be taught not to crack nuts with their teeth, or to pick them with pins. In



short, it should be more generally recognised that the teeth require constant attention in order to preserve them through middle-life. Directly your teeth show signs of decay, pay a visit to the dentist, and have them promptly stopped.





THE EYES AND EYEBROWS.



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## THE EYES AND EYEBROWS.



THE eyes have been called "the windows of the soul," and they can certainly express our deepest and most beautiful emotions. Large, expressive, and well-shaped eyes often redeem plain features, and when one considers how much depends upon the care of the eyesight, one wonders at the indifference shown by most people in this respect.

The most beautiful eyes lose their power to charm if they are dull and tired through overstrain and want of rest, or if the eyelids are red and inflamed. Late hours, too much study, mental worry and excitement, constant reading by artificial light, or reading while travelling, are all methods by which the eyesight becomes impaired and the beauty of the eyes destroyed.

If, therefore, you possess good eyes and strong eyesight, do not trifle with these gifts; if your eyes are naturally weak, and liable to be easily affected by the weather, or by overstrain, there is all the more need to pay attention to their preservation.

Before giving a few hints to my readers on the subject of beautifying the eyes, I should like to lay down some important rules for the general care of the eyesight, which I hope they will lay to heart—1. Avoid reading and study by poor light; 2. Light should come



from the side, and not from the back or front; 3. Do not read or study while suffering great bodily fatigue, or during recovery from illness; 4. Do not read while lying down; 5. Do not use the eyes too long at a time for near work, but give them occasional periods of rest; 6. Reading and study should be done systematically; 7. During study avoid the stooping position, or whatever tends to produce congestion of the head and face; 8. Select well-printed books; 9. Correct errors of refraction with proper glasses; 10. Avoid bad hygienic conditions, ill-ventilated, close rooms, etc.; 11. Take sufficient exercise in the open air; 12. Let the physical keep pace with the mental culture.

A fruitful source of eye troubles among children is shown to be the excessive strain upon the muscles and nerves of the eyes, due to faulty educational methods, the ill-planned and insufficient lighting of schoolrooms, poor ink and fine print in school-books, and other causes of this kind, which might easily be corrected if proper care were taken.

Reading by firelight is very injurious, on account of the glare, the quickly-repeated dilations and contractions of the iris, due to the changes in the intensity of the light, and the frequent alteration of the accommodation of the eye which the latter necessitates.

If the eyes are weak and watery, they may be bathed every night and morning with a slightly astringent lotion, consisting of alum, two grains, water, two ounces.

Many young girls suffer from styes on the eyelids. This is usually due to debilitated health, and internal treatment is often required. Generally, a mild laxa-



tive is given, and the eyelids are bathed daily with tepid water, and carefully painted with tincture of iodine. To apply it, the lids should be held apart by the thumb and index-finger of the left hand, while the iodine is painted over the inflamed papilla with a camel-hair brush. The lids should not be allowed to come in contact till the part touched is dry.

In cases where the lids adhere during sleep, they should be slightly brushed at night with cold cream, simple cerate, or washed lard, by means of a camel-hair brush.

I should like to utter a word of caution to my readers on the subject of what are called "eye brighteners." These are all exceedingly injurious. Belladonna, a drug sometimes used for brightening the eyes, is the most dangerous of all. It causes atrophy of the muscles of the eye, and its use frequently leads to blindness.

The eyebrows play a very important part in giving or adding expression to the eyes, and there are many harmless ways of increasing their growth, and of darkening them. Rubbing lanoline into the eyebrows every night will frequently increase their growth; and a harmless stimulative pomade for the same purpose may be made up as follows:—Vaseline, one ounce; cocoa-nut oil, two ounces; white wax, one drachm; oil of bergamot, six drops. Melt together, and add the perfume when cooling. Another similar and equally efficacious preparation is made from pure lanoline, one ounce; cocoa-nut oil, six drachms; almond oil, two drachms; oil of Ylang-Ylang, ten drops.



To darken the eyebrows or eyelashes, apply a little liquid Kohol, obtainable from most chemists, with a fine camel-hair brush. They can also be darkened with a solution of Chinese ink in rose-water, or by means of the eyebrow-pencils sold by most chemists.

There is an old-fashioned herb, commonly called "eyebright," which may be obtained from most herbalists. It has a most beneficial effect upon the eyes. If used daily in the form of an eye-lotion, it gives brilliancy, and for weak eyesight it is invaluable. Take a large handful of the plant, put it into a pint jug, and after pouring boiling water over it, cover, and leave to infuse until quite cold. Then strain, and bathe the eyes with the decoction. In a very old book treating of the medicinal value of herbs, I find the following particulars:—"Eye-bright, or *Euphrasia officinalis*, is so-called from the very bright eye of its flower, and from its efficacy in clearing the eyesight. Common eyebright is a small, low herb, rising up usually with one blackish-green stalk, six or eight inches high, spread from the bottom into several branches, whereon are small, almost round, pointed, dark green leaves, finely snapped about the edges, two always set together, and very thick. At the joints with the leaves are small white flowers, streaked with yellow and purple spots or stripes. The root is long, small, and thready at the end. It grows in meadows and grassy places. If the herb were but as much used as it is neglected, it would spoil the spectacle-makers' trade. The juice of eye-bright dropped in the eyes for several days together relieves infirmities of the eyes that cause dimness of sight."



APPENDIX.

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SKIN AFFECTIONS.



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## —ACNE.



ACNE is, perhaps, one of the most common forms of all skin affections, and in one phase or another it is the subject of at least 60 per cent. of the inquiries in relation to the skin which reach me.

Although persons of all ages are liable to suffer from it, it chiefly affects young people. There are many forms of the disease, from simple comedo, or blackheads, to acne rosacea, as it is called, an inflammatory condition of the skin, characterised often by pustules with reddened and hardened bases, and more or less surrounding congestion.

The treatment of acne, whether simple or complex, must be varied according to the constitution and environment of the individual, but I think I may safely lay down several rules which may be generally adopted.

I hope I shall not offend some of my readers by stating that blackheads are sometimes the result of insufficient and too infrequent washing of the face. It is, however, an undeniable fact that many girls appear to cherish a marked disinclination for soap and water ablutions. A young friend to whom I recommended washing the face twice a-day with soft water and plenty of soap replied, "I never use soap for washing my face. I always thought it would ruin the



complexion—not that I have a good one,” she added, as I glanced significantly at her skin, which was thickly covered with small but unsightly black spots. “Take my advice, and disabuse your mind of that fallacy,” I replied. “The skin cannot be kept in a thoroughly clean and healthy condition except by the daily use of good soap and pure water.”

Soaps containing an excess of alkali, or, indeed, any of the strongly-coloured, highly-perfumed, cheap soaps which obtain a large sale, cannot be too strongly condemned. Many cases of acne can be traced to the frequent use of inferior soaps, therefore the greatest pains should be taken in selecting those for toilet purposes.

Comedo, or acne punctata, is a term applied to a condition in which the skin, especially the face, is studded with little black points, looking like grains of gunpowder. They are caused by the follicle becoming overcharged with sebaceous matter, and the black speck is really the dirt from the atmosphere, which lodges upon the external extremity of the plug of sebum which fills the follicle. The result of this is that the follicle becomes distended, and if not relieved of the sebum, inflammation sometimes follows.

Blackheads are, in some cases, due to indigestion, in others to imperfect circulation of the blood, and various instances are caused by other internal disorders.

When due to anæmia, constipation, or dyspeptic conditions, special care should be taken with regard to diet. Small doses of iron, nux-vomica, and sulphur, continued for two or three weeks or longer, will gene-



rally, when combined with dietetic treatment, effect a cure. Simple cases of acne may usually be relied upon to yield to the following treatment:—

1. Wash the face thoroughly twice a-day with soft water and mild sulphur soap. A lather of the soap should be made, and this should be rubbed into the skin with a flannel or Turkish pad. All traces of soap should then be washed away, and the skin dried with a soft towel.

2. The following lotion may be applied twice a-day, with a piece of soft rag, immediately after washing the face:—Sulpho-carbonate of zinc, twenty grains; oxide of zinc, two drachms; precipitated sulphur, one drachm; eau de Cologne, six drachms; glycerine, one ounce; rose-water, six ounces. The druggist should rub up the oxide of zinc with the spirit, then add the glycerine and rose-water, in which the sulpho-carbonate of zinc has been dissolved. Shake well before using.

3. The face should be well massaged every night with the hands, in order to excite a healthy action of the skin.

4. When the accumulation of sebaceous matter does not give way to the above treatment, it must be gently pressed out between the fingers, taking care not to pinch the excrescence with the nails, and the part must then be bathed with the following lotion:—Hazeline, two drachms; simple tincture benzoin, two drachms; orangeflower-water, four ounces.

In all cases of acne, careful diet plays a very important part as a means towards cure. It is a pity



that this is not more generally understood and recognised. The general idea seems to be that the application of various kinds of lotions will cure every skin disease. Of course, this is perfectly erroneous, and skin specialists almost invariably begin their treatment by giving directions regarding food.

All food of a heating or over-stimulative nature should be avoided by those whose skins have a tendency to acne in any of its forms. Here is a list of forbidden articles of diet, which, I think, is fairly comprehensive:—Pork, veal, shell-fish, curries, highly-seasoned entrées, sausages, rich pastry, ale, stout, spirits of all kinds, strong tea. Foods which may be taken in moderation without fear of ill consequences are mutton, poultry, fish (with the exception of salmon), fresh salads, vegetables, every kind of fruit in season, farinaceous puddings, milk, barley-water, lemonade, light claret, or Burgundy.

The greatest pains should be taken to ensure regularity in all physical functions. Constipation, in a large number of cases, is the primary cause of acne. Purgatives should seldom be resorted to, but mild laxatives may be taken with advantage once or twice a week. A teaspoonful of liquorice powder in a little water or milk before breakfast is a simple, old-fashioned laxative medicine, which may be taken by the most delicate. Hunyadi Janos Water is another mild aperient, a wineglassful to be taken every morning immediately after rising. I have known also some cases of habitual constipation completely cured by drinking a glass of spring water the first thing in the morning. When



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this is not successful, a teaspoonful of the best olive oil seldom fails, but the treatment must, of course, be persevered with. I also advise the eating of ripe, sound fruit in the early morning, and fruit, either cooked or uncooked, should always form part of the breakfast menu. Baked apples, stewed figs, prunes, or pears are all excellent in their effects, and, indeed, if fruit were more largely eaten by both children and adults, we should hear less about sallow complexions, blackheads, and skin affections of various kinds.

It may seem strange, perhaps, that I should touch upon the question of clothing in this article, but this is a subject of real importance. As a rule, far too much thick and heavy clothing is worn, the system becomes overheated, and the functions of the skin taxed to the uttermost. One of the chief agents in preserving a normal temperature of the skin is the choice of suitable clothing. The underclothing especially should be light, yet warm. I know of nothing better than the Jaeger Hygienic Natural Wool underwear, to which I have elsewhere alluded. It combines the two qualities I have spoken of above, and may be worn next to the most sensitive skin without causing the slightest irritation.

Extremes of temperature should be avoided, crowded, ill-ventilated, and highly-heated rooms are to be especially condemned, and there is little chance of a case of acne being speedily cured if concerts, theatres, dances, and other entertainments of the kind are constantly indulged in.

Although simple acne will generally yield to internal



and external treatment, the disease in its advanced form (acne rosacea) is extremely difficult to cure. Acne rosacea is an inflammatory development of the simpler form, and is characterised by the appearance of pustules and red patches on the nose and cheeks. The glands become very much enlarged, and the face appears much disfigured.

When the disease assumes this pronounced form, the proper course is for the patient to consult a qualified skin specialist. In no case should serious skin diseases be tampered with by self-treatment.





## II.—NETTLE-RASH.



NETTLE-RASH, or urticaria, is an eruption which shows itself by cutaneous elevations, evanescent, called "wheals," which are circumscribed swellings of the skin, soft or hard, sometimes whiter, sometimes redder than the normal skin, and which appear and vanish suddenly.

Sometimes they are very few—sometimes so many that the whole body seems to be covered with them—and they are usually surrounded by a rose-red areola.

If they happen to be in the face, or at places where the tissue below is loose, there is often considerable swelling under it. If the eruption is acute, it is usually accompanied with fever. It begins with headache and nausea, and often slight pain; there is a languid, tired feeling, without apparent reason, and, after a day or two, a rash appears, which is attended with itching and tingling. The sensations produce an irresistible desire to rub or scratch, which scratching increases the eruption.

The rash produced by indigestion, which, I may state, is the most common cause of nettle-rash, comes on more suddenly, lasts a shorter time, but produces much se-



verer symptoms, especially pain, fever, and itching. The causes for this very common and very troublesome eruption are principally either of a nervous or gastric disorder.

Nervous irritation comes very often by disorder of the entire system, or by direct irritation of the skin and of the central nervous organs. This is sometimes produced by insects of various kinds, and it may also be produced by too strong pressure on the skin (too tight-lacing), or by shocks, etc.

Those who are subject to attacks of indigestion and of nettle-rash should avoid all spiced and highly-seasoned dishes. Oysters, lobsters, crabs, and, indeed, all shell-fish, should be eschewed. Even eating such things as strawberries, figs, dates, or prunes may cause nettle-rash. Veal and pork may also be responsible for it. It is wonderful how many people suffer regularly, for years, from repeated attacks of this eruption without discovering the cause.

Amongst the nervous causes of nettle-rash, there must also be mentioned pain, fright, anger, worry, and similar emotions, all of which produce sometimes the same symptoms as bites or indigestion.

The treatment for nettle-rash must, of course, be influenced by the various causes producing it.

If it is a fever-rash, the first condition is rest. The patient should be kept quiet, the diet must be as simple as possible, everything sharp and irritating to be avoided. Cooling drinks should be taken; if there be too much acidity of the stomach, magnesia or soda to be administered.



In some cases it is necessary to remain in bed, and in all cases the diet must be very restricted.

If the cause is to be found in a certain form of nutrition, the outbreak will be over very soon, to return, however, almost invariably and surely on partaking again of the same dish.

As I have shown, there are so many causes for this disease that it is not always possible, certainly not easy, to detect the real one; and proper treatment, therefore, becomes sometimes very difficult. The best thing to do in such doubtful cases is to administer a mild laxative; castor oil is the safest thing, although not the most palatable. The most convenient way to take this old-fashioned medicine is upon the top of a little coffee. It is comparatively tasteless in this way.

The local treatment of nettle-rash consists in the employment of remedies which are calculated to relieve the itching, tingling, and smarting. "For this purpose," says Sir Erasmus Wilson, in his work upon diseases of the skin, "we find sponging with hot water serviceable; ablution with the juniper tar or carbolic acid soap; sponging with the lotion of juniper tar; frictions with the juniper tar ointment; the use of a lotion of emulsion of bitter almonds with hydrocyanic acid; a lotion of bitter almonds, with spirits of wine and bichloride of mercury; a lotion of carbolic acid; sponging with hot vinegar, with a lotion of carbonate of ammonia; a lotion of aconite; and liniments of opodeldoc and chloroform of laudanum."

All such lotions should be used under the direction of a doctor.



If the rash becomes chronic, which it often does, alkaline carbonates, both internally and externally, should be used.

Where there is a plethoric habit of the system, the diet must be restricted to plain bread and milk. Vapour baths and the vapour douche are also often very valuable remedies in severe cases of long standing.

It may be as well to add here that a great many people suffer unnecessarily from this evil, because they are never able to discover the cause, which their physician might detect in a few minutes' examination.

This is one of the many bodily troubles which are absolutely unnecessary—*i.e.*, which could be eliminated if people were a little wiser, and would make it a rule to consult a medical authority, and, if told the cause of the malady, were resolute enough to avoid it for ever.



## III.—ERYTHEMA.



ERYTHEMA is a condition of the skin giving rise to a slight eruption of pink spots or patches, appearing on different parts of the face or body, and disappearing suddenly in the course of a day or two, or sometimes even in a few hours. The patches have a tendency to reappear, and occasionally the affection becomes chronic. There is, however, only slight irritation, and not much swelling.

Continual flushing of the face from, apparently, no cause—an extremely unpleasant affection, and one from which young girls are peculiarly liable to suffer—is also known as erythema.

Like almost all other skin affections, erythema may generally be traced, in the first instance, to nutritive debility. Delicate girls and women are most likely to suffer from it. It is occasionally mistaken for urticaria or nettle-rash, because it bears some resemblance to it in point of situation, sensation, and in size of prominence. The two affections, however, are quite different from each other. Erythema patches are red, maintained only by muscular spasm, and frequently disappear in an hour or two, while in urticaria the swellings are in the form of wheals, like nettle stings,



are white—not red, and are generally permanent for several days.

Dr. Erasmus Wilson ascribed erythema as invariably due to debility, general and local, the general forms being assimilative, nutritive, and nervous, and the predisposing causes derangement of digestion, derangement of uterine function, variation of climate, errors of air and exercise, alteration of seasons, rheumatic or hereditary tendencies, or food of an irritating or too stimulative kind. Local erythema may result from extremes of heat and cold, irritants of all kinds, and friction; stimulation by the heat of the sun is a not infrequent exciting cause.

Treatment, of course, depends greatly upon special indications. In nearly all cases, however, sedative lotions will benefit, and anything likely to cause irritation, either internally or externally, must be avoided.

Erythema, in most cases, can be traced to disorders of the digestion, and for this reason the food should be most carefully chosen. In assimilative debility, mild aperients and salines are required. Spirits, wine, or beer must be expunged from the diet list, and tonics are frequently necessary. These must be carefully prescribed to suit particular cases, the bitters, liquor cinchonæ, infusion of orange-peel, etc., being, however, generally employed. When the disorder is associated with rheumatism or rheumatic gout, iodide or bromide of potassium with bark is usually advised.

The affection is not infrequently an accompaniment of an anæmic state of the system, and aperient iron tonics are then required.



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Benzoated ointment of oxide of zinc should be applied to the skin at night, and two or three times a day the following lotion may be used:—Oxide of zinc, two drachms; pure glycerine, four drachms; rose-water, two ounces.

Cold or tepid baths or sponging are advisable, and the sleeping-room should be thoroughly ventilated and kept at a moderate temperature.

All violent physical exertion should be avoided, although moderate daily exercise is essential.





## IV.—ECZEMA.



ECZEMA is, perhaps, the most common of all affections of the skin. The word eczema really means eruption, and a number of skin diseases are classed under the term. Its characteristic signs are more or less superficial redness of the skin, with an eruption of small vesicles running closely together. These after a time burst, and discharge a fluid, which dries into crusts. The vesicles appear in successive crops, and are generally attended with itching and local heat. The patches form on various parts of the body, and are of variable size.

Eczema is not contagious, although it frequently runs in families, often becoming hereditary. It is one of those insidious skin affections which, if not carefully treated at the outset, is inclined to become chronic. It frequently attacks the knuckles, fingers, elbows, and wrists, besides various parts of the face. When chronic eczema has existed for some time, the skin becomes hard and dry, and cracks readily, the mere stretching of the fingers sometimes causing it to break. Occasionally it attacks the scalp, causing a kind of moist dandruff of a dull grey colour, exceedingly diffi-



cult to eradicate. The hair loses its brilliancy and tone, and falls rapidly.

Young children often suffer from eczema in its severest forms; even infants of five or six weeks old are liable to be attacked by it. It in many cases originates in mal-assimilation of the milk during the nursing period, and unless the most careful and discriminating treatment be employed, the disease may linger, in various forms, through life. The predisposing cause of infantile eczema is usually poverty of the milk, and the administration of cod-liver oil is generally advised. The mother should take tonics and plenty of nutritious food, fresh air, and moderate exercise, the mind being kept, as far as possible, free from anxiety or worry. If the child is being brought up by hand, purely starchy compounds should be avoided.

When eczema, in adult cases, is caused by nervous debility, the treatment should have for its objects the regulation of the functions and the restoration of the tone, vigour, and vitality of the general system. Derangement of digestion and errors of diet are, in a large number of cases, responsible for the disease, and all these points should be taken into consideration if it is desired to effect a cure.

The stomach must not be overtaxed by a too stimulative diet, but nutritive food is highly essential, and milk and a moderate amount of animal food are requisite in keeping up the system.

The foods and drinks which I would specially recommend for those afflicted with eczematous tendencies are



Hovis bread, poultry, mutton, white fish, spinach, watercress, fresh salads, fruit of all kinds, milk, cream, barley-water, lemonade, chicken broth, beef-tea, and light Burgundy. The foods and drinks which should be avoided are pork, beef, salted meats, high game, rich pastry, shell-fish (with the exception of oysters), pickles, heavy wines, spirits, malt liquors, and strong tea.

The Turkish bath in this, as in many other skin diseases, is highly beneficial, and invariably gives relief. It should only, however, be taken under medical sanction, as, where there is cardiac weakness, Turkish baths are not advisable.

The judicious use of gentle saline aperients is also necessary. Sulphate of magnesia is an exceedingly useful aperient, as it produces no exhaustion, and agrees with most constitutions. The saline aperients, however, are more suitable in the spring and summer seasons. During the winter, warmer remedies are preferable. Where there is great debility, a medicine combining a tonic and gentle aperient will often be found of great value. An excellent aperient iron mixture is composed of sulphate of magnesia, one ounce; sulphate of iron, half a drachm; dilute sulphuric acid, one and a-half drachms; peppermint-water, eight ounces. Dose, a tablespoonful three times a-day. Here is one of Sir Erasmus Wilson's favourite prescriptions:—Quinine, one grain; sulphate of magnesia, one drachm; dilute sulphuric acid, seven minims; infusion of orange-peel, one and a-half ounces. This quantity constitutes a dose. The same authority speaks



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very highly of iron and quinine, the bitter tonics, and cod-liver oil as strengthening medicines in cases of eczema.

Among the soothing applications for local treatment, decoction of slippery elm, thin oat gruel, barley-water, and a mixture of equal parts of glycerine and rose-water are all good. Another excellent lotion contains calamine powder, one drachm; oxide of zinc, one drachm; glycerine, one and a-half drachms; water, to six ounces. This should be used very freely, so as to keep the surface moist. If there is much irritation, a decoction of poppy-heads lotion will generally allay it. Zinc ointment is sedative and cooling, so also is elder-flower ointment.

All skin affections have an exceedingly depressing effect upon the temperament; the nerves also are likely to be in a constant state of irritation. This is especially the case in eczema, and cheerful society, bright surroundings, and as much change of air and scene as possible are, therefore, powerful agents in inducing recovery.



## V.—PSORIASIS.



**P**SORIASIS is a skin affection which, although difficult to cure when chronic, yields to treatment in the earlier stages. It is characterised by the appearance on the skin of scaly patches of varying size, causing considerable disfigurement. The scales are silvery-white, the patches frequently being of a red colour.

Like many other skin troubles, psoriasis has a tendency to appear and disappear, lasting sometimes for several weeks, subsiding, and then reappearing. It is generally worse in winter and spring than in summer; it often disappears spontaneously during the hot months, returning again when the cold weather sets in.

In many instances the disease can be traced to hereditary causes, and when this is the case, the cure is extremely difficult.

The affection frequently attacks persons who seem to be in an otherwise perfectly sound state of health, but these cases are, of course, exceptions rather than the rule. In women, it frequently appears during the nursing period, and those of an excitable, nervous, or over-anxious temperament seem to be the chief victims. People of a gouty or rheumatic tendency are also often



liable to psoriasis, and a debilitated state of the system encourages it to spread.

Worry, anxiety, insufficient exercise, want of fresh air, or poor diet are all exciting causes. Anything, in fact, which tends to lower the general tone of the system (the resistant power) is likely to conduce to the occurrence of the disease.

The affection may attack any part of the body, but seems to be chiefly localised on the face, elbows, and knees.

When psoriasis makes its appearance, a change of air is often advised, and this is undoubtedly beneficial. The mistake must not be made, however, of imagining that sea air will benefit. On the contrary, the salt air of the sea will, in all probability, increase the trouble; and, in fact, people with a tendency to skin disease of any kind should keep as far away from the sea as possible.

The late Mr. J. H. Milton, a well-known authority upon skin affections, advised vapour baths for almost all forms of diseases of the skin, and considered them to be especially valuable as curative agents in cases of psoriasis.

Vapour baths are sometimes difficult and expensive things to procure, but, by the exercise of a little ingenuity, a vapour bath can be easily arranged in one's own room at almost no expense, and a very small amount of labour.

Mr. Milton thus described the plan he adopted:—  
“ Two half bricks are procured from the nearest plumber's shop or builder's yard. These are heated in the



fire with a pair of bellows until they are as hot as they can be made, and then taken out with the tongs, and placed in a zinc pail, half full of hot water. Over this is set a cane-bottomed chair, and upon the cane-work is laid a thick Turkish towel, folded. On this the patient sits, wrapped in a large blanket, with the feet on a stool, which has been heating in the fender. The bath is taken on an empty stomach, and is continued for about ten minutes, except with the very delicate, who need not keep it up so long. The blanket is then thrown off, and the whole frame well rubbed down with a Turkish towel. The bath should be used at least twice or thrice weekly, ample experience having shown that there is scarcely any, if any, disease of the skin calling for the remedy that is benefited by less than this, and that to take a bath every week or ten days is simply tantamount to taking none at all."

Diet is an important point in this, as in all other skin diseases. It is best to eliminate all alcoholic liquors from the dietary, and foods of a stimulative nature should be avoided. The meals should be regular, and of the best quality, plenty of nourishment being essential.

With regard to medical treatment, iron, quinine, and cod-liver oil may be recommended for almost all cases, the latter especially for young, growing people. Arsenic, mercury, and tincture of nux vomica are often prescribed, but these drugs must be used with caution, and never except under the personal direction of a medical man.

Soaps containing sulphur, iodide of sulphur, or tar



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should be used. Tar soap is especially valuable, and much local relief may be obtained by applying once or twice a day a simple cream made from the following ingredients:—Spermaceti ointment, four ounces; carbolic acid, eight drops. A useful lotion, which will greatly alleviate the irritation, is composed of liquor carbonis detergens, half an ounce; glycerine, half an ounce; water, eight ounces.





## VI.—SEBORRHŒA.



SEBORRHŒA, or excessive greasiness of the skin, is a functional affection of the sebaceous glands, resulting in an excessive formation and outpouring of oily sebum.

Although the excessive greasiness does not amount to a disease, it is excessively disagreeable, and the consciousness that one's face presents an unctuous and shiny aspect is anything but reassuring, especially when, as is generally the case, the affection is most marked in crowded rooms.

“Seborrhœa may often be seen,” says Sir Erasmus Wilson, “in persons otherwise enjoying excellent health, in whom an over-stimulating diet or some slight disorder of digestion can alone be assigned as a probable cause. At other times it depends on torpor of the skin, and is associated with general torpor of the whole system.”

In most of the cases that come under my notice I find that there is a certain amount of debility, and the affection is frequently seen in persons who follow sedentary occupations. As a matter of fact, it results largely through imperfect action of the skin, there not being sufficient glandular activity. Sometimes when the secretion is very abundant, it loses its watery



parts by evaporation, and dries upon the surface into thin scales, which adhere to the skin.

In all cases of seborrhœa the diet should be very carefully regulated. Over-stimulating food must, of course, be avoided, and no alcoholic liquors, with the exception of a little light claret or burgundy, should be taken. Pork, bacon, veal, or highly-seasoned dishes are also forbidden, and I would recommend the free use of vegetables, salads, and fruits, cooked and uncooked.

Plenty of physical exercise is a necessity if a complete cure is to be obtained, and, if possible, a cold bath, followed by vigorous friction, should be indulged in every morning. For very delicate people this is, of course, not always advisable, and in such cases friction of the whole body with a damp towel may be employed instead.

Warm, moist climates are likely to increase the tendency to seborrhœa, as will also sudden changes of temperature.

With regard to local treatment, astringent washes are generally advised, but I am, personally, of opinion that these should be used with the utmost care, the injudicious and continuous application of strong astringent lotions sometimes having the reverse effect of that which is desired. These drying washes remove the sebaceous secretion temporarily, but it returns after a time in an increased form, and the skin becomes not only puffy and relaxed, but of an exceedingly coarse texture.

One of the most important remedial measures is to



thoroughly wash the skin at least twice a day, using a reliable soap. I have found "Vinolia" Sulphur Soap one of the best for the purpose. After drying the face, an absorbent or slightly astringent powder, the ingredients of which may be starch, rice-powder, lycopodium, or oxide of zinc, may be dusted over the surface. In cases of very excessive seborrhœa it is sometimes better to use, instead of soap, a decoction of quillaya:—Four drachms to two pints of water, boiled down to a pint, or the fluid extract of quillaya, to which 10 per cent. of water has been added. After washing, the face may be powdered with one part simple precipitated sulphur and ten parts rice-powder.

Occasionally an ointment of boracic acid and benzoated lard, sixty grains of the former to an ounce of the latter, will benefit considerably, and this may be used in conjunction with a slightly astringent lotion, composed of half an ounce of simple tincture of benzoin, and a pint of orange-flower, elder-flower, or rose water. In all cases of seborrhœa, face massage will be found extremely useful.



## VII.—PITYRIASIS.



THE term "Pityriasis" probably sounds very formidable to most of my readers, but it is merely the technical term used to describe a dry, harsh condition of some portion of the skin, which loses its natural softness and suppleness, and becomes covered with dry, minute, thin, opaque, and white scales. These are readily detached by the slightest friction, or may fall spontaneously, but are renewed as fast as they fall off. Sometimes the skin is reddened, and may even be slightly thickened and creased. There is usually more or less itching of the affected skin, but there is no constitutional disturbance, except in very severe cases.

There are various forms of this skin trouble. Pityriasis Alba (white) attacks especially the scalp, and is characterised by an abundant formation of scurf. There is always great itching of the affected skin. The scales are thin and white (hence the name). They are readily detached by rubbing or brushing the part, and fall off in the form of fine white dust. The hair often becomes thinned, but grows again as soon as the disease ceases.



Pityriasis Fusca affects especially the face and neck, forms irregularly rounded patches, often the size of a sixpence. The skin is thickened, of a tawny-red colour, and covered with fine white scales, less opaque than in Pityriasis Alba. There is hardly any itching, but a sensation of burning when the patches are overheated or irritated by using strong soap.

Pityriasis Rubra is rarer, generally on the chest, but sometimes spread over the upper part of the body and the upper limbs. The skin is very red, and the scales large.

Pityriasis Pilaris affects, as the name indicates, only the hair follicles, leaving the intervening skin intact. The orifices of the hair follicles become thickened, and the root of each hair gets surrounded by a small, hard elevation, composed of scales. The skin feels dry and rough, and presents the appearance commonly called "goose-skin." There is often considerable itching. It is an obstinate affection, and not easy to get rid of.

Pityriasis is often hereditary. On the scalp it is commoner with women than with men, especially those with long hair, and affects dark hair more than the light hair. With children it is very common.

In persons predisposed, mental anxiety or bodily fatigue act often as exciting causes.

In children it generally lasts only a short time; in adults it often becomes chronic.

The treatment for pityriasis consists of simple remedies. Zinc ointment will often effect a cure in slight affections. For pityriasis rubra, ointment of ammoniated mercury is sometimes necessary.



When the scalp is much affected, the following ointment may be applied with benefit.

Ungt. Hydrarg. Ammon.	...	...	2 dr.
Vaseline	...	...	1 oz.

When the scales are very abundant, and more than usually cohesive, so as to form a loose layer of some thickness, an ointment composed of a drachm of creosote, a drachm of white wax, and an ounce of lard acts very well.

If the face is affected, the effect of water frequently applied, and exposure to cold winds, are apt to be as irritating as in cases of eczema. It is therefore advisable to apply some soothing ointment or lotion immediately after washing, and always before going into the open air. The following lotion will be found of value to prevent the skin from becoming rough and chapping:—

Borax	...	...	...	...	3 parts.
Glycerine	...	...	...	...	5 parts.
Rose-water	...	...	...	...	92 parts.

The diet may require to be restricted, and if the health is impaired, tonics should be given. Laxative salines will often be found of service. In pityriasis of the hair, tar ointment is probably the best application.



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VIII.—BROMIDROSIS OR EXCESSIVE  
PERSPIRATION.



BROMIDROSIS is a skin affection consisting in excessive secretion of perspiration, which is, in many cases, accompanied by a disagreeable odour. It affects, most generally, the hands and feet, and is by no means confined to the hot season of the year, although it is frequently accentuated in summer weather.

The causes of bromidrosis are exceedingly obscure. It sometimes occurs in those who otherwise appear to be in perfect health, but it is more usual in persons whose systems are debilitated.

I have found that young girls from the ages of eighteen to twenty - three or twenty - four are the most frequent sufferers. The excessive perspiration is, of course, a functional disorder. It may be partial or chronic, and generally depends upon some loss of control by the nerves of the part. Dr. Tilbury Fox describes it as being accompanied by a feeling of chilliness, and locally, in the skin, pricking or burning. The local forms occur about the hands, feet, neck, and scalp. In hot weather, about the hands and feet, the perspiration (being free all over the body) may not be able to escape readily, in consequence of the cuticle being roughened and hardened. Under these circum-



stances, it distends the sweat follicles, which may be seen dilated and filled with fluid beneath a layer of cuticle.

The fits of perspiration are repeated once or twice during twenty - four hours, sometimes oftener. Occasionally, however, the hands, feet, and under the arms are in a continual state of perspiration, which is of an acid character.

Any attempt to suddenly stop this secretion would undoubtedly be injurious to the health, and very judicious treatment should, therefore, be adopted. I need hardly say that the diet should be carefully regulated, all stimulants being avoided, especially spirituous liquors, as these tend to aid the secretion. Among the tonic medicines which are generally indicated are cinchona, nux vomica, phosphorus, iron, and manganese. The citrate of iron and quinine tonic may generally be taken with advantage.

Dr. Henry G. Piffard, Professor of Dermatology of the University of New York, gives as a remedy, which he has used to great advantage, a preparation composed of freshly - prepared silicic hydrate and rose-water ointment, one part of the former to nine parts of the latter. This to be rubbed into the affected parts night and morning, the surface being thoroughly cleansed with soap and water before the application of fresh ointment. Very decided amelioration may be expected within a month.

In cases where a radical cure cannot be obtained, much may still be done to palliate the inconveniences arising from this disagreeable affection. To this end,



cleanliness is of the first importance. Ablution, if sufficiently frequent, will, of course, wash away the offensive secretion as fast as it forms. With many persons, however, it is impracticable to wash more than twice a day, and this is sometimes insufficient to attain the end desired. It will then be necessary to employ, in addition, some one of the numerous deodorisers or disinfectants, as carbolic-acid, thymol, chloral, etc., or to directly mask the bad odour by the use of some powerful perfume. These may be advantageously combined with absorbent and astringent lotions.

Bathing the hands, feet, and other parts of the body affected with mal-odorous perspiration with hot water, to which has been added a small quantity of "Izal," is often very efficient. Half a teaspoonful of "Izal" to a quart of hot water is a very good proportion. "Izal" possesses all the powerful and disinfectant properties of carbolic acid, without its unpleasant attributes, and being non-poisonous, is therefore a much safer article for household use. I find also that it is not so drying in its effects upon the skin. The soap which I consider most efficacious is Calvert's Carbolic Soap. After well washing the feet and hands, under the arms, etc., with "Izal" water and carbolic soap, dry thoroughly with a soft towel, and then dust over the surface pulverised lycopodium, oxide of zinc, Fuller's-earth, or a medicated powder prepared from salicylic acid, three parts; talc, seven parts; starch, ninety parts. This may also be dusted inside the stockings and gloves.



## IX.—PUSTULES OR BOILS.



THE various varieties of pustules or boils are of such frequent occurrence, especially among delicate young people and children, that a few practical remarks on the treatment of these unpleasant affections will no doubt be appreciated.

An old-fashioned idea, which has long since exploded, was that boils occurred only upon healthy persons. This may have arisen owing to the fact that people who are otherwise healthy are occasionally affected by them, but in such cases they are generally due to high living or over-feeding, and are therefore only one of the forms which Nature takes as a protest against an artificial life.

All furuncular affections may generally be traced to a low, debilitated condition of the body, and any indication of them should never be neglected, otherwise serious developments may take place.

The boil commences as a small red and usually painful spot in the skin, the pain being considerably increased on the slightest pressure. In a day or two it becomes hard and prominent, and still more painful, and in about four days a white point forms on the top,



like a small blister. After this has broken, and the discharge escaped, it gradually heals, often leaving a scar behind. Sometimes the suppurative stage is not reached, the eruptions then being termed "blind" boils.

Small boils appearing upon the eyelids are called "styes." They are very painful, and cause a good deal of swelling of the eyelids. They often leave behind them a chronic redness, which may last for several months.

With regard to the treatment of boils, one of the most important considerations is a wholesome condition of life. Pure air, nutritious food, exercise, and cheerful environment are all indispensable aids in restoring health, apart from local means of cure.

Small boils may sometimes be dispersed before they come to a head by applying, by means of a camel-hair brush, liquor plumbi subacetatis or compound tincture of iodine. The liquor plumbi should be applied once or twice a day, and allowed to dry on the surface. The compound tincture of iodine may be used in a similar manner, or a solution of nitrate of silver, of the strength of ten grains to the ounce of nitric ether, is often employed with success.

When this treatment does not succeed, a palliative one must be adopted, and for this purpose a galbanum and opium plaster (procurable from all chemists) should be spread over the surface; the plaster should be slashed in the middle in order that the discharge may escape when formed. The effect of the plaster is to support the congested tissues, exclude the atmosphere,



and maintain an equable temperature. It is also sedative in its action.

Bathing with very hot water, or the application of linseed meal or yeast poultices, are frequently recommended as means of cure, but I am not personally in favour of this treatment, as the great heat of the water and drawing process of the poultice make the skin excessively tender and sensitive, and rather encourage a liability to subsequent pustules. When, however, there is very great pain, a poultice will sometimes give great relief. Those which I consider preferable to the ordinary linseed meal are linseed meal first boiled in milk, figs boiled in milk, or the honey poultice. The latter consists of half an ounce of honey and the same quantity of melted lard, with the yolk of an egg, well mixed together, and brought to the proper degree of consistency by the addition of flour.

It may sometimes be necessary to have the boil lanced, and this should be done by a surgeon. When the boils appear in a comparatively insignificant form, the application of a little simple ointment will probably be all that is needed as regards local treatment.

A quinine and iron tonic taken twice a day will aid in toning up the system, but an occasional gentle aperient will probably be necessary. Those with whom quinine or iron disagrees should take the syrup of hypophosphites in dessertspoonful doses three times daily. Another exceedingly useful drug in the treatment of postules is sulphide of calcium. The sulphide of calcium may be made up in the form of pills,



as follows:—Sulphide of calcium, two grains; sugar of milk, forty grains; this will make twenty pilules, one to be taken every two hours. In order to avoid subsequent scars from boils, great pains should be taken to smear the skin over daily with a good cold cream or spermaceti ointment.



X.—MOLES, WARTS, SUPERFLUOUS  
HAIRS, ETC.



LADY of my acquaintance recently complained that, having written to the miscellaneous department of a well-known and popular London journal for information as to the best method of destroying moles, she received the laconic but disappointing reply—"Set traps for them." Evidently there was some misapprehension on the part of the editor, who was probably more interested in agriculture than in facial disfigurements.

It is a well-known fact that the personal deficiencies of Royal personages have been responsible for many quaint and peculiar fashions. The possession, for instance, of a number of unsightly moles upon the face of a well-known Royal beauty gave rise to the fashion of face-patches, which became so popular during the reign of Charles II. Patches, however, are now rarely seen, except upon the stage, or at fancy dress balls, and therefore it becomes necessary to adopt some means of removing beauty-spots.

I never advise the use of strong acids or caustics for the removal of moles upon the face. The results are seldom satisfactory, and there is always the risk of causing a scar which may be more unsightly than the



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mole, and for this reason the galvanic method is the most advisable. In the hands of a skilful operator there is very little pain or inconvenience attending the removal of moles, warts, or superfluous hair by electrolysis.

For moles or warts upon the hands or arms, acids or caustics may sometimes be used with effect, and without injury. Lemon-juice, acetic acid, perchloride of iron, salicylic acid, nitric acid, and nitrate acid of mercury are the chief agents employed. Glacial acetic acid, applied every other day with the point of a sharply-pointed piece of wood, will generally effectually remove them. When moles or warts are pendent, they may be removed by tying a ligature of fine silk round their base. This causes them to atrophy and drop off, by cutting off the supply of blood which nourishes them. The base may then be cauterised with a nitrate of silver stick.

The hands of children and young people of weakly constitution are sometimes covered with warts. Internal treatment is generally necessary, but the application of a paste made as follows will, in many cases, succeed in removing them:—Take of precipitated sulphur, glacial acetic acid, and glycerine, equals parts. Make the paste freshly each time of using, and spread evenly over the warts. Whenever caustic or acid is used, the surrounding skin should be protected by laying over it a little cerate ointment, cold cream, or spermaceti. An internal remedy for warts, discovered by Dr. Lambert, of Hagenau, in 1853, and recommended by a number of eminent physicians, is to take



half a teaspoonful of calcined magnesia every day, and after several weeks the increase of the warts is seen to be checked, and the little tumours waste away and disappear.

With regard to superfluous hairs, depilatories, although frequently used, are of no value as permanent destroyers, as they merely burn the hair from the surface of the skin.

Professor Redwood says that the best and safest depilatory is composed of fifty parts of barium sulphhydrate in fine powder, twenty-five parts of starch, and twenty-five parts of oxide of zinc. Make into a paste with sufficient water, spread upon the surface, and allow to dry. When this is effected (it generally takes about five minutes), the mass is removed with the back of a knife or a thin piece of ivory or wood, leaving a perfectly hairless surface.

Depilatories are of no use for removing hair over a large surface, and there is practically no remedy for superfluous hair when it takes the form of close, soft down on the arms or other parts of the body.

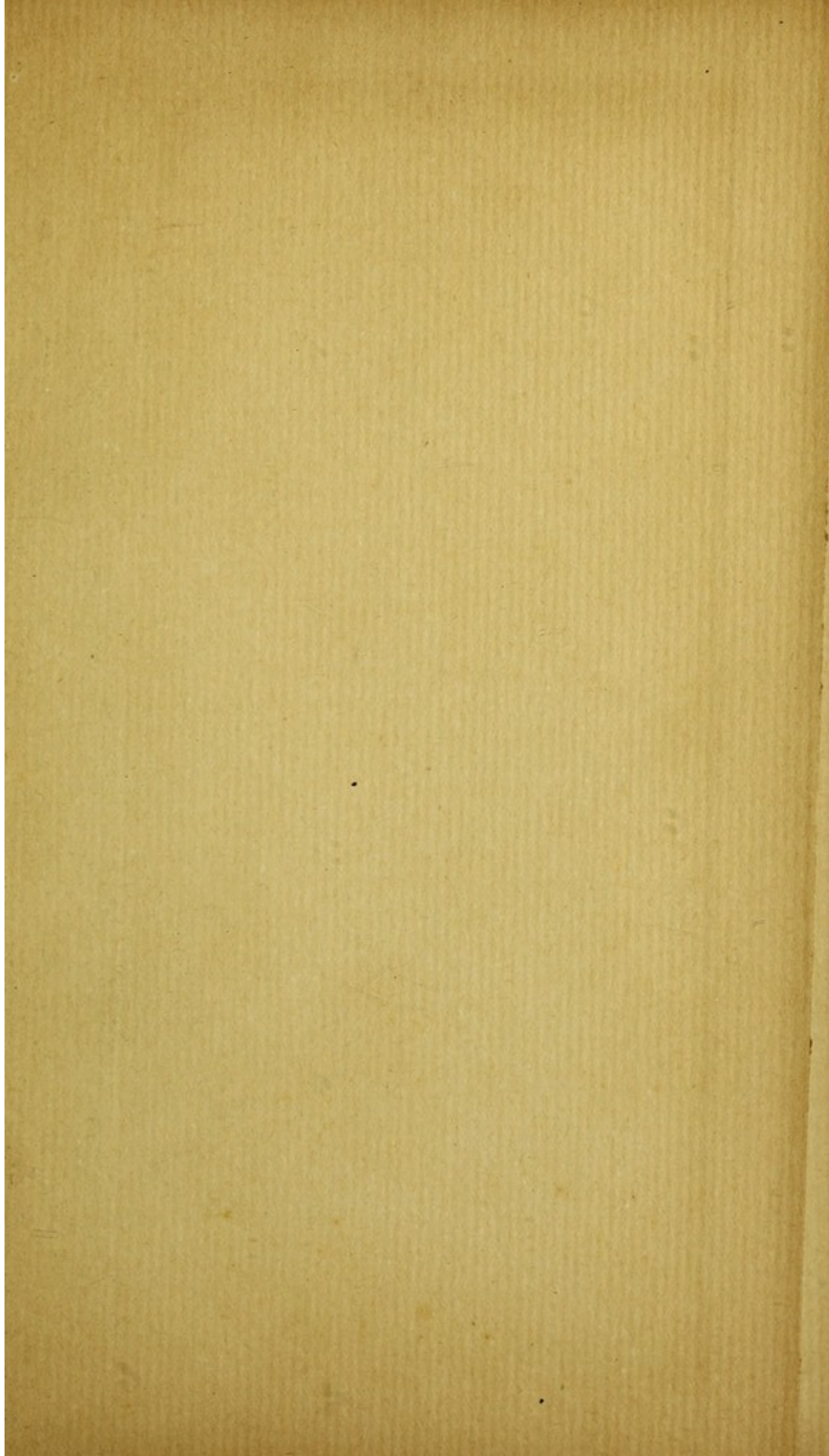
The most scientific, and certainly the most successful, method of removing superfluous hair is, undoubtedly, electrolysis.

By electrolysis, as applied to superfluous hair, is meant the absolute destruction of the hair follicle and root by electricity. It is quite possible, too, to remove by this method superficial veins and birthmarks. I cannot, however, too strongly advise my readers to exercise the greatest circumspection in the choice of an operator for electrolysis. It is performed very successfully in London by a few ladies, who have been thoroughly trained for the work under medical instruction and supervision. When skill, care, and patience are used, with modern appliances, in good, light rooms, no scars are made, and the results are eminently satisfactory.

London: "The Lady" Offices, 39 and 40, Bedford Street,  
Strand, W.C.



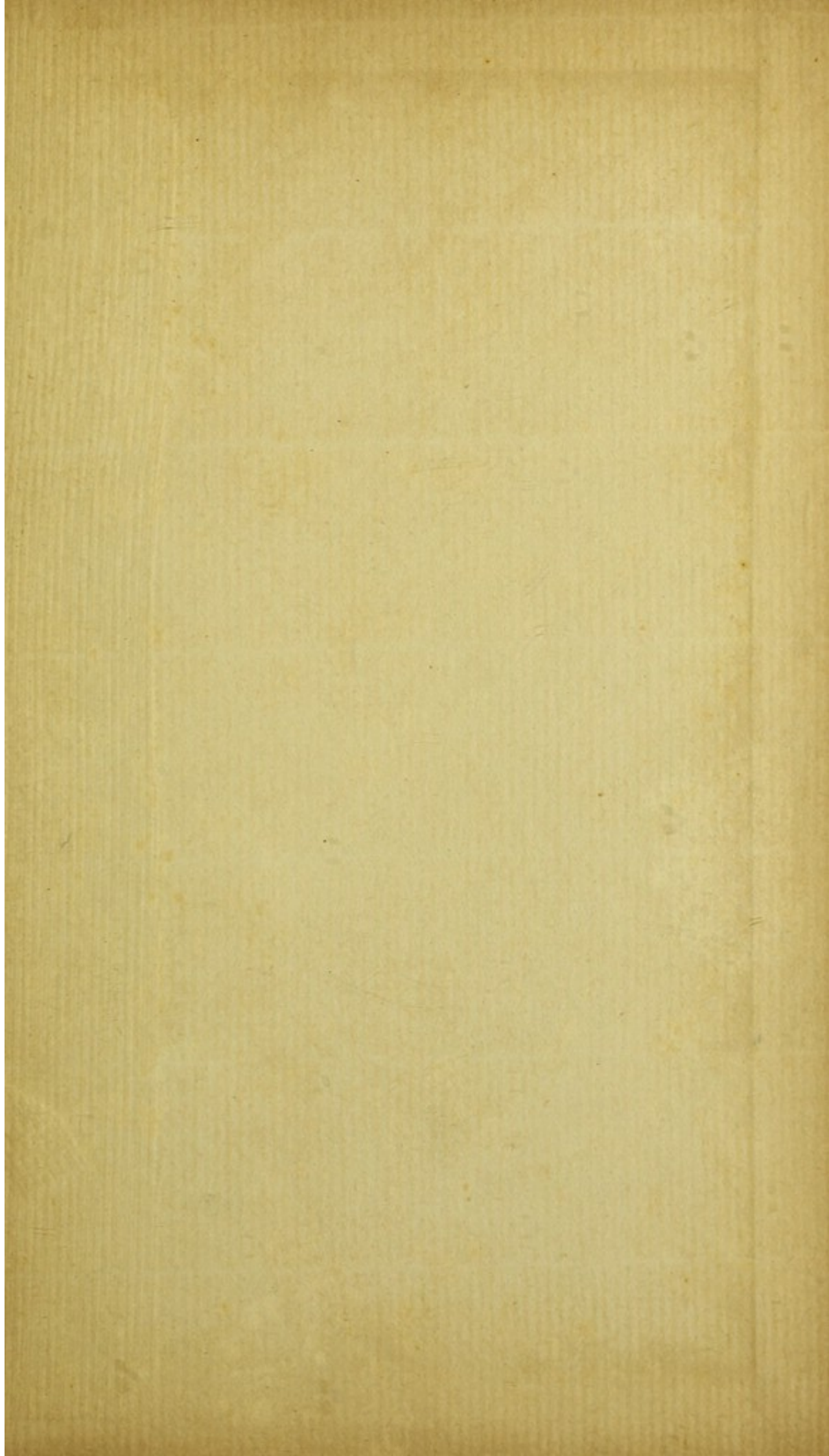














# Nature's Secret.

## ICILMA



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