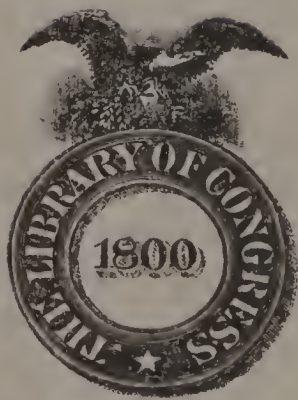


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THE NEW YORK

Fashion Bazar Book of the Toilet

A COMPLETE

GUIDE TO AND MANUAL OF

ALL THE

Arts and Secrets of Personal Beauty and Charm.



CONTAINING RULES FOR THE

Promotion and Preservation of Beauty, How to Acquire and
Preserve a Beautiful Complexion, The Care of the Skin,
The Growth and Management of the Hair, etc.,
and Many Valuable Recipes and Remedies.



NEW YORK:

GEORGE MUNRO, PUBLISHER,

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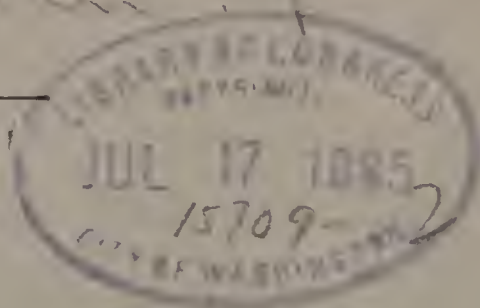
A COMPLETE GUIDE AND MANUAL

TO ALL THE

ARTS AND SECRETS OF PERSONAL BEAUTY AND CHARM.

CONTAINING RULES FOR THE

PROMOTION AND PRESERVATION OF BEAUTY.



NEW YORK:
GEORGE MUNRO, PUBLISHER,
17 TO 27 VANDEWATER STREET.

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THE NEW YORK
FASHION BAZAR BOOK OF THE TOILET.

CHAPTER I.

PERSONAL BEAUTY.

PERSONAL beauty and adornment are worthy objects of study, and have been sought by men and women of all lands. Beauty is possessed in a greater or less degree by all women, and may be enhanced by the arts of the toilet and by dress and ornament. The prime condition of personal beauty and loveliness is good health. The first object of all who seek to increase their beauty and attractiveness is health. Even inherited peculiarities or defects of form are glossed over and modified by the perfect condition of the body.

Personal beauty offers a larger field for the exercise and gratification of taste than all other departments of nature, as more depends upon the modifying influences of expression, and upon the variety and piquancy of individual character and appearance than to permanent form. This is the secret of the vast influence and importance of the toilet, a fact known almost instinctively to women, but which men find it hard to understand. In matters of dress and the toilet, women are artists by instinct and know how to set off their good points and hide their defects. Every one knows how tall a man appears when disguised as a woman, and how short and dumpy-looking

a woman is when dressed as a man. The fullness of a woman's dress is a trick which gives height, and if the dress be still further lengthened by a train the illusion is increased, and an æsthetic effect is produced of breadth and dignity pleasing to beholders and gratifying to the wearer. Women have naturally quickly abandoned any fashion which dwarfed them and made them insignificant.

The contempt which is often expressed for personal appearance and beauty is foolish and irrational. The effect of beauty is to give pleasure. Its influence is world-wide and far-reaching. It is probable that fully one half the friendships and affections of life are attributable to beauty, and even intellect and morals are unfolded and promoted by its presence. A mere notice of the influence of personal beauty on individuals and on society in all ages of the world would embrace the whole history of the human race. It has perhaps, owing to the lawless passions and vices of mankind, been productive of more contention than has been caused by ambition, and more misery than has been occasioned by avarice and gold. But, if such have been some of its effects, owing to the sensuous element of man's nature, in the other scale of the balance we have the divine influence of universal beauty over poetry, sculpture, painting, and eloquence, over manners, thought, intellect, and, indeed, everything, every art, faculty, and action of social life and civilization, which by an elevating, inspiring, and guiding principle, can be raised from rudeness and mediocrity to a state of progress, refinement, and dignity. It has given us the most magnificent statues, the most splendid paintings, and the most enchanting and heart-stirring poetry. It has given an impetus and an expression to all the polite arts; and it has imparted charms to the products of many of the least attractive branches of human industry. In truth, the chief object in the fine arts is the creation of beauty, or the copying of its models; and among these,

personal beauty offers the most refined and inexhaustible subject for the study and exertions of the artist.

The effect which beauty exercises on the mind when associated with the expression of intelligence and moral excellence is more nearly supernatural than any other material influence. The eye soon becomes accustomed to what it beholds, be it plain or fair; but the expression, the sweet smile, the amiable temper, the soothing tone of the gentle voice, the cheerful disposition, the readiness to forget and to forego when some trifling stumbling-block presents itself in the road of life—ah! what can compensate for the want of these?—what else can adjust the balance between the material and the spiritual?—what else can link two souls in a life-enduring constancy of friendship and affection, and lead them to look with confidence for a reunion beyond the tomb, and the enjoyment of the beatitude of eternity together? If we would insure the permanence of mutual friendship and affection, we must seek it in the depths of the heart, where moral beauty is dominant over intellectual beauty, and where both of these, during converse or communion, light up the features, whether plain or beautiful, with the holy and enchanting expression of intelligence, sympathy, and virtue. This happy union of mind and moral excellence, when associated with material beauty, not merely compels admiration, but exerts a power almost amounting to fascination.

CHAPTER II.

IMPORTANCE OF HEALTH.

“ Health must be there, or beauty cannot be:
 The sunken, languid eye, the pallid cheek,
 The lax and purple lip, but move the mind
 To pity—not to love.”

ALTHOUGH there may be beauty with impaired health, yet all beauty is a sign and sequence of health, and perfect health is the greatest promoter and true concomitant of perfect beauty. Health is that condition in which all the organs of the body perform their offices without friction and with the best results. Disease hinders Nature from performing her office, and a hinderance in one organ deranges all.

For a many sacrifice permanent advantage to immediate effect. By the use of stimulants and high living they gain the appearance of high health without the reality. Muscular development, inordinate plumpness, fleshiness, and red cheeks are not unfailing tests of genuinely good health. It is more manifest in the general tone and vitality, in freshness of feeling and systematic vigor that counts exertion and finds every pulsation of life delightful.

Two fifths of all that are born die under the age of five years; one half perish before the completion of the tenth year. The delicacy of the human organism is sufficiently manifest in this to impress the importance of proper nurture and protection of the body upon the most thoughtless. It is necessary first to regard the vital functions of the body if we desire an attractive outside for the passing hour. In general, scarcely a single thought is devoted to these by those who are most desirous of enhancing and retaining their charms.

From infancy to age—from poverty to wealth—health, cleanliness, personal comfort, and a pleasing appearance, are, and must ever continue, the first matters of consideration. The welfare of the infant, the child, the youth, the adult, are, in different degrees, dependent on them. They are also necessary to the aged, and perhaps even more so; not merely for their own well-being, but on account of those younger than themselves around them. By rigid attention to them, and by a judicious occupation of the mind on pleasing subjects, instead of letting it fall back upon itself, much of the vigor and agreeableness of youth may be retained to a late period of life.

With some persons—perhaps I might say with most persons—the duties of the toilet are of a very simple character—being limited to mere acts of cleanliness, and the use of the ordinary hair and skin cosmetics. Others go further, but it is all in the same direction; their thoughts not extending to those numerous and more important matters without which a pleasing personal appearance, much less beauty, cannot long exist. There are certain matters necessary to life, and essential to our well-being, such as air, food, sleep, exercise, retention and excretion, the passions, etc., which, from not actually forming a part of the living body, were called, by the older physicians, the “non-naturals.” Attention to these is as essential to the preservation of the health as it is to life; and through the health, of the personal appearance and comfort of the individual. These are matters, indeed, which are not merely essential auxiliaries of the qualities and endowments referred to, but are actually the very foundation on which not only they, but even the enjoyment of life depends.

The habits of life of many persons are justly said to be utterly deficient in the permanent enjoyment produced by temperance, exercise, regular habits, and cleanliness.

Let us go into fashionable life, as affording strong examples of the neglect or disregard of all of these except the last one, and that in a quarter where we might reasonably the least expect to find it. Temperance includes moderation at table, and in all the enjoyments which the world calls pleasure; and regular habits include the recurrence of the appropriate meals at proper intervals, and the avoidance of late hours.

Is it any wonder that injudicious feeding, exhausting habits, late hours, exposure, the conversion of night into day and day into night, and the want of sufficient rest and sound sleep, should soon become visible in the features, and make the looking-glass of the fashionable belle a monitor—alas! an unheeded monitor, of her gradually waning charms and health?

Under such habits it is no wonder that the firm yet delicate texture of the skin gives place to flabby softness, and those delicate portions on which personal beauty depends assume a sickly paleness or a coarse and blotchy redness, according to the constitution of the individual.

The immediate and intimate relations of health to the personal appearance cannot be too often pointed out, and should be thoroughly understood and acted on in the every-day affairs of life.

On the promotion and preservation of the health, chiefly depend the improvement of the personal appearance, and the maturation and maintenance of personal beauty. The delicate nature of the formation and functions of the human body is such, that propriety and regularity of dress, living, and the like, are of more importance than is generally supposed, or than some members of the medical profession are ready to admit. It is, however, a demonstrable fact, that, apart from the vicissitudes of climate and season, and mere accidental circumstances against which human foresight is unable to guard, the neglect of these matters is alone sufficient to account for fully one

half of the maladies and sufferings which “flesh is heir to.” The body must be properly nourished and its heat maintained by appropriate food—it must be properly clothed to meet the vicissitudes of climate, situation, weather, and individual constitution—it must be freely exposed to the influence of light, air, warmth, and the like—it must be kept clean, and enjoy regularity and sufficiency of exercise, sleep, and all the habits necessary to mere animal as well as polished life, for the full exercise of its numerous delicate functions, and the possession of perfect health. Unless these matters are attended to, the health will fail, and no effort of dressing, no toilet however complicated and laborious, no subtle cosmetics, will be capable of preserving the personal charms from certain and rapid decay.

CHAPTER III.

CLOTHING, COLORS, AND JEWELRY.

BEFORE entering on the immediate matters of the toilet it is necessary to say a few words relative to clothing and the accessories of dress.

By judicious selection and use of appropriate clothing, the personal appearance and charms are promoted through the medium of the general health; whilst, under the guidance of taste articles of dress are capable of directly adorning and giving grace to the form that holds the immortal spirit on which intellect and beauty depend.

For clothing to be both protective and promotive of health, the materials of which it is composed, and its quantity and arrangement, must be appropriate to the age, constitution, and habits of the individual, and to the season and climate. Unless all these are attended to, we lose many of the benefits which it should confer, and

frequently inflict on ourselves inconveniences and injuries of a more or less serious character.

UNDER-CLOTHING—WOOL.

The materials which form our clothing, though presented to us in an almost endless variety of forms, textures and colors, are in reality few in number. Each of these, however, possesses peculiar advantages, and are therefore each valuable under certain circumstances. Wool, for instance, is the poorest conductor of heat and therefore most suitable for clothing in cold, damp, changeable climates. It also acts on the skin by friction as a stimulant promoting the circulation, and assists powerfully in maintaining the surface of the body at a proper and equable temperature. It keeps the pores of the skin in a state favorable to healthy perspiration, while absorbing the perspiration as emitted; and allowing its watery portions to be evaporated in the air it does not become damp and wet as cotton and linen under the same circumstances. From this valuable property of wool or flannel, persons who wear it next the skin seldom take cold from exposure and change of temperature, even though perspiring profusely.

In a changeable and moist climate every person should wear a flannel or woollen robe next the skin, or, at all events, a waistcoat of flannel, extending from the bottom of the neck to a point beneath the loins; and this should be continued all the year round. The practice of discontinuing the use of flannel as soon as the warm weather sets in is highly reprehensible; for flannel is, if possible, even more needed in summer than in winter, because persons perspire more freely at that season, and being less protected by their other clothing, are more liable to suffer from sudden changes of temperature, draughts, damp, etc. To females, children, the delicate of both sexes, and all those who perspire freely, or are much exposed, the use

of flannel next the skin, and of worsted or woolen stockings, is indispensable to their health and safety. The prevalence of rheumatism, and the enormous mortality among children, youth, and females more particularly, from pulmonary consumption and other breath diseases, and complaints peculiar to the gentler sex, depend, to a very great extent, on the neglect of these precautions.

COTTON UNDER-CLOTHING.

Cotton now constitutes the material of the chief portion of the under-clothing of the great mass of the people, and whilst inferior to wool in warmth, it affords in its many forms an admirable substitute for it. It is worn largely for in-door garments, and is less heating to the surface of the body.

LINEN UNDER-CLOTHING.

Linen is remarkable for the smoothness and softness of its texture, and in hot climates especially is an agreeable material for clothing to be worn next the skin. It is more retentive of moisture than cotton, and therefore less suitable for a damp climate. From the whiteness and smoothness of its surface it forms an elegant and appropriate material for outer garments in extremely hot weather.

SILK UNDER-CLOTHING.

Silk is remarkable for the roundness of its fibers, the softness of its texture, the agreeable sensation of freshness which it conveys to the skin, and the absence of any attractive or retentive power for damp or moisture; and, as an article of clothing, as far as these points are concerned, it is greatly superior to either linen or cotton. But with all these advantages, silk, when worn next the body, has its defects. On the slightest friction it disturbs the electricity of the skin, and thus becomes a

source of irritation. Sometimes, it is true, this irritation is advantageous, as causing a determination of blood to the surface; but when this action is not required, it is disagreeable and quite equal, in a sensitive constitution, to producing an eruption on the skin. I have seen eruptions occasioned in this manner, and, when they have not occurred, so much itching and irritation as to call for the abandonment of the garment. As the material of the outer dress of ladies it is, however, unexceptionable; and, whether for warmth or protective power, must be regarded, weight for weight, as superior even to fine woollens.

LEATHER AND RUBBER.

India rubber and all similar substances, as well as all fabrics rendered waterproof, are objectionable on many grounds. They are impervious to air and to the vapors and perspiration given off by the body. They also disturb the natural electrical condition of the body and its relations with the air.

Leather as a material for gloves and shoes stands unequaled in usefulness and durability, and the same may be said of felt as a material for hats.

It may be further remarked that, besides the distinctive nature of the raw materials used as clothing, the peculiar texture and the respective weights, thickness, etc., of the fabrics into which they are wrought, must also be taken into consideration. All these points are important.

Clothing to be conducive to health must not only be sufficient and of appropriate materials, but it must be soft and fit easy, so as to permit the full and unrestrained development and motions of the body; and, above all, pressure on the abdomen, chest, neck, and head must be carefully avoided. This is particularly necessary in infancy, and is almost equally so in childhood; and, with some slight modifications, in every age of life. Women, owing to the delicate structure of their bodies and their

usually inactive habits, are more susceptible of injury than the other sex from errors in dressing, and should, therefore, be more careful to avoid them. Stiff and tight bandages, stiff and tight stays, tight boots and shoes, back-boards, braces, and tight lacing limit and distort the natural movements of the body, and sympathetically cramp the healthy operations of the mind. Such restraints are supposed to give elegance of carriage and perfection of form; whilst, in fact, they only produce stiffness and deformity. The contracted waist, constrained movements, and helpless limbs, which result from tight lacing, are no more consistent with grace than the hectic bloom on the transparent skin of consumption with real beauty.

CLOTHING OF LEGS AND FEET.

The clothing of the legs and feet deserve much more attention, in reference to the health, than is usually paid them, since, from the less vigorous circulation of the blood in the lower extremities than in the other parts of the body, they are much more susceptible to the ill effects of changes of temperature and dampness. Stockings or socks should be of such a kind as will absorb the perspiration and keep the feet warm. Those of worsted or woollen are the best for all seasons. Light woolens or soft porous cotton stockings may be worn in warm weather. Thread and silk stockings are inferior for out-of-door wear especially, as they are incapable of carrying off the perspiration and keeping the feet warm. Boots and shoes should be of a kind to protect the feet from injury and to keep them dry, but possessing a comfortable degree of softness and flexibility, otherwise they will give rise to corns and bunions.

USE OF GLOVES.

The use of gloves, now universal among most classes of society, is recommended by the example of all nations

from the most remote antiquity to the present time, as an emblem of refinement and luxury, as well as of utility. Gloves protect the hands from the effects of cold, wind, and sunshine, and thus preserve their beauty and sensibility. These objects are best effected by easy-fitting gloves, made of materials appropriate to the season, and adapted to preserve the hands at a comfortable or natural temperature. Tight gloves are objectionable, as, from checking the free circulation of the blood, they tend to render the hands cold in winter and swollen in summer. The choice of gloves, as mere articles of ornament, must of course depend wholly on the taste of the wearer, and the prevailing fashion of the times.

FASHIONS OF DRESS.

With regard to the prevailing fashions, it may be observed that, although constrained in some degree to adopt them, it is wise to avoid those which are disfiguring or unsuitable, as a sufficient variety prevails to admit of choosing such as are becoming. Thus a short, stout person should avoid wearing a dress flounced or frilled to the waist, or even to any considerable height, as also a high, distended skirt, which might be tolerable in one of her taller sisters. In like manner, a long waist is equally incongruous on a tall person, and a very small hat or bonnet to one who has a full and prominent face; nor should a woman of small stature wear large patterns; nor one very tall a long scanty cloak, or a depending scarf; nor a bad walker, flounces; nor one with a short throat or neck, feathers; nor one with high shoulders, a shawl.

COLORS.

Articles of dress should be selected with reference to the figure and complexion so as to secure a pleasing contrast or harmony. The colors should blend and harmonize with the complexion without interfering with its

purity; or such as improve it by throwing some agreeable tint into it of which it is naturally deficient. Taste, whether natural or acquired by experience from the past successes and failures of ourselves or of others of like complexion and features, will usually be found sufficient to direct the reader in this respect, provided sufficient thought be given to the subject before making the selection. Thus, for example, a brunette should not wear a bonnet nor attire herself in silks of a grave or somber hue, nor should a blonde with little carnation in her cheeks sully her fairness with rich and very deep colors. In like manner a pale complexion appears much more so when placed in contiguity with pale blue or purple, violet, lilac, or puce; and, if there be a dash of sallowness in it, assumes a sickly, a cadaverous, or even a leaden hue. Black, unless loaded with heavy trimmings round the face, appears more or less to suit all complexions, except the very pale, the very ruddy, the tawny, and the copper-colored. In many cases it causes a coarse, dark, opaque complexion to appear comparatively fair and agreeable.

These effects of different colors on the complexion, and on each other, depend on the compound nature and properties of light, and on certain natural affections of the eye, which it is well that every one should be acquainted with, from their general application in the arts of dress and ornamentation. If we look for some time, particularly with one eye, on a bright-colored object, as a wafer or a small piece of silk placed on a piece of white paper, and subsequently turn the same eye to another part of the paper, a similarly shaped spot or mark will be seen, but the color will vary, though it will be always the same under like circumstances. Thus, if the original color be red, the imaginary or accidental one will be green; if black, it will be white; the imaginary color being always "complementary" of that first gazed on. If, instead of the surface on which the eye is subsequently turned being

white, it be of any other light color, then the imaginary color will not be complementary of the first one, but a mixture of the surface color and the complementary one. This is precisely what occurs, under the same circumstances, to a greater or less degree, when the eye rests on the dress or on the human features and the colors surrounding it.

SIMPLICITY OF DRESS.

An elegant simplicity of dress and toilet, with unaffected manners, demands respect, and is always admired by persons of real worth and taste. Indeed, it is as much an evidence of a refined mind as its neglect is of vulgarity and ill-breeding. Above all things, it must be remembered that the beauty and whiteness of the linen, and thorough attention to cleanliness of all garments, are among the chief and most palpable indications of refinement. No richness of the other portions of the apparel, and no amount of care bestowed on the adornment of the person, can possibly compensate for negligence in these points.

JEWELRY.

The selection of jewels for the head and neck should be guided, as to color, by the same principles as those already indicated in speaking of dress. Diamonds are adapted to almost all complexions. Pearls are nearly the same; they particularly set off the dark-haired brunette, but lose much of their effect when the complexion is pale, sallow, or coarse, and the hair light or flaxen. Turquoise, and other stones of like color, and the pink coral are particularly becoming to the healthy blonde; but where the skin is pale or slightly sallow, the former should be avoided. Ornaments in frosted silver well suit the brunette, and particularly set off dark hair.

Before dinner only a few simple articles of jewelry are

worn, and these chiefly confined to slight gold trinkets, or those in which opaque stones only are introduced. Ornaments of a costlier kind, with brilliant stones or gems, are never worn in the morning, and only assumed when dressing for dinner, or for the drawing-room, an evening party, the ball, or opera.

CHAPTER IV.

BATHING AND EXERCISE.

PERSONAL cleanliness is the first essential of health, comfort and beauty. It enhances every charm, and creates new ones peculiar to itself. It invigorates the body as well as the mind. No one perfectly clean in person can be absolutely disagreeable; whilst no amount of personal charms in features, figure, or complexion, can render an individual companionable without it.

Addison regarded cleanliness as the foster-mother of affection, and as the most enduring of all the auxiliaries of personal beauty.

“Beauty commonly produces love, but cleanliness preserves it.”

CLEANLINESS AND HEALTH.

In its relations to health, personal cleanliness is of the very highest importance. During life the skin is continually subjected to abrasion, and continually undergoing the processes of reproduction and decay, by which the cuticle or scarf-skin, its exterior portion, is being constantly thrown off, as effete and useless matter, in the shape of very minute scales or dust. This, mingling with the oily, saline, and aqueous matter of the perspiration, and the waste particles of the dress, dust, etc., acquires sufficient adhesiveness to attach itself to the surface of the body, and to the clothing. In this way, unless the accumula-

tion be daily removed by friction and washing, the channels of the perspiration become choked, and the functions of the skin, as a respiratory organ, interfered with, or even partially suspended. At the same time the clothing, and particularly the body linen, becomes loaded and contaminated with the exuviæ of the skin, the solid portion of the perspiration, and the ordinary exhalations from the body, and unless frequently renewed, is rendered unwholesome and unfit for use. The hair, too, becomes loaded with scurf and dust, and the pores of the skin under it choked with the exuviæ, etc., before referred to, by which the hair-bulbs “are strangled, as it were, in the performance of their natural functions.” The teeth “accumulate organic particles in their interstices, and their enamel becomes incrusted with the minute (microscopic) skeletons of animalcules that populate the mucous secretions of the mouth.” All these are prejudicial to health, personal beauty and refined enjoyment, and may be removed by the simple acts of cleanliness.

CLEANLINESS AND BEAUTY.

A lady of discernment and experience in these matters—herself as lovely and fascinating as she was accomplished—in addressing her sister, observed: “An important, and, I might say, the principal recipe which I shall give you for the promotion and preservation of your beauty is cleanliness, thorough cleanliness, in the most extended sense of the word. It is an indispensable thing. It maintains the skin in its softness, the complexion in its luster and natural hue, the limbs in their pliancy, the whole frame in its vigor and fairest light, the mind in its purity, and the spirits in the buoyancy of youth irrespective of age and condition. The frequent use of tepid water to the person, and particularly of the tepid bath, is not less grateful to the senses than it is salutary to health and beauty. It is by such ablutions that

accidental corporeal impurities are thrown off, cutaneous eruptions removed, and, while the surface of the body is preserved in its original purity and brightness, many threatening and beauty-destroying disorders are prevented.”

FULL BATHS.

However beneficial the frequent use of water for washing may be, the effects arising from the immersion of the body in it, as in the practice of bathing, are far more extensive and complete. What the one does usefully, but not completely, the other accomplishes readily, satisfactorily and perfectly. There is no substitute for the entire bath. Its physiological effects are peculiar to itself, and of the utmost importance in hygiene, pathology and medicine. Nor is the action of judicious bathing in the promotion of personal comfort and happiness, and personal beauty, less remarkable.

For washing, and bathing purposes, water should be soft and pure, and a little good soap employed whenever the state of the skin requires it. Baths should not be taken directly before a meal, nor for at least two hours subsequent to eating. Moderate exercise before a bath is safe, but when the body is exhausted by fatigue it is not in a suitable condition, as there is less power of reaction, and greater danger of a chill. A warm or tepid bath is adapted to the delicate and robust alike, and to every climate and season. Cold baths are suited to the healthy and vigorous, and swimming baths in sea-water can be safely practiced only during the warmer months of the year, and in a mass of water that has been for some hours exposed to the rays of the sun, and sufficiently large to permit of the heat of the body being maintained by swimming or other active exercise. The shower-bath is an exception to these remarks, and is a convenient and invigorating substitute for other forms of bathing. The plunge-

bath is also a partial exception; but it should be carefully avoided by those who are predisposed to heart-disease or brain-disease, or to congestion of any of the great viscera. Sea-bathing, from its stimulating and invigorating action on the skin and the whole nervous system, is not only most agreeable, but highly salutary, when indulged in at the proper season. It has also the important advantage over bathing in fresh water, that persons seldom take cold from it. The best time for it is two hours after breakfast. No one should prolong a bath over fifteen minutes.

SEA BATHING.

Sea-bathing, "on account of its stimulative and penetrating power, may be placed at the head of those means which regard the care of the skin; and it certainly supplies one of the first wants of the present generation, by opening the pores, and thereby reinvigorating the whole nervous system." Sea-bathing does not agree with every one. Nervous persons whose digestion is impaired and circulation is imperfect should be careful about remaining long in water, and should be vigorously rubbed on coming out.

By using pure water, to which a few ounces of glycerine and a little rose-water have been added, the luxury of a bath is much increased, and a delightful sensation of softness and delicacy imparted to the skin. Where expense is to be avoided, the same result can be secured by using a sponge and a basin and a single quart of water to which the glycerine and rose-water are added in smaller quantities.

WARM OR TEPID BATHS.

The opinion that a warm or tepid bath is relaxing is erroneous. It is only so when the temperature is extreme, and when persons remain in it too long or take it too

often. Immediately before retiring to rest is the best time for it, as a night of refreshing sleep is almost certain to follow. The warm bath is adapted to every age. Those in declining years will find that it retards the effects of time, preserves youthful feelings, and strengthens all their faculties.

EXERCISE.

In close connection with the subject of personal cleanliness and bathing is that of gentle daily exercise in the open air, in situations exposed to refreshing breezes and sunlight. Without this all other efforts to preserve the body in vigorous health fail. It is a natural tonic and cosmetic, and gives the glow to health, a brilliancy to the eye, and freshness to the complexion which art is not able to bestow. Exercise develops the form and gives roundness to the limbs and cheeks, and makes the dimples in which Cupid loves to nestle.

CHAPTER V.

THE SKIN.

IN health, the management of the skin is a very simple matter, and consists chiefly in keeping it clean and protecting it from extremes of heat and cold, sudden changes of weather, and moisture, which tend to destroy its natural sensibility, to thicken and harden it, and render it coarse and rough, and, by the rupture of capillary arteries, to impart to it a ruddy, weather-beaten appearance. Drying winds, whether hot or cold, injure the skin, by carrying off the moisture which is essential to its suppleness and proper action; and this, in extreme cases, to a degree sufficient to destroy its vitality, and even to produce chaps or fissures in it. On the other hand, continual exposure to a moist atmosphere, or humidity or aque-

ous vapor in any form, tends to relax it, to reduce its tone and hue, and to render it injuriously susceptible to the temperature of the surrounding air, as well as to changes of it. Light and shade also affect the skin, but in opposite ways. Constant exposure to diffused daylight, and to the sunlight, when not too vivid, for some little time daily, is favorable to the health and beauty of the skin, and improves the hue of the complexion; but the direct rays of the sun, particularly the summer sunshine, when long continued, thicken and darken it, and sometimes, in persons peculiarly susceptible, even blister it, or cause the hardened cuticle to exfoliate. An insufficient exposure to light, on the contrary, causes the skin to assume a pale and sickly hue, and to become lax and unhealthy.

ANOINTING THE SKIN.

To obviate the ill effect of the exposure and external influences, the dry skin, after bathing, may be slightly anointed with some mild simple oil, as that of the olive or the sweet almond, friction being at the same time employed, and the whole body gently rubbed with a towel. Glycerine mixed with water may be used instead of oil and it is more effective and congenial to the skin. It is not only capable of imparting delicacy, suppleness, and an agreeable sensation to the skin, but also of preserving it, to a very great extent, from the effects of heat and cold, drying winds, fervid sunshine, as well as, by its permanently softening power, preventing its induration from friction or pressure, and the formation of callosities on it. For this purpose the skin need only be thoroughly moistened with it, the excess of moisture being subsequently removed by means of a soft towel.

EFFECT OF LIGHT.

Light has a most important and powerful influence upon the skin. So essential to health is direct sunlight

that persons whose houses or apartments have a northern aspect and who get little of the sun's rays, are generally of a pale complexion and languid expression of features. Fevers and pestilential diseases generally, are more frequent and severe among the inhabitants of such apartments than among those exposed to the light of the sun. The actinic, or chemical rays of sunlight, are absolutely necessary to the enjoyment of vigorous health, and the possession of beauty.

EFFECT OF FRICTION.

Friction has a most beneficial effect upon the skin. It will be found not only capable of cleansing the skin, but advantageous, from exciting the cutaneous circulation, and invigorating the whole system. The instrument usually employed for the purpose is a flesh brush, but a glove, a coarse towel, or even a stocking with the hand thrust in it may be employed. It is probably the most healthful, effective and ready substitute for the entire bath that can be employed, and the use of the sponge bath after it greatly increases its good effects.

USE OF FLESH BRUSH.

The daily vigorous use of the flesh brush or rough towel for those parts of the body that are covered by the clothing increases the energy of the circulation on the surface of the body and in the extremities and is thereby a panacea for premature decay and all diseases of old age. It restores tone and color to the lax and pallid skin, reduces swelled glands and swellings of the joints as well as the pains of rheumatism. When performed by another person with lengthened and slow movements it produces an agreeable effect upon the nervous system.

COSMETICS.

The external applications or cosmetics employed for improving the texture, clearness and color of the skin and

complexion, when judiciously selected and used are perfectly safe, but it may be said of nearly all of them, except simple soap and water, that they are seldom required, and that their habitual use is seldom unobjectionable when the general health is good, and the skin is in a perfectly healthy state.

There are many diseases of the skin which impair its beauty, and it is for these that cosmetics and remedial preparations are mostly needed.

BLACK SPECKS OR FLESH WORMS.

The small black spots and marks frequently observed on the skin of the face about the nose in hot weather arise from the accumulation of solid matter of perspiration and dust in the pores. Generally they may be removed by being pressed between the fingers or nails followed by the use of hot soap and water. A weak solution of bichloride of mercury or of sulphate of zinc, will completely remove the swelling and generally prevent their reformation.

BOILS.

A boil is an inflamed portion of the skin and is an indication of ill health. When one begins to form it may sometimes be dispersed by friction with the fingers, lowering the diet, avoiding stimulating drinks, and by the use of mild aperients. When they exhibit persistency by gradual enlargement and increasing pain, it is advisable to promote their suppuration by the constant application of poultices of bread and linseed-meal.

Fresh air, a light nourishing diet and abstinence from spirits are the best measures to be taken. Indolent boils may be covered once daily with an ointment made as follows:

Glycerine	1 drachm.
Extract of Conium	1 “
Extract of Belladonna	1 “
Ceratum Resinae	1 ounce.

When there is a predisposition to boils, excess in eating and drinking should be avoided, and care should be taken that the bowels act regularly once a day.

ABRASIONS OF THE SKIN.

For abrasions of the skin the best and simplest application is a single layer of flexible collodion. If much epidermis has been lost and the part bleeds freely, a paste of equal parts of glycerine and subnitrate of bismuth may be laid on and covered with collodion.

THINNESS OR SKINNINESS.

Thinness, or as it is commonly called skinniness, is the opposite condition to obesity or fatness. It may result from insufficient supply of food, non-conversion of food into tissue, or excessive expenditure of vital material. Some thoroughly healthy people can never grow fat; the reason of this is either that their mental faculties are in a state of constant activity, or that they undergo a great deal of bodily exercise, either of which, by calling on the blood for material to replace that excreted, prevents the presence of superfluous nutritive substance in the system, and hence also its deposition as fat. Nervous people are not necessarily thin, but it may be laid down as a rule that persons of energetic temperament, with busily working brains, are not fat. It has been said that clever people are never fat. I cannot agree with this statement. Obesity may exist with a high intellect and the exercise of its faculties, for such exercise may be of a calm, even kind, as in novel-writing, after many years' practice. But the energetic, powerful, scheming, and reasoning brain can hardly belong to an obese person. The whole question, in fact, is a simple one, for intellectual work must of necessity reduce the fat of the body, but such reduction may be affected, not only by the calm, or, on the contrary, energetic manner in which the mental labor may be carried on, but also by hereditary tendency to obesity

or the reverse, so that it may be said of an intellectual fat person, if he were not intellectual he would be fatter. Nervous agitation and worry produce the same result. A fat-forming diet consisting of soup, eggs, fat meat, sugary foods, pastry and port wine is good. For internal medicines a physician's advice should be taken invariably.

DISCOLORATIONS OF THE SKIN.

Discolorations of the skin are generally lessened and frequently removed by the daily and long continued use of a glycerinated solution of bichloride of mercury or what is popularly known as Gowland's lotion. Other discolorations yield to a lotion of chloride of lime. The following is the formula of Gowland's lotion, sanctioned by the medical profession:

Jordan almonds (blanched)	. . .	1 ounce
Bitter almonds (blanched)	. . .	2 to 3 drachms.
Distilled water	. . .	1-2 pint

formed into an emulsion. To the strained emulsion with agitation add gradually:

Bichloride of mercury in coarse powder fifteen grains, previously dissolved in one half pint of distilled water. The product is the celebrated Gowland's lotion, which as a cosmetic and wash in eruptions and minor glandular swellings is most excellent. It is employed by simply wetting the skin with it night and morning, by means of the corner of a napkin or the tips of the fingers. Care should be taken that nothing alkaline or metallic touches the liquid; and the fingers should never be wetted with it by placing them on the mouth of the bottle and then shaking it up. It is a valuable remedy for itch and other animalcular eruptions.

DANDRUFF.

Dandruff is an exfoliation of the skin which differs from common scurfiness, chiefly in occurring in reddish

patches. In its exaggerated forms, when the patches are irregular, and the cuticle is thrown off in large scales, accompanied with much irritation, it forms the “pityriasis” of pathologists, and as “branny tetter.” Its treatment consists of extreme cleanliness, the frequent use of warm soap and water, and attention to the diet.

ERUPTIONS.

Eruptions are too well known to require any lengthy description here. They are usually classified by writers on the subject into—animalcular eruptions, or those due to the presence of animalcules (minute acari) in the scarf-skin, which occasion much irritation, and of which the itch furnishes a well-marked example;—papular eruptions or dry pimples;—pustular eruptions or mattery pimples, of which some forms are popularly known as crusted tetter;—scaly eruptions or dry tetter; and—vesicular eruptions or watery pimples or vesicles.

The treatment of all the above, except the first, in simple cases, where there is not much constitutional disarrangement, consists mainly in attention to the general principles of health—cleanliness, exercise, food, ventilation, and clothing. Occasional doses of mild saline aperients (Epsom-salts, cream of tartar, or phosphate of soda, or of sulphur combined with cream of tartar), should be taken, and warm or tepid bathing, preferably in seawater, or ablution in warm soap and water, frequently had recourse to. Stimulants of all kinds should be avoided, and the red meats, ripe fruits, and the anti-scorbutic vegetables, should form a considerable portion of the diet. Lemonade, made by squeezing the juice of a lemon into a half-pint tumblerful of water, and sweetening it with a little sugar, should be frequently and liberally taken, as one of the best beverages in such cases. To relieve the itching and irritation (except in the pustular, crusted, and vesicular varieties), brisk friction with a

flesh-brush, or a flesh-glove may be employed. The parts should also be wetted with an appropriate lotion, after each friction or bath, or the use of soap and water.

These lotions may consist of half a teaspoonful of salt of tartar, or of the juice of a large lemon, or a wine-glassful of strong vinegar, to about three quarters of a pint of pure water, 1 or 2 ounces of glycerine being in each case added. In the absence of glycerine, decoction of bran, or buttermilk, may be used. In the pustular and crusted varieties, 2 or 3 ounces of rectified spirit or 5 or 6 ounces of good rum may be added, a like quantity of water being omitted.

When the habit of body is full and inflammatory the diet should be lowered and a depletive treatment adopted; when it is the reverse the diet should be liberal and a course of tonic medicine, as quinine, iron and cod-liver oil should be taken. In all scaly eruptions of a malignant character the advice and recommendations of a physician are indispensable. Vigorous daily exercise, sufficient to produce active perspiration, is an active curative agency in all skin diseases.

In minor cases, where the space affected is not extensive, the daily application of a weak solution of bichloride of mercury or of sulphate of zinc, to which a little glycerine has been added, will be found useful both for the removal of all the ordinary eruptions and the prevention of their recurrence.

PIMPLES.

The small, hard, distinct pimples that occur on the forehead, temples and chin can generally be removed by the application of lotions consisting of equal parts of strong vinegar and water, or weak lotions of sulphate of zinc or bichloride of mercury, assisted by occasional doses of cooling laxatives.

FRECKLES.

Freckles, the round or oval-shaped yellowish or brownish-yellow spots, resembling stains, common on the face

and the backs of the hands of persons with a fair and delicate skin who are much exposed to the direct rays of the sun in hot weather, are of little importance in themselves, and have nothing to do with the general health. Ladies who desire to remove them may have recourse to the frequent application of dilute spirit, or lemon-juice, or a lotion formed by adding acetic, hydrochloric, nitric, or sulphuric acid, or liquor of potassa, to water, until it is just strong enough to slightly prick the tongue. One part of good Jamaica rum to two parts of lemon-juice or weak vinegar, is a good form of lotion for the purpose. Gowland's lotion, referred to elsewhere, is also an effective application. The effect of all these lotions is increased by the addition of a little glycerine.

The preceding are also occasionally called "common freckles," "summer-freckles," and "sun-freckles." In some cases they are very persistent, and resist all attempts to remove them while the exposure that produces them is continued. Their appearance may be prevented by greater use of the veil, parasol, or sun-shade, or avoidance of exposure to the sun during the heat of the day.

COLD FRECKLES.

Another variety, popularly known as cold freckles occurs at all seasons of the year, and usually depends on disordered health or some disturbance of the natural functions of the skin, for which a physician's advice should be asked.

MOLES.

The small soft excrescences and discolorations of the skin called moles may be removed by touching them every second or third day with strong acetic or nitric acid, or with lunar caustic. If covered with hair that should be first removed.

PALENESS OF THE SKIN.

Extreme paleness of the skin generally arises from debility or from languid circulation of the blood at the sur-

face of the body; often also from insufficient or improper food, want of out-door exercise, and the like. The main treatment is evident. Warm baths, friction, and stimulating lotions and cosmetics may be here employed, together with a course of some mild chalybeate (as the lactate, protophosphate, or ammonia-citrate of iron), and hypophosphite of soda.

ROUGHNESS OR COARSENESS OF THE SKIN.

Roughness and coarseness of the skin when not depending on any particular disease, may be removed, or greatly lessened, by daily friction with mild unguents or oil, or by moistening the part, night and morning, with a weak solution of bichloride of mercury containing a little glycerine.

REDNESS OF THE SKIN.

Rashes and redness of the skin, very common complaints often arise from very trifling causes, among which indigestion, suppressed perspiration, irritation, and the like, are the most frequent. Nettle-rash or urticaria, so called from the appearance and tingling sensation resembling those caused by the sting of nettles, in some habits of body, is very apt to follow the use of indigestible and unwholesome food. It is usually of short duration and recurrent. The treatment consists in the administration of mild saline aperients, and, in severe cases, of an emetic, particularly where the stomach is still loaded with indigestible matter. These should be followed by the copious use of lemonade made from the fresh-expressed juice. The patient should be lightly but warmly clothed during the attack, and exposure to cold, or to draughts of cold air, should be carefully avoided. The further treatment may be similar to that noticed under eruptions. To prevent the recurrence of the attack the objectionable articles of food, and any other known exciting causes, must be

avoided. Red rash, red blotch, or fiery spot, a common consequence of disordered health, a sudden fit of dyspepsia, and, in females, of tight lacing, and rose-rash, false measles, or roseola, having commonly a similar origin to the preceding, for the most part require the same treatment.

SCURF.

Scurf or “*furfura*”—is a formation depending on the natural and healthy exfoliation of the skin on every part of the body on which hair or down grows, but most extensive and observable on the scalp, on account of the abundance and darker color of the hair there. Scurfiness, or excessive scurfiness, is the result of morbid action, and may be treated by the frequent use of the flesh-brush or hair-brush, ablution with soap and water, and the use of mild, stimulating, astringent, or detergent lotions.

SCURVY.

Scurvy is a disease which, even in its incipient and early stages, when its presence is often unsuspected, is most injurious to the skin and complexion. It usually commences with unnatural sallowness, debility, and low spirits. Its chief cause is improper food, or rather the absence of fresh meat and vegetables. A liberal diet of fresh animal food, green vegetables and ripe fruit affords a quick cure. Sometimes tonics are also necessary to assist the recuperative powers.

POCK-MARKS.

The removal of “pock-marks,” particularly old ones, is a matter of great difficulty and time. In common cases the continued use of tepid glycerinated ioduretted lotion twice a day, or daily gentle friction with warm oils slightly ioduretted, will produce a manifest improvement, and ultimately wholly or in part remove them. The long-

continued daily use of glycerinated solution of bichloride of mercury or of Gowland's lotion, will also frequently do the same, and will invariably lessen them. Warm sea-water baths are likewise useful, and may be taken at the same time.

WRINKLES.

Wrinkles and looseness of the skin arise mainly from the attenuation of the cutis or true skin, and the reduction in the bulk of the underlying surfacial portions of the body. They cannot be regarded as a disease of the skin; but are the results of long-continued bad health, anxiety and study, and of general emaciation and old age. Cleanliness, nutritious food, vigorous out-door exercise, agreeable occupation of the mind, and an equable and happy temper, retard their formation. Whatever tends to promote the general health, and to increase the bulk of the body, and particularly the deposition of fat in the cellular tissues, also tends to remove them, and to increase the smoothness and beauty of the skin. The free and frequent use of warm soap and water, followed by the daily use of mild, stimulating, cosmetic lotions or fomentations, or friction with warm oil of a like character, and cod-liver oil internally, is all that art can do for the purpose.

CHAFING.

A soreness is sometimes produced by chafing under the arms, behind the ears, between the thighs, and in the wrinkles and folds of the skin generally. It occurs chiefly in infancy, and in stout persons with a delicate skin, who perspire excessively. Extreme cleanliness, and carefully wiping the parts dry after washing, with the subsequent use of a little violet-powder or finely powdered starch, or French chalk scraped or grated very fine, dusted over the parts once or twice a day, will generally remove it and prevent its recurrence.

CHAPTER VI.

THE CARE OF THE EYES.

A BEAUTIFUL eye is one that is full, clear, and brilliant, appropriate in color to the complexion, and in form, to the features, and of which the connected parts—the eyelids, eyelashes, and eyebrows, which, with it, in a general view of the subject, collectedly form the external eye—are also beautiful, and in keeping with it.

The management of the eyes, in connection with the toilet, consists chiefly in daily bathing or washing them with pure water, and the avoidance of friction or pressure, exposure to dust, irritating fumes, or vivid light, and fatiguing, straining, or overtasking them. In washing them, and subsequently wiping them, the utmost delicacy should be exercised. Strong soap should be particularly avoided, and only a soft napkin should be employed to wipe them. The use of a thick, stiff, or coarse towel, for the last purpose, is very injurious to them, as it tends to flatten them, and hastens the arrival of the time when the assistance of spectacles becomes necessary. Rubbing the eyes with the fingers when drowsy, especially on awaking in the morning, has a like tendency, and is even more injurious.

WEAK EYES.

To strengthen the eyes, to relieve them when fatigued, or stiff, or weak, irritable or inflamed, or swollen or congested, and to remove chronic ophthalmia, purulent discharges, etc., nothing is equal to frequently bathing them with water, at first tepid, but afterward gradually lowered in temperature to absolute coldness.

To increase the beauty and expression of the eyes various means are occasionally had recourse to, nearly all of

which are not merely highly objectionable but dangerous. Thus, some fashionable ladies and actresses, to enhance the clearness and brilliancy of their eyes before appearing in public, are in the habit of exposing them to air slightly impregnated with the vapor of prussic acid. This is done by placing a single drop of the dilute acid at the bottom of an eye-cup or eye-glass, and then holding the cup or glass against the eye for a few seconds, with the head in an inclined position. It has also been asserted that some ladies rub a very small quantity of belladonna ointment on the brow over each eye, or moisten the same part with a few drops of tincture of belladonna. This produces a dilation of the pupil, and gives a peculiar fullness and an expression of languor to the eyes which, by some, are regarded as exceedingly fascinating. The use of these active medicinals, in this way, when frequent, or long continued, or carried to excess, must necessarily result in impaired vision, if not in actual blindness.

NEAR-SIGHT.

For near-sightedness, close the eyes and pass the fingers, very gently, several times across them outward, from the canthus, or corner next the nose, toward the temple. This tends slightly to flatten the cornea and lens of the eye, and thus to lengthen or extend the angle of vision. The operation should be repeated several times a day, or at least always after making one's toilet, until short-sightedness is nearly or completely removed.

For long sight, loss of sight by age, weak sight, and generally for all those defects which require the use of magnifying glasses, gently pass the finger, or napkin, from the outer angle or corner of the eyes inward, above and below the eyeball, toward the nose. This tends slightly to "round up" the eyes, and thus to preserve or restore the sight. It should be done every time the eyes are washed, or oftener.

It is said that many persons, by this last means, have preserved their sight, so as to read very small print, at eighty years of age; and that others, whose sight had been impaired by age or excessive use, have, in like manner, restored their sight and been able to dispense with the use of glasses, and have since preserved it by a daily continuance of the practice. It must be remembered, however, that, to be successful or safe, great gentleness and caution must be observed. Violence, or rough pressure, must be carefully avoided.

DISEASES OF THE EYES.

Squinting—"strabismus" of medical writers—when not depending on any organic peculiarity, is commonly acquired in childhood by silly efforts to look singular, or by imitating others. When one eye only is affected, it is recommended to blindfold the sound eye for several hours daily, until the affection be removed. When both eyes are affected, a projecting piece of pasteboard, in the line of the nose, worn for several hours daily, will generally effect a cure. In bad cases of "squinting inward," as it is called, the division of the internal rectus muscle of the eyeball—an operation that must be performed by a skillful surgeon—is said often to relieve the deformity.

Inflammation of the eye—"ophthalmia" or "ophthalmitis" of medical writers—in ordinary cases is confined to the external membrane of the eyeball, or to the eyelids; but it occasionally attacks deeper-seated portions of the eye, and assumes a corresponding serious character.

The common causes of ordinary or conjunctival ophthalmia are exposure of the organ to cold, drying winds, to dust, gritty particles, irritating fumes, or to any external source of irritation or injury.

In every variety of ophthalmia, the eye should be kept clean by careful and frequent ablution with warm water, or warm milk and water.

The malignant forms of ophthalmia often produce intense suffering, ending in total blindness, and are highly contagious.

In blar-eye—"lippitudo"—there is an exudation of purulent matter from the margins of the eyelids, which are red, humid, and somewhat painful; and frequently, during the night, glued together by the discharge. Mild astringent eye-waters are here also the best applications. Excess in eating and drinking should likewise be avoided, and some aperient medicine taken.

Weak, watery eyes may be strengthened by frequently bathing them, at first with tepid water, and afterward with cooler water, the temperature being daily lowered until perfectly cold water be used.

Red or blood-shot eyes, when not depending on organic lesion or visceral disease, are usually produced by dissipation, gluttony, or excessive drinking or smoking. The only remedy known is the abandonment of the vicious habits on which the evil depends.

The small inflamed tumor or boil, called a sty, which sometimes forms at the edge of the eyelid, though inconvenient and painful, is not dangerous. A bread poultice, to which a little olive oil has been added, promotes supuration and helps it to run its course.

The darkness or discoloration round the eyes, frequently observable in females, and which is sometimes permanent, but more frequently periodical, is either constitutional or depends on certain conditions of health, and occurs and disappears with them. In the fashionable world, the aid of the cosmetic art is not uncommonly called in to disguise these discolorations. A little French chalk or talc, in impalpable powder, is rubbed on the part and then gently "dusted off" with a camel's-hair pencil or a tuft of badger's hair, or the excess is blown off with the breath. A little of the same powder that has been very slightly tinted with rouge or carmine is next applied, the

excess being removed as before. The application of the pencil to clear the edges of the eyelashes, and of the corner of a soft napkin to "tone down" the outer margins of the parts treated, finishes the operation.

The effects of dust, dirt, acrid fumes, and other irritating substances on the eyes, may be met by freely bathing them in warm water, or by the use of the eye-douche. Gently raising the eyelid with the fingers, and holding it apart from the eye for a short time, will generally cause a copious discharge of tears, which will wash away the offending matter and relieve the irritation.

COLOR.

Theories have been based on even the particular color of the eyes. Thus it is said that dark-blue eyes are found chiefly in persons of delicate, refined, or effeminate mental character; light-blue eyes, and more particularly gray eyes, in the hardy and active; hazel eyes in the masculine, vigorous, and profound; black eyes in those whose energy is of a desultory or remittent character, and who exhibit fickleness in pursuits and affection; greenish eyes, it is asserted, have the same general meaning as gray eyes, with the addition of selfishness, or a sinister disposition. These statements, however, though based on some general truths, and supported by popular opinion, are liable to so many exceptions as to be unreliable and valueless in their individual applications.

EYELASHES AND BROWS.

The beauty of the eyelashes consists chiefly in their length and silkiness. These qualities may be promoted by occasionally "topping" them with a pair of sharp scissors. The practice is most effective when commenced in early childhood. The least possible portion of their extremities should be removed; and the operation, to be neatly done, must be performed by a second person.

The eyebrows, unlike the eyelashes, should never be cut, or in any way subjected to the action of the scissors or razor. Their beauty consists in their being smooth, glossy, and well-defined, in having little breadth vertically, and in extending in a graceful, arched line over the eyes. Cutting them ultimately destroys these qualities, by causing them to grow coarse, stiff, and irregular. After washing the face, the fingers or napkin should be passed over them to smooth them and to set the hairs in their places. This is all that is required. Some ladies, however, when making their toilet, pass the finger, very slightly moistened with oil or pommade, over the eyebrows, to darken them and give them gloss; but the practice is not to be recommended. An occasional gray or prominent bristly hair in the eyebrows may be plucked out with the tweezers. It should never be cut off, as is the common practice.

DYEING.

Persons who dye their hair or beards are very apt to meddle with the eyebrows, and often produce effects contrary to their intentions, and far from pleasing. This is nearly always the case with persons of a light complexion, or who are pale, either from confinement in-doors or from ill health. It is true that Oriental ladies darken their eyebrows to enhance their charms; but then it must be recollected that their hair is naturally black or dark, and that the tone of their complexions corresponds. Any interference with the natural color of the eyebrows should, therefore, be limited to merely brightening and slightly darkening them. Attempts beyond this generally end in discomfiture.

The toilet of the forehead is limited chiefly to the arrangement of the hair. The possessor of a beautiful forehead is seldom disposed to conceal any portion of it, or to modify its apparent form by such means. The practice of wearing the hair over portions of the forehead naturally

bare is prejudicial to the health of the head and to the vigor of the mind. The contrary practice of throwing or fixing the hair in unnatural positions, backward from the forehead, is equally objectionable. The defects of an ill-formed forehead may, in general, be rendered less apparent, and often wholly obscured, by an appropriate arrangement of the hair about it—a matter in which the taste of the individual and the example of others will be the best guides.

The beauty of the face depends chiefly on its several features being pleasingly molded and in “perfect keeping” with each other, as noticed in a former portion of this volume. Without this proportion between the individual features, the most delicate complexion, the brightest eyes, the softest cheeks, the finely molded mouth, and the ruddiest lips, may fail to charm, and, by contrast, may even disfigure where they should adorn. It is this excellence of proportion that constitutes one of the chief elements of personal beauty.

CHAPTER VII.

THE HAIR.

IF there is one point upon which the taste of all mankind seems fixed, it is in the appreciation of the beauty of rich, luxuriant, glossy hair. The hair is not only valuable as a protective covering of the head, but it is an essential auxiliary to the highest personal beauty. Sculptors and painters have bestowed on its representation their highest skill and care, and its description and praises have been sung in the noblest verse:

“ Oh, wondrous, wondrous, is her hair;
A braided wealth of golden brown,
That drops on neck and temples bare.”

In modern times, the estimation in which a beautiful head of hair is held, is probably as great as at any period of history. It is still regarded as an important ingredient in manly beauty, and as one of the very essentials of feminine loveliness and fascination. All persons are proud of it—all covet it—all admire it. Indeed, it may be truly said, that all persons, except the most indolent, vulgar, and degraded, are more or less sedulous in their endeavors, in private, to improve their hair; and by tasteful arrangement to set it off to the best advantage.

FORMATION AND STRUCTURE.

The formation and physical structure of the hair is very complicated and beautiful. On careful and minute inspection, it is seen to consist of elongated horny filaments, or tubes, which derive their elasticity and flexibility from their attenuated form. It is secreted and formed by certain minute conical-shaped glands called the "hair-bulbs," and certain vessels called the "hair-capsules," both of which are lodged in the network of the cutis or true skin.

The hair is kept in a state of vitality by the fluids that pervade the pith or central tube and by glands around the base of the hairs which secrete oily matter, keeping the skin soft and permeable, and the hair soft, flexible and glossy. The hair contains gelatine and two different kinds of oily matter—the one white and common to all hair, the other colored and giving the hair, by the aid of mineral substances also found in it, its particular color. Light-colored hair contains magnesiad; black hair, iron and sulphur.

Human hair is perennial; and unless its connection with the skin be severed by violence, the effects of disease, or the premature decay of the hair-bulbs from any of the numerous causes liable to affect them, it preserves much of its vigor and integrity to a late period of life. In most

animals the hair is deciduous, and is cast annually; but not in man.

GROWTH AND DECAY.

In infancy and early childhood the hair is generally pale, soft, thin, and very flexible. As the age increases, it gradually becomes more abundant, darker, coarser, and stiffer. In healthy youth and early maturity it reaches its prime, or state of greatest luxuriance and beauty; and thus it continues for some years, in a nearly stationary condition. Then it usually gradually, very gradually, becomes thinner and weaker, and slowly loses its glossiness and some of its color. Next, owing to the decreasing vigor of the circulation of the scalp, and its attenuation consequent on the progress of life, the hair commences falling off from the crown of the head, and soon afterward from the partings, which widen and become more conspicuous. The comb and brush may now be perceived to remove a greater number of weak hairs than heretofore, the place of which is not filled up by fresh ones, as formerly. This state may continue for some years, or even until a late period of life, the hair merely gradually getting weaker and sparser, and the crown more extensively bald; but usually more marked changes occur. About, or soon after the middle age, and sometimes even before it, gray hairs begin to appear. At first they are few in number, and far apart; but time soon multiplies them, and in a few years they become sufficiently numerous to affect the general hue of the hair.

It may be laid down as a law, to which there are no exceptions, that the vigor, luxuriance, and beauty of the hair, uniformly correspond to the state of health of the scalp from which it grows. Whilst the scalp is soft and thick, and the blood circulates with healthy vigor through its vessels, as is the case in youth and the early years of maturity, the hair-glands and capsules have ample space

to exist and to work in, and ample materials in the shape of healthy arterial blood, out of which to elaborate their secretions. It is during this state that the hair reaches its highest degree of luxuriance and beauty; and it maintains these as long as the health and vigor of the scalp continue. As soon as the vigor of the circulation in the scalp begins to decline, whether from age, disease, or other causes, it suffers gradual attenuation. The functions of the air-bulbs are thus more or less impeded, and as the attenuation proceeds, they are ultimately arrested altogether. The former produces weak, thin hair; the last, baldness. The smoothness, thinness, and partial transparency of the bald scalp of the aged has probably been observed by the reader.

MANAGEMENT.

The management of the hair, under the ordinary conditions of life and health, like that of the skin, is extremely simple, and should be either based on principles derived from the physiological facts already presented to the reader, or of a nature that will not interfere with the healthy functions of the hair-producing organs. The chief of these, and, indeed, the essential ones, involve the necessity of keeping both the hair and the skin of the head perfectly clean, and the former arranged in the direction in which it naturally lies, subject only to such little deviations as may be necessary to adapt it to the position in which it is usually worn; and this arrangement and position should be constantly followed on each occasion of dressing it.

The hair, after a preliminary application of the coarser end of the comb, should be gently and assiduously brushed downward in all directions around the head, until it is rendered quite smooth and apparently free from scurf. If the hair be very long, or entangled or matted together, the preliminary use of the comb may be

dispensed with; as it may be more easily reduced to order with the brush alone and with less strain upon the hair. The motion of the brush may now be changed until it is in a direction upon end or across the head. This does not exert any strain upon the hair of the crown of the head and is useful in removing all the scurf that escaped the first brushing. A similar gradual change in the motion of the hand to the direction in which the brush was first used, will restore the hair to its former position, and again smoothly and equally distribute it around the head from the crown downward. Now is the time to apply oil or pomade, if any be used; but this will be unnecessary if the scalp be thoroughly healthy and the hair luxuriant, as in this case the natural supply of oily matter, secreted by the glands at the base of the hair will alone be sufficient to keep it soft and glossy. Two or three or at most four drops of oil or pomatum is amply sufficient for the purpose when used daily; and this quantity cannot be exceeded without inconvenience and without proving injurious to the scalp. Having placed a little of the oil or pomade in the palm of the left hand spread it equally over the inner surface of both hands by rubbing them together. The object is to diffuse the oil over the whole surface of the hair without touching the skin of the head. The oily matter having been rubbed over the hair, its further distribution may be effected by the brush. Then curling-tongs or crimping-irons may be used if desirable. The hair may be parted and adjusted with the coarser end of the comb and then well brushed to give it smoothness and set. In the case of long hair in curls and ringlets or in any other state that it may be undesirable to disarrange, the portion of the hair so circumstanced may be protected by the left hand whilst the brush is applied with the right, by which its inversion and disarrangement will be prevented. If curl-papers or papillotes be employed, it will, perhaps, be better to give

the hair a thorough brushing in the way described before using them.

Natural curliness or waviness of the hair is not affected by brushing, but rather increased by it. Nor does washing or wetting the hair destroy it. It is only necessary subsequently to place the locks in a favorable position with the fingers or comb for them to resume their curly or wavy form immediately.

The oftener the comb and brush are subsequently used in the day, the better it will be for the luxuriance, smoothness, and set of the hair. This mode of treating the hair is the one that should be preferred when it is desired that it should present an easy, flowing appearance, and be gracefully affected by the motions of the head and body.

The other method referred to is equally simple, and of very general application, and it is particularly adapted to the use of ladies and others who wear their hair in artificial styles, and in positions which it cannot easily be made to assume and retain by the common mode of dressing it. The hair-brush having been freed from loose hair with the comb, and from scurf, by passing it smartly two or three times across the side of the extended hand—or, what is better, a fresh clean brush, kept for the purpose, being taken—it should be slightly dipped into water, or into rosemary-water or rosemary-tea, or any other simple liquid, and, the excess of water having been shaken out of it, applied to the hair, which should be brushed with it, until the latter is slightly moistened all over. In this state the hair should be parted and adjusted with the comb in the usual position or style of dressing it. A small piece of soft flannel that has been dipped in water or any other simple liquid, and then squeezed out, or the moistened brush, if now passed over its surface, will impart further smoothness and gloss to it, if it be thought desirable; after which it may be finally readjusted with

the comb, if necessary. In a few minutes it will become dry. The hair may be thus dressed in any style but curls or ringlets, and put into any position, however artificial, and which it will retain during the day as perfectly as if it were fixed with bandoline, unless it be disturbed or ruffled with actual violence. Should this happen, the moistened flannel or brush will again restore it. Or the hair may be treated by the previous method, at will, provided its set and adjustment be not interfered with. The latter should only be done when it is again washed or moistened.

Such are the outlines of two modes of dressing the hair which recommend themselves, not merely on account of their simplicity and effectiveness, but also from their being compatible with the healthy functions of the scalp, and, indeed, promotive of them. Their minor details may be varied to suit individual tastes and cases. If a night-cap is worn, it should be made of some light material, the lighter the better, and of easy fit; the object in persons with abundance of hair wearing a night-cap being merely to prevent the displacement of the hair in bed, and not warmth. Any strain or pressure on the hair should be removed before putting on the night-cap. Braids, plaits, puffs, etc., that distort the natural set of the hair or press upon the head should be unloosed.

TREATMENT OF THE SCALP.

Besides the daily attention to the hair, something else is necessary to insure its cleanliness and beauty, and the perfect health of the skin of the head from which it springs. For this purpose the head should be occasionally washed with soap and water. The head is most easily washed with a piece of soft flannel; particularly at the partings, where generally it is dirtiest. An abundance of water should be used, and great care taken to thoroughly rinse out the whole of the soap with the same water with

which the head has been washed. The rinsing is best effected by holding the head over a tub or basin and pouring the water over it. The water may be tepid or cold, according to the feeling or habit of the person. The best mode of wiping long hair to prevent entangling it, is to move the towel or napkin in a direction from the roots toward the end of the hair, continually forming fresh partings until the whole is dry. The popular dread of catching cold from washing or wetting the hair is groundless, provided draughts be avoided. Wetting the hair with bay-rum, cologne water or brandy increases the liability to cold, unless the head be lightly covered to prevent the effects of rapid evaporation that at once commences when they are applied. The hair in ordinary cases should be washed once a week; but if the head be much exposed to dirt and dust, or is very scurfy, or if perspiration is excessive, it should be washed more frequently.

The extreme length of ladies' hair will sometimes render the process of washing it very troublesome and inconvenient; in such cases the patient and assiduous use of a clean, good hair-brush, followed by washing the partings and the crown of the head with soap and water, may be substituted.

The occasional washing of the head is absolutely necessary to preserve the health of the scalp, and the luxuriance and beauty of the hair, when much oil, pomatum, or other greasy substance is used in dressing it; and this for reasons that will be given hereafter.

TOILET ARTICLES.

And here something may be said on the choice and use of certain toilet articles employed to dress the hair, since on these greatly depend their efficiency and the advantages, or disadvantages, to be derived from them.

The dressing-comb should have its teeth equally divid-

ed into two sets—the one, rather large and open, for loosening and disentangling the hair, for bringing it into partial order, and for finally adjusting it when it is desired to impart to it the appearance of small, divided locks; the other, with smaller and finer, but not very fine teeth, to be used after the coarser end, and in the final adjustment along with the brush. Care should be taken that the material of which the comb is formed, and the shape of the teeth, particularly at their points and edges, be such as to adapt the instrument to pass easily through the hair, without scratching the skin of the head, or dragging the hair out by the roots.

USE OF THE BRUSH.

Brushes also should be selected with care. Very rough, coarse, scratching brushes carelessly used injure the hair and skin of head, especially where the hair is long and luxuriant or thick. A good brush is formed of inoderately long and fine, and rather stiff, unbleached, and undyed hair; and the points of the hair should present such slight differences of elevation that they will penetrate to the skin, on which they should exert friction, without feeling unpleasantly rough, scratchy, or irritating. In use, it should not be struck down hard and roughly on the head, and dragged downward with haste and violence; on the contrary, it should be applied gently, and the motion of the hand during its use should be lively, but equally gentle. The common practice, too, of over-brushing the crown and partings, and neglecting the other parts of the head, should be avoided as being fraught with ill consequences. Those parts which are the most thickly covered with hair need the most brushing.

Hair-brushes rapidly get dirty, and hence should be frequently cleaned. Loose hair may be removed by the coarse part of the comb, and loose scurf by rubbing and beating them. This should be done every time they are

used. They may be further cleaned by rubbing them well with a coarse towel. To do this completely, they should be washed in warm soap and water, to which a little soda, or carbonate of ammonia, may be added; after which they should be rinsed in clean water, rubbed on a towel, and left to dry. A final rinsing in a little weak alum-water, from which they should be merely shaken (and not wiped), will increase the stiffness of the hair.

In applying either the brush or comb to the hair, when disordered or entangled, its effectiveness is increased, and the strain on the hair lessened, by holding it with the points of the hair, or the teeth, much inclined toward the roots of the hair, and only gradually erecting it as the impediments to its action are removed. When the hair is matted, or much entangled, the application of a little oil before using the comb and brush will be found useful.

The hair should be adjusted or dressed as far as possible in conformity with its natural set. Combing it or braiding it in an opposite direction injures it and leads to its premature and often rapid decay. The practice, now so common among children, of turning the hair from the forehead and temples toward the back of the head, and keeping it tightly secured in that position, is hence highly objectionable.

The ill consequences of strains on the hair, and pressure on the head cannot be too often pointed out.

CUTTING THE HAIR.

The cutting of the hair is another point connected with its management which is generally very little understood; yet there is not merely artistic skill required to do this becomingly and beneficially, but also the application of principles founded on a knowledge of the growth and structure of the hair. As a rule, hair-cutters and hair-dressers are ignorant of these principles, and conduct their operations in a very careless way, immediate effect

in reference to the personal appearance being the only object which they aim at. Thus, according to the common practice, the strong luxuriant hairs of the lower portions of the head get unduly shortened, whilst the weaker, and probably the decaying hairs of the crown and around the partings, are left of extreme length, and often not cropped at all. Now, if there be anything serviceable in strengthening weak and decaying hairs, it is frequent cutting, and being kept moderately short. But such hairs grow feebly, and are of inferior length to their vigorous neighbors, which thus, in general, overtop and conceal them, and shield them from the scissors of the hair-cutter, who, indeed, neither thinks of them, nor takes the trouble of looking for them.

When the hair is ill supplied with the natural oily secretion at its base—a defect that generally arises from the long-continued use of oil or grease—a small, very small quantity of either of these articles will be found amply sufficient, provided it be properly diffused over and through the hair with the brush.

POMATUM, GREASE, ETC.

The immediate effects and the results of the excessive use of oil, pomatum, grease, hair-cream, or other greasy article, is to coat the hair, and the skin of the scalp in which the hair grows, with a film of greasy matter, which excludes the genial action of the air from both of them, and which relaxes the texture of the last, chokes up its perspiratory pores, and deranges its natural functions. The oil or grease thus used soon grows rancid, if it be not already so before its application; and then it acts as a corrosive irritant, inducing excessive scurfiness, and, at length, actual disease of the scalp. During vigorous health, the luxuriant hair of youth, and of the earlier years of maturity, will bear much mismanagement, and even ill-usage, without exhibiting immediate deteriora-

tion; but the evil day approaches, and comes at last unexpectedly. The results may be anticipated. The hair becomes gradually weaker, loses its color and tractability, and falls into a state of premature decay. As soon as this decline of the hair is perceived, its infatuated owner usually treats it to increased doses of oil or pomade or some patent hair tonic still more injurious. Under such treatment the hair-bulbs wither and premature gray hair and baldness are the inevitable result.

Liquid oils appear to be more congenial to the hair and scalp than solid ones. Among these oils the olive and the almond hold the first place; among pomades, the softer fat of the ox and the calf, clarified beef marrow, veal suet, and recent hog's lard are to be preferred. The rich part of the end of the rump appears to be superior to any other part as a hair cosmetic. The addition of wax to oils or fats, to give them greater consistence, renders them more "clogging," and thus, also, more objectionable. Other common instances of the mismanagement of the hair are afforded in the use of cosmetics to increase its glossiness, to change its natural color, to fix it in unnatural positions, and the like—none of which are beneficial to the hair, or even harmless; whilst many of the articles so employed are highly injurious in themselves, and are generally rendered more so by the clumsy and reckless manner in which they are employed.

The preceding modes of managing the hair are all that is required whilst it is in a healthy and luxuriant state, and they are also adapted to preserve it so, and to retard its decay when this has commenced, provided they be supported by due attention to the general health, regular habits, and careful avoidance of such articles of head-dress, and such use of them, as are prejudicial to the hair.

STIMULATION.

To improve the growth and luxuriance of the hair, when languid or defective, the only natural and perfectly

safe method that can be adopted is to promote the healthy action of the skin of the scalp by increasing the vigor of the circulation of the blood through its minute vessels. For this purpose nothing is so simple and efficacious as continued friction with the hair-brush. The same object may be further promoted by the application of any simple cosmetic, wash, or other preparation that will gently excite and stimulate the skin, or exercise a tonic action on it, without clogging its pores. Strong rosemary-water, or rosemary-tea, and a weak solution of the essential oil of either rosemary or thyme are popular articles of this kind. They may be rendered more stimulating by the addition of a little ammonia or spirits, or both. The skin of the head should be moistened with them on each occasion of dressing the hair, and their diffusion and action promoted by the use of a clean hair-brush. Aromatized water, to which a very little tincture or vinegar of cantharides (preferably the former) has been added, may also be used in the same way, and is in high repute for the purpose. When the skin is pale, lax, and wrinkled, astringent washes may be used. Strong black tea is a convenient and excellent application of this kind. When the skin and hair are dry, and the latter also stiff and untractable, a little glycerine is an appropriate addition to each of the preceding washes or lotions. The occasional use of a little bland oil strongly scented with oil of rosemary or of organum, or with both of them, or with oil of niaee, or very slightly tintured with cantharides, is also generally very serviceable when there is poorness and dryness of the hair. When the hair is unnaturally greasy and lax—a defect that seldom occurs—the use of the astringent washes just referred to, or of a little simple oil slightly scented with the essential oil of bitter almonds, will tend to remove or to lessen it.

All the articles named above promote the glossiness and waviness of the hair, and are also among the simplest,

safest, and best applications that can be employed when the hair is weak and begins to fall off.

HOW TO CURL.

To impart some degree of curliness or waviness to the hair when it is naturally straight, and to render it more retentive of the curl imparted to it by papers, or by other modes of dressing it, various methods are often adopted, and different cosmetics employed. The first object appears to be promoted by keeping the hair, for a time, in a state intermediate between perfect dryness and humidity, from which different parts of its structure, being unequally affected in this respect, will acquire different degrees of relaxation and rigidity, and thus have a tendency to assume a wavy or slightly curly form, provided the hair be left loose enough to allow it. For this purpose nothing is better than washing the hair with soap and water to which a few grains of salt of tartar (carbonate of potash) have been added; or it may be slightly moistened with any of the hair-washes mentioned in the last paragraph, in each half pint of which a few grains (say 10 to 12) of the carbonate, or a teaspoonful of glycerine, has been dissolved. The moistened hair, after the application of the brush, should be finally loosely adjusted, as desired, with the dressing-comb. The effect occurs as the hair dries. When oils are preferred to hair-washes, those strongly scented with oil of rosemary, to which a few drops of oil of thyme or origanum may be added, appear to be the most useful.

A crisped, or a kind of wavy corrugated appearance, of some permanency, is sometimes given to living human hair by a modification of the process applied by the felt-mongers and felt-manufacturers to certain furs, and called "sécrotage" by the French. The hair is moistened for rather more than half its length with the sécrotage liquid, care being taken that neither the liquid, nor the hair,

until it has been subsequently washed, touches the skin. The operation is conducted before a fire, or in a current of warm air, so that the hair may dry as quickly as possible. The moistened hair is loosely adjusted into the desired positions, or into one favorable for its contraction, or, when partly dry, it is "put up" in greased curl-papers. In a few hours, or sooner, the hair is washed in tepid water (without soap), dried, and slightly oiled. On being now gently combed and brushed, it generally shrinks up into small crisped or wavy locks; and it will generally retain this property for two or three weeks, or even much longer. This process is highly objectionable, as, owing to the corrosive nature of the acid liquid employed in it, it cannot be otherwise than injurious to the hair, and, as a consequence, must hasten its decay.

COSMETICS.

To cause the hair to retain the position given to it in dressing it, various methods and cosmetics are commonly employed. When the arrangement is a natural one, and the hair healthy and tractable, the free use of the hair-brush will usually be sufficient for the purpose. When this is insufficient, the application of a few drops of oil, or, better still, moistening the hair with a little simple water, will effect the object satisfactorily. In very elaborate and unnatural styles of dressing the hair, and to cause it to remain in curl or to retain its position during dancing or violent exercise, bandoline, fixateur, and cosmétique, or hard pomatum, are the articles commonly employed in fashionable life. Mild ale or porter has a similar effect, and is often substituted for the preceding expensive cosmetics. The frequent use of any of these articles is objectionable, as they clog up the pores of the skin, and shield both it and the hair from the genial action of the atmosphere, which is essential to their healthy vigor. They should hence be subsequently removed by

carefully washing the head with a little soap and tepid water. Their use may be tolerated in dressing for the ball-room, but on no other occasion. Simple water, skillfully employed, as noticed elsewhere, is the best and safest fixateur, and, under ordinary circumstances, is amply sufficient for the purpose.

CHANGING THE COLOR.

The practice of artificially changing the color of the hair, and particularly of dyeing it, has descended to us from remote antiquity; and though not so common in western Europe as formerly, is still far from infrequent at the present day. The recent rage after light auburn and reddish hair, in fashionable life, has greatly multiplied these instances.

To change the color of the hair, various methods and preparations are employed. The principal of these are intended to darken it; but, sometimes, the contrary is aimed at. Whichever object is desired, it is necessary that the article or preparation employed to carry it out be not of a caustic or irritant nature, capable of injuriously affecting the delicate skin to which it is to be applied, or that it may be liable to come into contact with, as is the case with many of the nostrums vended for the purpose. Some of the substances that necessarily enter into the composition of hair-stains and hair-dyes, or that are used in connection with them, possess these objectionable properties in a high degree, and can, therefore, only be safely employed in a state of proper dilution and combination. If any doubt exists respecting such an article, it is a wise precaution to regard it with suspicion, and to test its qualities before applying it for the first time. This may be done by placing some of it on the soft skin of the inner side of the wrist or fore-arm, and allowing it to remain there as long, and under the same conditions, as it is ordered to be left in contact with the hair or skin of

the head or face. In this way, the injury or loss of the hair, sores, and other serious consequences, that too often follow the use of ill-prepared hair-dyes may be generally avoided.

CHEMICAL SUBSTANCES OF THE HAIR.

The methods adopted to darken the color of the hair should be, theoretically, as much as possible, in aid or in imitation of the process employed by nature herself; but as this cannot be very closely carried out in practice, particularly when rapid results are desired, the judicious operator either avails himself of the known chemical constitution of the hair, or adopts some independent plan of acting on it, that little, or the least, interferes with its healthy functions and condition. It is known colored hair contains sulphur and traces of iron, and that dark hair, and black hair more particularly, contain the largest proportions of this metal. These substances are secreted in combination with oil, by the hair bulbs, and permeate the whole structure of the hair as long as its color and vitality lasts. Healthy light-colored hair contains sulphur, with only a trace of iron, if any; in gray hair, even when otherwise vigorous, only traces of sulphur exist, and no iron; whilst in the white hair of senility, not even a trace of sulphur can be generally found. Iron and sulphur, then, may be regarded as the principal and essential, if not the only materials, on which the color of the hair depends. The loss of color which the hair suffers during gradual decay, appears to arise from an insufficient supply of these materials, that of the iron being the first to fail.

CHANGING COLOR BY ABSORPTION.

Availing ourselves of the preceding facts, we may safely and rationally attempt to darken the color of the hair by conveying to the hair bulbs, by means of the absorbent power of the skin, one or the other, or both of the mineral

substances just mentioned, as the case may be. To carry out this plan with any probability of success, it will be necessary that the substances referred to be employed in a form adapted to permeate and to be absorbed by the sensitive skin, and to be appropriated by the hair-glands; and that, further, they be in a form and state of dilution incapable of injuriously affecting the minute and delicate structures with which they will come in contact. It is on the same principle that we are able to stain the bones of young animals by the administration of madder with their food. The process is slow in both instances, but it is usually slower with the hair than with the bones. Bismuth, lead, copper, and two or three other metals, are each capable of darkening the hair by displacing the iron, or, rather, acting as a substitute for it, and are thus employed in some of the fashionable hair-dyes; but their use is objectionable, as they act as poisons when absorbed into the general system, and, therefore, cannot be otherwise than injurious when applied for some length of time, or frequently, to the skin and hair. Iron, on the contrary, is known to exercise a genial tonic action on the various tissues; it is an essential constituent of the blood, and is present, in minute quantities, in almost every part of the body.

APPLICATION OF IRON.

To gradually darken the shade of the hair, on these principles, provided its normal sulphur be still secreted by the hair-bulbs, and be still present in its structure, it will, therefore, generally be sufficient to occasionally employ a weak solution of any of the milder salts of iron* as a hair-wash. The menstruum may be water, to which a

* As the sulphate, acetate, lactate, or protiodide. The addition of a very little glycerine is useful, and indeed necessary, when the last salt is employed.

little spirit, and a few drops of oil of rosemary, to increase its stimulating qualities, have been added. In applying it, the head being first washed clean, care should be taken to thoroughly moisten the whole surface of the hair and the skin of the head with the wash; and its absorption and action should be promoted by the free use of a clean hair-brush. Wine is the favorite solvent for the iron in fashionable life; ale and beer are also sometimes so employed. Most of the fashionable ferruginous hair-washes also contain a few grains of acetate of copper or distilled verdigris, the objections to which have been already pointed out.

DANGEROUS OILS, ETC.

The daily use of oil, or pomatum, with which a few grains of carbonate of lead, lead-plaster, or trisnitrate of bismuth, have been blended by heat and careful trituration, has generally a like effect on the hair to ferruginous solutions; so also has a leaden comb, but its action is very uncertain. None of these last are, however, safe for long-continued use. Atrophy of the scalp, baldness, and even local paralysis, have sometimes, though rarely, been caused by them.

When the normal sulphur of the hair is absent, or deficient, the preceding substances fail to darken the hair. In this case the desired effect may often be produced by also moistening the head (say) twice a week, with water to which a little sulphuret of potassium, or hydrosulphuret of ammonia, has been added.

When it is desired to dye or darken the hair more rapidly, as in a few hours, or even a few minutes, plumbite of lime, plumbite of potassa, or nitrate or ammonio-nitrate of silver, is usually employed. The first is commonly produced by the admixture of quick-lime with oxide of lead (litharge), carbonate of lead, or acetate of lead. These ingredients should be in appropriate propor-

tions; but very generally the reverse is the case in those of the shops. It may be laid down as a rule, that when the lime is in greater proportion than about two to one of the oxide, and to the corresponding equivalents of the other substances mentioned, or when the lime has not been prepared in a proper manner, the compound is not safe, and very likely to prove injurious to the skin and hair-bulbs, and, perhaps, to act as a depilatory. The effects of these lead-dyes arise partly in the way previously described, and partly by direct chemical action between the sulphur of the hair and the lead which they contain, sulphuret of lead being formed in the surfacial portion of the hair. It is on the last that their more immediate effect depends. If there be no sulphur in the hair, they will not darken it. After the necessary period of contact, they should be gently but thoroughly removed from the hair and skin by rubbing them off with the fingers, and by the use of the hair-brush, the head being then washed clean with tepid water. Should the tint imparted by them not be deep enough, or be too fiery, it may be darkened and turned on the brown or black by moistening the hair the next day with a very weak solution of sulphuret of potassium or of hydrosulphuret of ammonia.

None of the compounds of lead stain the skin, an advantage which has led to a preference being given to them by many persons who are clumsy manipulators, and to the more extensive use of them than of other hair-dyes.

SILVER SOLUTIONS.

The salts of silver above referred to are more rapid in their action as hair-dyes than those containing lead. It is only necessary to wash the hair quite clean and free from grease, then to moisten it with a weak solution of one of them; and, lastly, to expose it to the light, to effect the object in view. Sunlight will fully darken it in a few

minutes; but in diffused daylight it will take two or three hours, or longer, to acquire its deepest shade. To avoid this delay and inconvenience, the common practice is, a few minutes after applying the silver solution, to moisten or wet the hair with a weak solution of sulphuret of potassium, or of hydrosulphuret of ammonia. The effect is immediate, and the full depth of shade which a silver-solution of the strength employed is capable of imparting, is at once produced. A few minutes later and the hair and skin may be rinsed with tepid water, gently wiped dry, and the hair finally adjusted with the comb. The ease of its application, its rapid action, and the satisfactory nature of the effect produced, all tend to render a solution of nitrate of silver the favorite hair-dye of those who have sufficient skill and steadiness of hand to use it properly.

STAINING THE SKIN.

It will be useful here to inform the reader, that all solutions and compounds which contain nitrate of silver, stain the skin as well as the hair, if they be allowed to touch it. These stains may be removed, when quite recent, by rubbing them with a piece of rag or sponge wetted with a weak solution of sulphuret of potassium, of hydrosulphuret of ammonia, or of iodide of potassium; but as this is attended with some trouble and inconvenience, the best way is to avoid the necessity of having recourse to it. The hair-dressers commonly adopt the plan of smearing hard pomatum or cosmetique over the skin immediately surrounding the hair to be operated upon, in order to protect it from the dye. By very skillful manipulation, and the observance of due precautions, the hair may be thoroughly moistened with the silver-solution, without touching the adjacent skin; but this can only be done, when the hair of the head is under treatment, by a second party.

Pyrogallic acid, the juice of walnuts, and some other substances also stain the skin, though less intensely and permanently than the salts of silver.

In reference to the tone and shades of color given by the substances commonly employed to dye the hair, it may be useful to state, that the shades given by preparations of iron and bismuth range from dark brown to black; those given by the salts of silver, from a fine natural chestnut to deep brown and black, all of which are rich and unexceptionable; those given by pyrogallic acid, rich browns of various shades; as are also those imparted by walnut-juice, though less rich and warm. The shades given by lead vary from reddish brown and auburn to black; and when pale, or when the dye has been badly applied or compounded, are generally of a sandy reddish hue, often far from agreeable. However, this tendency of the lead-dyes has recently led to their extensive use to impart that peculiar tint to the light hair of ladies and children which is now so fashionable.

The reddish tint produced by lead, as already hinted, may be generally darkened into a brown, more or less rich, by subsequently moistening the hair with a weak solution of either sulphuret of potassium or of hydrosulphuret of ammonia.

RELATION OF COLOR TO THE FEATURES.

The depth of color, and the particular shade of it, in relation to the features and the complexion, are other matters which require the exercise of taste and judgment in interfering with the natural color of the hair. It may be taken as a general rule, that the natural color of the hair, as of the eyes, during the earlier years of maturity, is that most appropriate to the individual; and that any material alteration of it, without at the same time altering the complexion, will be a change for the worse. Imagine the disagreeable effect that would result from changing the

color of the pale hair of a blue-eyed blonde to a dark brown or black; or that surrounding thin but delicately molded features, in a similar manner. Sickliness, and even ghastliness, would replace the appearance of health in the face of the one, whilst an unnatural sharpness and wildness, and coarse expression, would invest the features of the other. In such cases, and, indeed, in all cases, the only real improvement, if any can be made, will be simply brightening, or slightly, very slightly, darkening the shade of the natural tint of the hair, and imparting similarity of shade to any locks that may vary from the color of the rest, as is frequently the case with the beard. In after-life, when small tufts of gray or faded hairs appear among the darker ones, and often materially affect the personal appearance, this is commonly and rationally done. The faded or defective hair should, in all cases, be brought up to the tone or shade of the rest before the whole is interfered with; as, unless this be done, final uniformity of color—the chief object aimed at—cannot be produced.

The new growths of hair that occur after the application of hair-dyes being of the original color, it will, of course, be necessary to occasionally treat them with the dye to preserve the uniformity of the tint of the whole hair. In general it will be found sufficient to do this once every two or three weeks in warm weather, and about once a month in cold weather, the exact time depending on the rate at which the hair grows.

The hair, or portions of it, particularly that of the face, is sometimes temporarily darkened by what may be called “painting” it. This is done by smearing a black or colored stick of hard pomatum or cosmetique over it until the desired color is given to it, and then slightly diffusing the color over the surface with the brush. The practice is a dirty and unnatural one, as the color is partially removed by everything it touches, and the mustache or beard is converted by it into a trap to catch the dust. It

is only to be tolerated when occasionally used by the fastidious to conceal a few straggling gray or faded hairs.

The hair is sometimes rendered paler by artificial means, and, though very rarely, partially blanched or decolorized. It will, however, be sufficient merely to allude to the subject here; as neither can be done without serious damage to it, and the latter cannot be affected without considerable risk and danger. Blanching the hair has occasionally been adopted by criminals with the intention of destroying the evidence of their personal identity.

POWDER.

The use of hair-powder may also be alluded to, as another mode of disguising the natural color of the hair. In its application, the hair is first rubbed with pomatum or fat, and the powder then dusted over it.

The hair is subject to various deviations from the healthy standard, all of which, as already hinted, depend immediately on the state of the scalp from which it springs, and indirectly on various causes. Among them the following may claim a special notice:

DECAY.

The gradual impoverishment and decay of the hair—shown by its becoming finer and thinner, with greater or less loss of its brightness and color, and a larger quantity than usual being removed on each application of the comb and brush—whether premature or the result of advancing life, is most likely to be arrested, or retarded, by attention to the general health and habits, and careful avoidance of any article of head-dress or other matter which is known to be prejudicial to the hair. The special treatment may consist in daily, or as frequently as possible, washing the head in cold water, gently continued friction with the hair-brush, and the use of stimulating applications, so as to produce a slight but sensible excitation of

the skin of the scalp. Habitually disordered stomach, bowels, or nerves, and particularly biliousness and dyspepsia, frequently affect the hair in this way, and should be met by medical treatment, of which antacids, and tonics, as quinine and iron, should generally form a part. Gray hair, in its early stages, may also be treated in a similar manner.

PREMATURE LOSS.

Gray hair and baldness depending on old age are natural consequences of man's infirmity, and must be regarded as evidence of failing vigor, rather than in the light of a disease. Premature loss of hair may be produced by various causes, some of which have been already noticed. It is common after severe fevers, and after erysipelas and other serious inflammatory affections of the scalp; and it is frequently caused by external pressure, friction, or violence, want of the necessary exposure of the head to the air, and by such other local actions and conditions which, when long continued, interrupt the normal functions of the skin. Persons with a consumptive, scorbutic, scrofulous, or syphilitic taint, or of a general bad habit of body, are apt to lose their hair early. In these cases the loss probably arises from debility or paralysis of the vessels of the skin, and the consequent insufficient action and nutrition of the hair-bulbs. Excessive anxiety or grief, and intense study and thoughtfulness, also tend to promote the early decay and loss of the hair. The natural baldness of the aged, and frequently the premature baldness of earlier years, particularly in the studious and grief-worn, arises from the reduced energy of the circulation in the vessels of the scalp, and its consequent gradual attenuation, until it becomes too thin to afford sufficient space for the performance of the functions of the hair-bulbs and their associated organs, and too scantily supplied with blood for their due nutrition and support. In such cases it will be

found that, owing to this attenuation, the scalp covers a larger portion of the skull than it previously did when vigorous; and that its sides have somewhat receded from the top of the head, so that the roots of the remaining hairs descend lower on the forehead, temples, and the sides and back of the neck, than formerly. This may be perceived by applying the open hand to the part, and then gently closing the fingers, when the scalp will be drawn into its original position, and will then appear loose and wrinkled over the upper portion of the head thus operated on; and this in a manner very different to what occurs when the top of the head is covered, or well covered, with hair.

Since the introduction of waterproof clothing and silk-hats, and the very general use of tobacco by the scarcely mature portion of our population, early baldness has become so common, that it now ceases to attract attention.

REMEDIES.

When the hair suffers a marked deterioration in quality, and ceases to grow, or grows languidly, and falls off in large quantities without being replaced by new growths, particularly if, at the same time, the usual healthy formation of scurf ceases, and the scalp looks pale, and exhibits a perceptible loss or diminution of its natural warmth, sensibility, softness, and plumpness, or, in other words, shows the usual signs of gradual attenuation, the approach of baldness may be suspected. It is now that remedial treatment has the best chance of success, and, if promptly and skillfully adopted, will generally arrest or greatly retard the progress of decay, and not infrequently restore the hair to its pristine condition. The treatment should be of the nature above mentioned. The frictions with the hair-brush should be more frequent and longer continued, and the daily ablutions in cold water more rigorously performed, or, what is better, replaced by a

cold shower-bath taken on rising in the morning. When greasy preparations are used, it is advisable to wash the head with soap and water once a day. During this treatment the hair should be kept rather short by frequent cutting; and if no manifest improvement occurs in the course of three or four weeks, the head, or at least the upper portion of it, may be shaved once or twice a week, and a wig, or a scalp, worn for a time. The effect of keeping the hair short, or closely cropped or shaved, is to stimulate the hair-bulbs, and to cause them to spend on the stumps, and on the formation of new hair, the whole of the hair-producing and nutritive matter which would otherwise, for the most part, be taken up by the length of hair removed. Hence the remaining hair generally grows thicker, stiffer, and stronger, the oftener the razor or the scissors are employed, and new growths arise; and this frequently when all other means of restoring the hair fail. Besides this, friction and medicaments can be more conveniently applied to the skin when naked, than when covered with hair.

The strength of the external applications for daily use, whether wash or lotion, oil or pomade, should be sufficient to produce a pleasant glow of warmth, and slight, very slight, rubefaction of the skin of the scalp, which should be promoted by gentle friction. Unless this occurs, and continues with little abatement during the interval between their application, they do no good whatever. A proof of their favorable action is afforded by the scalp feeling warm to the hand when placed in contact with it.

When there is actual baldness, the same treatment should be followed; but if the portion of the skin implicated be extensive, friction with the hand, a piece of flannel, or a coarse towel, will be preferable to that with the hair-brush.

The favorite compounds for external use in baldness,

and, perhaps, the most convenient and best, are such as owe their stimulating quality to cantharides or Spanish flies, or to their active principle, cantharidine. This application of these drugs has received the sanction of the highest medical authorities, both in Europe and America, including even Dnpuytren himself. The leading professional hair-restorers now rely almost exclusively on cantharides, and all the more celebrated advertised nostrums for restoring the hair contain it as their active ingredient.

Oils and pomades very strongly impregnated with the essential oils of garden-thyme (*origanum*) and rosemary, and lotions or liniments containing ammonia with a like addition of these essential oils, probably come next in the frequency of their use as popular restoratives of the hair in actual and incipient baldness.

Among active remedies for baldness, of less common use, may be mentioned mild streaming electricity, warm, stimulating fomentations and fumigations, croton-oil, ioduretted and phosphuretted oils and lotions, etc.

It will be thus seen that the principle generally adopted, by both the professional man and the quack, in the treatment of loss of the hair and baldness, is essentially that of stimulation or excitation of the scalp. The celebrated Rev. John Wesley acted on it in his recommendation to rub the part morning and evening with a raw onion, until it becomes red, and then to apply a little honey."

As a mechanical aid in furtherance of other treatment, the use of a night-cap so contrived as to contract and lift, as it were, the relaxed scalp into its former dimensions and position, without injurious pressure on the head, may also be employed.

The reader may now again be cautioned against placing any reliance on external applications, unless he assists their action by due attention to diet, exercise, ventilation, regular habits, and such other matters as tend to promote

the general health and vigor of the body. He should also assist the action of external remedies by the use of appropriate internal medicine. A course of tonic medicine, as quinine, or any of the milder chalybeates, preferably the first, or a combination of the two, is often most serviceable in restoring the hair, and is compatible with any other treatment.

INCURABLE BALDNESS.

The baldness of senility, and that arising from the destruction, or permanent injury, or disorganization of the hair-bulbs, admits of no cure. This kind of baldness is indicated by the scalp not being at all warmed and reddened by gentle, continued friction, or by stimulating applications followed by friction. When this is observed, the case is hopeless, and it would be absolute folly to attempt to restore the hair.

GRAY HAIR, ETC.

Gray hairs, when occurring singly, and when few in number, or thinly scattered, may be removed with the tweezers, if their presence be objectionable; or they may be lifted from among the surrounding hair and moistened with a solution of nitrate of silver of sufficient strength to restore them to their former hue.

Morbid dryness and intractability of the hair commonly arise from a defective action of the oil-glands. In some cases this defective action is occasioned by excessive perspiration, in others, by the previous long and profuse use of crude or rancid oily or greasy substances; and, occasionally, by the action of strong soap or alkalies, which have been employed in washing the head, and not subsequently thoroughly removed by rinsing. The inconvenience may generally be obviated by the free use of the hair-brush, a stimulating wash containing a little glycer-

ine, or a few drops of oil strongly scented with some stimulating aromatic, being also applied daily.

MATTING.

Matting or felting of the hair depends on its peculiar structure. It frequently arises from long hair, when not daily combed, during sickness. The best mode of restoring the hair to order, in these cases, is to well oil it, and then to endeavor to free it from its state of combination by the patient use of the coarser end of the dressing-comb, beginning at the ends of the hairs. No force should be used, as the scalp is usually particularly liable to injury at such a time, and the hairs forcibly removed are frequently not replaced by fresh ones. To avoid this matting or entanglement, ladies, immediately prior to their accouchment, frequently have their long hair formed into loose soft plaits or braids, to the extent of about one half of its length. These braids may be easily removed and formed again, at any time; or the hair may be combed and brushed without disturbing them.

SCURFINESS OF THE HAIR.

Scurfiness of the hair, when of an ordinary and trifling character, is not a disease, but results from want of cleanliness, and particularly from the non-use, or insufficient use, of the hair-brush. Scurf—"furfur," "furfura"—is a natural and healthy formation, and, within certain limits, is most abundantly produced when the hair grows most rapidly. "It may be kept from accumulating," but "it cannot be prevented." This will show how futile any attempt must be which shall have for its object to prevent the formation of scurf. It may be removed, and should be removed, every day, with the hair-brush; but prevention is impossible, inasmuch as it is opposed to a law of nature. Excessive scurfiness is usually symptomatic of an unhealthy state of the skin of the scalp, and

should be treated accordingly. The daily use of any mild, stimulating detergent or astringent wash, will generally remove, or greatly lessen, the annoyance. For this purpose nothing is better than strongly scented rosemary-water to which some spirit and a little tincture of cantharides, or a few drops of liquor of ammonia, or both, have been added. It should be applied with a small, soft piece of sponge. Strong black tea is also a good wash for excessive scurfiness. If oil be preferred, it should be very strongly scented with oil of rosemary, thyme, or mace.

DEPILATORIES.

Superfluous hairs may be removed either by the application of the tweezers, or by depilatories. When the former are used, a few hairs only must be pulled out, one at a time, daily, to avoid excessive irritation. The latter, according to their mode of action, are distinguished into mechanical depilatories and chemical depilatories. To the first belong highly adhesive plasters, which, on their forcible removal, bring away the hairs with them. A mixture of equal parts of pitch and common resin, spread on leather, is of this class. The chemical depilatories usually consist of, or contain as their active ingredients, the caustic earths (lime or baryta) and alkalies, or their sulphurets. Their action is upon the hair-bulbs and hair-capsules, the vitality of which they either wholly or partially destroy, at the same time that they dissolve off the hairs. Their successful use requires some skill and care, as, owing to their high causticity, they are liable to seriously affect the skin, and, sometimes, to produce inconvenient sores which permanently mark it. Fortunately there is no real occasion for employing such compounds, and "why they are ever used," is a question which vanity and fashion may be left to answer. Fortunately, also, the pain that accompanies their unskillful use and excessive

action, acts as a sort of monitor to lead to their removal from the part before their worst effects are produced. The only safe way to use them is to apply them to merely a very small space at a time. The addition of starch is commonly made to render the paste more adhesive and manageable.

To clean the partings of the hair, when dirty, nothing is better than soap and water applied with a small piece of flannel or sponge. The cosmetic washes sold for the purpose by the perfumers, under various high-sounding names, usually consist of water holding in solution a small quantity of salt of tartar, or of carbonate of ammonia, variously scented and colored. A little borax dissolved in rosemary-water, forms a good wash of this kind. They should all be lastly removed from the partings with clean water and the sponge or towel.

CHAPTER VIII.

THE NOSE.

AMONG refined nations, and even in the fashionable world, the nose may be regarded as one of the most fortunate of the features; since it almost uniformly escapes being interfered with at the toilet, further than simple cleanliness requires. This is precisely as it should be, for no interference with it, after childhood, can advantageously modify its form or promote its beauty. The nose, with the air-passages connected with it, always resents interference and mistreatment, whether there be frequent meddling with it with the fingers, blowing it frequently with ungracious violence, exciting it with stimulants, or choking it up with irritating powders. The ill effects of such treatment soon become perceptible, as may be frequently observed in irritable children and youth, and in-

veterate snuff-takers. In the last, both the form of the nostrils and the tone of voice suffer. Heavy blows and pressure on the nose rapidly deform it, and destroy its beauty.

CHANGE OF SHAPE.

In early childhood, owing to the soft nature of the cartilages that form the nostrils, the shape of the lower part of the nose may generally be slightly modified by gentle, continued pressure. Thus, a nose disagreeably wide or spreading at its base, by being very gently and very slightly compressed for a few hours daily, may be reduced to smaller dimensions, but beyond this nothing should be attempted.

HEMORRHAGE.

Bleeding from the nose is a matter that may claim a passing notice. When it is not the result of a blow or other violence, it is frequently an effort of nature to relieve the vessels of the neighboring parts from an excess of blood, and, in this case, will generally cease of itself in a short time. When it is habitual, or the result of violence, or excessive and persistent, remedial measures should be had recourse to. A simple means of arresting the hemorrhage is to introduce, by means of a probe, a small piece of lint or soft cotton, previously dipped in some mild styptic liquid, as a solution of alum or creosote, strong black tea, or even very cold water. Should this not succeed, a little of one of these liquids may be snuffed up the nostrils, or a small piece of ice placed in the one from which the blood flows. If the bleeding still continues, and is profuse, surgical aid should be called in.

THE MOUTH.

A beautiful mouth is one that is moderately small, and has a well-defined and graceful outline; and beautiful lips are such as are gracefully molded, neither thick nor thin,

nor compressed nor loose, and are endowed with expression, and tinted with the hues of health. The lips are very liable to suffer from exposure to cold and drying winds. The most common effects are chapped lips, and an erysipelatous eruption consisting of small clusters of minute vesicles, which soon become moist from the discharge of the watery humor which they contain.

CHAPS.

Chapped lips most frequently occur in persons with pale, bluish, moist lips, and a languid circulation, who are much exposed to the wind in dry cold weather, or who are continually moving from heated apartments to the external air. East and north-east winds are those that generally produce them. The occasional application of a little cold-cream, lip-salve, spermaceti ointment, or any other mild unguent, will generally prevent them, and remove them when they have already formed. A still more elegant and effective preventive and remedy is glycerine diluted with about twice its weight of eau-de-rose, or glycerinated lip-salve or balsam.

The moist vesicular eruption of the lips, referred to above, may also generally be prevented by the use of glycerine, or any of the preparations just mentioned. After its accession, the best treatment is to freely dust the affected portion of the lips with violet-powder, finely powdered starch, prepared chalk, or French chalk or talc reduced to an impalpable powder by scraping or grating it.

Pustular and scabby eruptions of the lips may be treated by moistening them, twice or thrice a day, with a weak glycerinated lotion of bichloride of mercury or sulphate of zinc.

THE TEETH.

The influence which the teeth are capable of exercising on the personal appearance is universally known and admitted. A beautiful set of teeth is one in which the

teeth are compact and regular, and smooth, and pearly white, and in which the front ones, at least, are moderately small.

The teeth have formed especial objects of attention, in connection with the toilet and cosmetic arts, from almost the earliest ages of the world to the present time.

EARLY CARE.

During childhood and youth the teeth demand particular care and attention, as at this period they are very easily affected by violence, being meddled with, and improper use, by which their beauty, regularity, and strength, may be permanently impaired. They are also liable, from these causes, and sometimes without any apparent cause, to cross or press on each other, by which they are forced out of their natural positions, and grow unequal and irregular. In such cases dentists frequently insert ligatures or wedges of gold, platinum, silk, or India-rubber, between the teeth.

PRESERVATION.

The preservation of the teeth is an object of the utmost importance; since, besides their immediate connection with the personal appearance, their integrity is highly subservient to health, owing to their use in preparing the food for the subsequent process of digestion. Unfortunately the teeth are either wholly neglected, or very improperly treated, by the mass of mankind; and even those who are most attentive to their teeth, and who highly value their beauty, direct their efforts mainly to rendering the front teeth white, because these are seen when we speak, smile, or eat. A thought respecting their permanent preservation scarcely arises until their decay commences and warns them of their approaching failure or loss. Yet the preservation of the teeth, and the permanent promotion of their beauty, are nearly synonymous

terms. The subject deserves the serious consideration of every one.

MANAGEMENT.

The rational management of the teeth consists essentially in thorough cleanliness, and the avoidance, as much as possible, of the use of beverages, condiments, and articles of food generally, that exert an injurious action on them, or on the gums. Among the substances referred to, are all those of a sour, or acid, or corrosive nature, including acid piquant sauces, pickles, sour fruits and preserves, salads seasoned with vinegar, and the like; to which also must be added medicines containing acids or acid-salts, or any salt in which a strong acid is united to a weak base. When such articles are eaten, or taken, it is advisable either to clean the teeth, or to rinse the mouth with pure water, as soon afterward as possible. The use of hot food and liquids is also very prejudicial to the teeth and gums; and this more so in youth and early maturity than in after-life. Overtaxing the teeth, and frequently exerting them on hard, tough, or gritty substances, or in biting substances so thin or slender that their cutting edges are brought into immediate contact and act on each other, are other practices which rapidly tend to injure them and to wear them out. Allowing particles of animal or vegetable food to remain in the interstices of the teeth, or in cracks or hollows in them, is particularly objectionable; as the first, from the heat of the mouth, in a short time generate a rancid acrimony, and the other an acidity, which not merely render the breath offensive, but rapidly corrode the teeth. Such particles should be removed by the toothpick immediately after every meal.

MANNER OF BREATHING.

Keeping the lips apart and breathing through the mouth, instead of the nose, and particularly sleeping with

the mouth open, are habits which are very prejudicial to the teeth and gums. In this way the mouth forms a trap to catch the dust and gritty particles floating in the atmosphere, which soon mechanically injure the enamel of the teeth by attrition; the saliva, by the evaporation of its aqueous particles, becomes inspissated, and, by the action of the oxygen of the air, its ptyaline suffers decomposition, its natural alkalinity is lost, and it grows slightly acid and corrosive. Particles of matter accumulated around the necks and in the cracks and interstices of the teeth, from the same exposure, suffer rapid decomposition, tainting the breath as it passes through and over them. Further, the membranes covering the gums, and lining the lips, mouth, and fauces, at the same time lose their natural delicacy and healthy character, growing unpleasantly parched and stiff, so that speech becomes difficult and imperfect until the parts are again lubricated with saliva by the action of the tongue. It is on this account that snuff-taking is so injurious to the teeth. Snuffers generally breathe through the mouth while awake, and uniformly do so when asleep. Besides which, snuffing acts injuriously by reducing the powers of the stomach.

The nostrils are the natural channels of respiration in man, and in most other mammals. Breathing through the mouth, when avoidable, is, therefore, unnatural; and being unnatural, must also be unfavorable to health. Besides exposing those who do so to many inconveniences, particularly increased liability to infectious diseases, it gives a more or less vacant expression to the features, which, in exaggerated cases, is sometimes almost idiotic.

CLEANLINESS.

On the subject of cleanliness in connection with the teeth and mouth, it may be said that the mouth cannot be too frequently rinsed during the day, and that it

should be more particularly so treated after every meal. Pure cold water is the best for the purpose. It not only cleans the teeth and mouth, but exerts a tonic action on the gums, which warm water, or even tepid water, is deficient in. When cold water cannot be tolerated, tepid water may be employed, the temperature being slightly lowered once every week or ten days, until cold water can be borne. The addition of a few drops of spirit of camphor, or essence of camphor, to the water thus employed, is highly serviceable; as camphor, by its antiseptic and anodyne properties, and its odor, tends to arrest decay, allay tenderness and pain, and correct the fetor of the breath. Where convenience permits, it is advisable to clean the teeth night and morning, and after dinner, or the principal meal of the day. When, as is frequently the case with the great mass of mankind, the only opportunities of attending to the teeth are those at the morning toilet and before retiring to rest, these should be taken advantage of for that purpose. At all events, every one who abhors a fetid breath, rotten teeth, and the toothache, would do well to thoroughly clean his teeth at bedtime, observing to well rinse the mouth with cold water on rising in the morning, and again in the day once, or oftener, as the opportunities occur. With smokers, the use of the tooth-brush the last thing at night is almost obligatory, if they value their teeth, and wish to avoid the unpleasant flavor and sensation which teeth fouled with tobacco smoke occasion in the mouth on awaking in the morning.

The operation of cleaning the teeth, like all other operations of the toilet, should be carefully performed, and in as effective a manner as possible. The mode in which it is commonly done is worse than useless, and is not infrequently very injurious to the teeth and gums. To do it well and thoroughly, the action of the tooth-brush should not be confined to the visible portion of the

front teeth, but every portion of both the upper and under teeth, back and front, and on the inner as well as the outer sides, and the crowns should receive attention. Unless all this be done, the use of the brush can effect little in the way of thorough cleanliness, correction of the odor of the breath, and the preservation of the teeth. Further, great care should be taken to avoid violence to the gums. If these bleed, or feel sore, real injury is done them by the operation. In such cases it will generally be found that the brush has been clumsily applied, or is of a coarse, inferior quality, or that the tooth-powder or other cosmetic used with the brush is of an acrid or gritty nature.

Personal attention to the teeth should commence in early life. As soon as the permanent teeth begin to appear, a child should be taught to rinse its teeth and mouth with water after every meal, or two or three times daily. In another twelvemonth or two years, or as soon as it is capable of properly using a tooth-brush, one should be given it, and at the same time it should be instructed in the mode of employing it and the importance of doing so. A little later, and some simple tooth-powder may be added to its little collection of toilet requisites. Some watching and further instruction may be necessary; but by the time early youth commences, attention to the teeth will have grown into a pleasurable habit which will cling to the individual for life.

TOOTH-POWDERS, ETC.

As to tooth-powders or tooth-pastes to be used with the brush, the simplest are the best. Plain camphorated chalk, with or without a little finely powdered pumice-stone or burnt hartshorn, is a popular and excellent tooth-powder. It is capable of exerting sufficient friction under the brush to insure pearly whiteness of the teeth without injuring the enamel; whilst the camphor in it tends to

destroy the animalcules in the secretions of the mouth, whose skeletons or remains constitute, as we shall presently see, the incrustation popularly called "tartar" or "fur." Powdered Castile soap forms another simple tooth-powder, which, besides other excellent qualities, perhaps exceeds all other substances in its powers of destroying the minute beings just referred to, and removing the tartar resulting from their presence. Recently burnt charcoal, in very fine powder, is another popular and excellent tooth-powder, which, without injuring the enamel, is sufficiently gritty to clean the teeth and remove the tartar from them, and possesses the advantage of also removing the offensive odor arising from rotten teeth and from decomposing organic matter. The charcoal of the heavy, hard woods—as *lignum-vitæ*, box-wood, oak—is the best; and these, as to quality, range in the order here given. Still more valuable as a dentifrice is areca-nut charcoal, which, besides possessing the properties of the other vegetable charcoals in an eminent degree, has invaluable ones peculiar to itself.

In the choice of tooth-cosmetics the greatest care should be taken to avoid those which contain gritty, acrid, or irritating substances; as the two first act injuriously on the teeth, and the last on the gums.

Some dentists, and some persons in imitation of them, in order to whiten the teeth, rub their surfaces with hydrochloric acid, somewhat dilute; but the practice is a most dangerous one, which, by a few repetitions, will sometimes utterly destroy the enamel, and lead to the rapid decay of all the teeth so treated. Should the teeth be much discolored, and ordinary tooth-powder prove ineffective, a little lemon-juice, used with the brush, will generally render them perfectly white. It should only be employed occasionally, and the mouth should be well rinsed with water immediately afterward. A little of the pulp of an orange, used in the same way, is also very

effective and safe; as are also ripe strawberries, which may be either rubbed on the teeth with the finger, or applied with the brush. The last form, perhaps, the very best natural dentifrice known. Besides possessing singular power in whitening and cleaning the teeth, and rapidly removing tartar, they destroy the offensive odor of rotten teeth, and impart an agreeable fragrance to the breath. Oranges and strawberries are also useful in removing fur from the tongue.

The importance of a judicious attention to the teeth, in connection with health, cleanliness, and personal comfort and appearance, cannot be too often alluded to and enforced. Yet, notwithstanding its importance, there is, perhaps, no part of our toilet duties which are so generally neglected, or so carelessly performed, as those relating to the teeth.

It is a well-known fact that dirty teeth are very liable to premature decay. The decomposing animal and vegetable matter accumulated between and about them, and particularly around their necks or throats, rapidly corrodes them, and gradually impairs their vitality. The enamel suffers. It becomes brittle, cracks, and here and there chips off, exposing the inner portion of the tooth, in which decay immediately commences. The gums suffer, lose their adhesion, and shrink back, exposing the necks of the teeth to every unfavorable influence. Minute cracks in the enamel widen into fissures, and places where it is chipped or worn off become unpleasantly rough or scratchy to the tongue. Soon caries in one or more of the teeth actively sets in, there is rapid loss of substance, the nerve becomes exposed to the air and cold, violent twinges of toothache follow, attention is directed to the part, and surprise is expressed at the discovery of a hollow or rotten tooth. The same thing occurs after a time with another tooth; and again, at intervals, until several are destroyed or rendered useless.

Bad teeth and defective sets of teeth, owing to the resulting inability to properly masticate the food, are fertile causes of dyspepsia or indigestion, heartburn, diarrhea, worms, and the like. So, on the other hand, dyspepsia, and some other affections of the stomach, frequently occasion toothache and premature decay of the teeth.

As a further incentive to cleanliness and care of the teeth and mouth, it may be added, that the mucus of the mouth commonly contains those microscopic creatures known as infusorial animacules, and that, when foul, it is crowded with millions of them.

INFLUENCE OF FOOD.

Independently of the direct action on the teeth exerted by substances taken by the mouth, before noticed, the nature of our food, through the functions of nutrition, has much to do with their beauty, strength, and durability. This is particularly the case during the whole period of their development and growth. The mineral constituents of the teeth are essentially identical with those of the bones. It is therefore evident that, if a sufficiency of bone-matter be not contained in our food, the teeth will be ill-developed and feeble. Children and youth brought up on brown bread have almost uniformly good teeth, and retain them to a late period of life. On the other hand, the inhabitants of cities who eat white bread, are constant sufferers from weak teeth, rotten teeth, dyspepsia, and toothache. The people of the north of Europe eat coarse black bread, and dentists and dentistry are unknown among them.

The popular notion, that sugar and sweets injure the teeth, is, like many other popular notions, incorrect. On the contrary, pure sugar and confections whiten and preserve the teeth. Let those who believe the former unfounded assertion visit the sugar-plantations, and look

at the negroes and their children, whose teeth are daily employed in the mastication of sugar, and they will be convinced of the statement.

TOOTHACHE.

The toothache is an affection which need not be described. There is no disease to which the human frame is subject more excruciating or intolerable, or which more completely incapacitates a person from business or pleasure, than the toothache. It commonly arises from mistreatment or neglect of the teeth, caries, or disordered stomach, or exposure to sudden changes of temperature or cold. When it arises from either of the two first causes, after its removal by any of the means mentioned below, its recurrence may generally be prevented by the daily use of strongly camphorated tooth-powder, followed, after a time, with a like use of areca-nut charcoal. When a disordered stomach is the cause, saline purgatives may be administered or, if the stomach be loaded with indigestible matter, it should be first cleared by an emetic. When cold is the cause, an excellent remedy is a warm embrocation of poppy-heads, followed by the use of flannel and diaphoretics. When it arises from a hollow or decayed tooth, one of the best applications is a small piece of lint moistened with creosote, or with a strong spirituous solution of creosote, which should be closely rammed into the cavity, or, where this is impossible, pressed against the tooth and gum. The essential oils of cloves, caraway, and cajeput, are also often effective when used in the same way. A few drops of the essence or concentrated tincture of pellitory of Spain,* either simple or camphorated, applied by means of lint to the tooth and gum, will frequently succeed when the other articles just mentioned fail. To prevent the recurrence of the attack, the

* Radix pyrethri, Lat.; Pyrethrum, Ph. L. and E.

cavity, or carious portion, should be carefully filled with amalgam of gold, or with some durable mineral cement.

In cases of ordinary toothache, even severe ones, chewing a small piece of really good pellitory will often give relief in a few minutes. Chewing a piece of strong unbleached Jamaica ginger will often do the same, in slight cases. The celebrated John Wesley recommended a "few whiffs" at a pipe containing a little caraway-seed mixed with tobacco, as a simple and ready means of curing the toothache.

A slight shock of electricity passed through an aching tooth will generally instantly remove the pain, even after all other means have failed.

Those annoying little sores or tumors popularly called gum-boils, generally arise from heat of the mouth and disordered stomach. When mature, they should be ruptured by gentle pressure with the finger, or opened with a lancet. To prevent their recurrence the diet should be regulated, and a dose of aperient medicine taken occasionally.

FOUL BREATH.

Foulness of the tongue, and particularly furred tongue, are noticeable here on account of their effects on the breath. They are both indicative of disordered health, and the last, of a feverish condition of the system which requires medical treatment. The free use of fruit, and particularly of oranges and strawberries, is the best local means of removing them.

Scarcely anything is more disagreeable, and, in marked cases, more disgusting, than fetid breath. It is unpleasant to the person that has it, and it renders him unfit for the society of others. The cause of stinking breath may generally be traced to rotten teeth, diseased stomach, or worms. When the first are the cause, the teeth should be thoroughly cleansed, and then "stopped"

in the manner already indicated; or, when this is impracticable, the offending tooth, or teeth, may be removed, and replaced by artificial ones. When this cannot be done, or is inconvenient, the evil may be greatly lessened by the frequent use of an antiseptic tooth-powder, as *areca-nut charcoal*, or *camphorated chalk*. Dirty teeth, even when quite sound, always more or less taint the breath. When a foul or a diseased stomach is the cause, mild aperients should be administered; and, if these do not succeed, an emetic may be given, scrupulous cleanliness of the teeth being observed, as in the former case. When worms are the cause, worm-medicine, under medical direction, will be necessary.

Such are the only rational means of rectifying the odor of the breath; but various others have been proposed to remove the annoyance, depending chiefly on the administration of aromatics, which, by their odor, smother that of the breath for a time; but these require continual repetition, and are liable to derange the stomach. Highly aromatized or scented lozenges, tablets, and globules, and *cachou aromatisé* are thus commonly employed, those containing oil of cloves, musk, orris, or *neroli*, being most esteemed. One, two, or three of these lozenges, etc., are slowly sucked at will. Occasionally rinsing the mouth with a little water to which a few drops of solution of chloride of lime, or of chloride of soda, have been added, is often an effective method; but in this case, the mouth should be immediately afterward rinsed with pure water. The use of spirit of camphor, in the same way, has been already pointed out. It is less effective than the chlorides referred to, but has the advantage of being perfectly harmless.

THE CHIN.

The chin is a feature on which little need be said. It has been remarked, that “it is grievous to allow a beauti-

ful chin to be covered by the beard." Perhaps it is so, but this must depend on the taste of its happy possessor. The defects of an ill-formed or ungraceful chin may be generally obscured, either wholly or in part, by wearing the beard in an appropriate manner; and this, too, must be left to personal taste, which, in such cases, ought to be a sufficient guide. Thus, a chin unduly long, or wide, may be easily concealed by the adjustment of the beard that covers it; and one unduly prominent, by a similar arrangement, assisted by the mustache.

Of the beard, whiskers, imperials, and mustache, like the chin, little need be said here. The cultivation and cut of any one or more of them, and the use or non-use of the razor altogether, are matters entirely depending on personal taste and caprice, and on the prevailing fashion of the times.

THE EARS.

The ears are the only parts of the head and face that remain to be noticed. Moderately small and gracefully formed ears add greatly to the charms of person. In some persons the back and upper lobes of the ears form a considerable angle with the sides of the face. This may often be observed in females, having been caused by the practice of placing the hair behind the ears in childhood. The peculiarity is easily remedied, during early life, by wearing through the night a soft bandage round the head, so arranged as to restore the ears to their natural position.

The practice of wearing ear-rings is traceable to remote antiquity.

PIERCING.

The operation of "piercing the ears" to fit them for holding ear-rings, is generally a harmless one; but it is not always so. In persons prone to erysipelas it has occasionally been known, when clumsily performed, to cause sufficient irritation to bring on an attack of this disease.

To be safe, the portion of the ring or pendant held in the ear should be of gold, and of not less than eighteen carats fine. When formed of base metal it is almost sure to "canker" the ear; and even when made of inferior alloys of gold it sometimes causes inconvenience.

The ear is subject to numerous affections, but a notice of them, being purely medical or surgical, does not come within the province of the present work. It should never be meddled with, as it is so delicate that its functions as the organ of hearing are easily impaired. The use of ear-drops, and of other like advertised nostrums, should be avoided as dangerous. In all affections of it, functional or local, the advice of a qualified surgeon or aurist should be early sought. Deafness commonly causes a peculiar cast of features, and a carriage of the head, which are far from pleasing.

CHAPTER IX.

THE BODY.

OF the shoulders, it may be observed that, in woman, those are the most beautiful which are neither wide nor meanly narrow, and which droop or flow, as it were, into the arms in a graceful undulating curve. In man, broad shoulders, if well proportioned, are a sign of strength. Stays or corsets, worn in youth and early maturity, tend to make the shoulders high and broad; and thus distort, instead of improve, the figure.

THE CHEST.

The chest—the "thorax" of anatomists—extends from the neck to the abdomen. Its bony structure includes the breast-bone or "sternum," and all the other bones in front, from the collar-bone to the lowest of the short ribs. In its cavity are contained the lungs and the heart, and some other most important viscera and organs. Its front

portion forms the bosom; and here it is that those wondrous glands which constitute the female breast are situate. The evils resulting from pressure and improper clothing on parts so delicate, complicated and important, have been already pointed out when speaking of dress, and will be again alluded to below.

SORE BREASTS.

Sore breasts, which occasionally occur during the early days of maternity, are of so painful and distressing a nature that every effort should be made by both the mother and the nurse to prevent their appearance. In general, they arise from the injudicious use of stimulants and improper food, and from the infant not being placed early enough at the breast, or from its not having sufficient strength to properly perform the duty assigned to it by nature; to which also must be added inattention to the bowels. In some cases, keeping the patient too warm and in an ill-ventilated apartment are other and additional causes. The necessary precautions to be observed to prevent the occurrence of sore breasts are therefore evident. When pain, hardness or lumpiness appears, it should be at once brought under the notice of the surgeon attending the case. In the absence of medical or surgical aid, gentle, continued friction with the hand, or with a little warm salad oil, may be had recourse to, and will generally, in favorable cases, prove successful. A mild aperient should at the same time be given, and the diet carefully regulated, everything of a heating or stimulating character, whether of food or drink, being carefully avoided. Should the infant be incapable of the task, the breasts should be regularly drawn by the mouth of the nurse, or some child or friend, or by the breast-pump. In bad cases these means often prove unavailing, suppuration commences, and active professional treatment is required.

Sore nipples are also very distressing, though much less so, and much less serious in their nature, than the affection just alluded to. The most common form in which they occur is that termed "chapped nipples" by nurses. Preventive measures should form part of the daily toilet duties of every female for some weeks prior to her accouchment. For this purpose the parts may be moistened, morning and evening, with a little brandy or rum, or a little strong black tea, all of which is improved by the addition of about a teaspoonful of glycerine to the wine-glassful. Where a known disposition to chapped nipples exists, brandy very slightly soured with dilute sulphuric acid, and used in the same way, often proves an effective preventive. Some persons employ tincture of tolu, or compound tincture of benzoin, for this purpose.

When chaps, cracks or like sores, arising from lactation, are once developed, one of the safest and most effective remedies is tincture of catechu, or a strong tincture formed by steeping black tea for some days in brandy, to each ounce of which about half a teaspoonful of glycerine should be added. It should be applied by means of a camel-hair pencil, or the tip of the finger, at least three or four times a day after the removal of the child from the breast. Lotions containing lead, and nipple shields of lead, though popular nostrums and effective remedies, are open to objection, as, unless the greatest possible care be taken to subsequently wash the part, a minute portion of the remedy may remain concealed in the pores and cracks of the skin and be sucked off by the infant, to the serious disturbance of its health, and perhaps to its permanent injury.

THE WAIST.

The waist is strictly the smaller part of the trunk of the body, situate between the bottom of the ribs and the hips; but loosely, as applied to the form of modern

females, it includes the whole of the trunk between the hips and the bottom of the breast-bone. The zone or waist of healthy and symmetrically formed women not exceeding the middle stature, when this part has not been injudiciously interfered with, is found to measure twenty-eight to twenty-nine inches in circumference. In no case with women of graceful figure and vigorous health, does it, as a rule, fall below twenty-seven inches, and any decrease in the measurement below this point is either indicative of imperfect natural development of this important portion of the body, or of its growth having been artificially arrested during youth and early maturity by compression. Every fraction of an inch that the zone of the adult female wants of this standard may thus be regarded as material points tending to the deterioration of her health and the natural beauty of her figure. Yet most women do not permit themselves to exceed twenty-four inches round the waist, whilst tens of thousands lace themselves down to twenty-two inches, and many deluded victims of fashion and vanity to twenty-one and even to twenty inches. Thus, by means of whalebone, wood, steel and hooks and laces, the waist and lower portion of the chest are often reduced to one-half their proper size, with all the consequences which must necessarily follow such unnatural and suicidal treatment.

The waist of nature and beauty, irrespective of dimensions and appropriateness, varies from the waist of art and fashion in those essential points of excellence—symmetry and form. The former is of a beautiful oval, with the shorter diameter running from the back to the front; the other is nearly cylindrical, and, if it has slight ellipticity, this is the reverse of that provided by nature. Thus it is that the compressed waist, when viewed in front, appears actually smaller than it really is. The injurious action of the tight lacing by means of corsets on the health of females, and the distortion of the

waist, are not the only evils that are referable to their use. Regarding merely their influence on the figure, it may be mentioned that, besides their effects on the waist, they retard or prevent the natural development of the bosom, and, as already hinted, force up the shoulders, causing them to grow high, broad, round, and ungraceful. Then again, in many habits of body, they occasion flushings, and even permanent discolorations and blotches of the face. Redness of the nose, and acne of the forehead, are not at all infrequent consequences of tight lacing. Surely these are neither promotive of beauty nor compatible with it.

SPLAY FOOT.

Splay foot is caused by the giving way, or the congenital laxity of the ligaments which support the arch of the foot.

Treatment: The feet should be bathed in cold water daily. The boots and slippers must be fitted with a convex pad, so as to support the arch of the foot. The patient should have a webbing strap passed round the leg just above the knee. A bandage should be sewed on to one side of this, carried down the leg under the arch, and brought up on the other side and fastened to the strap; this will also assist in supporting the arch.

TURNING FEET IN AND OUTWARD.

The proper position of the feet in relation to each other is an angle of about 45 degrees, the vertex of the angle being formed by the heels.

Turning the toes in, or too much outward, is, if talipes do not exist, the result of habit, and can be cured by voluntary efforts.

WEAK ANKLES.

Treatment: The patient's boots should be made with the inner edge of the sole and heel much thicker than

the outer; or a cork sock fashioned in this manner may be placed inside the boot.

Druitt recommends the heel alone to be so raised on its inner edge, but I believe the above plan to be better. The ankle and foot may also be well bandaged. Friction and cold bathing will assist in strengthening the part.

THE NAILS.

The nails are modifications of the epidermis. The true skin beneath the nail, instead of producing ordinary epidermal scales, gives origin to the harder and differentiated variety which forms the nail.

INGROWING NAILS.

In this condition, which may be congenital, or the result of injury, the nail is short and often composed of two or more apparently overlapping layers of tissue like the slates on the roof of a house. The distal extremity of the nail does not reach to the end of the fingers, the fleshy part of which is bulged up in front of it, so that the nail's progress forward is hindered, and, as a consequence, it may embed itself in the tissue from which it has to be raised in order to be cut when the part becomes painful.

Treatment: The whole nail should be scraped or filed thin, all irregularities being removed. Then the extremities should be raised, and cut off beyond the part to which it is attached by growth. If the extremity of the finger be thickened and horny, it should be rubbed down with moistened pumice stone. The future of the nail will now depend on the attention that is paid to it. After the operation the fingers should be covered with a stall for some weeks, but the latter may be removed every day for the purpose of bathing, etc. So soon as the distal extremity of the nail is seen to be growing, it should be gently raised and the flesh of the finger pushed down, so

as to remove any impediment to the forward growth of the nail. If this be repeated daily, and the part protected, the nail will eventually reach the extremity of the finger. It had better be allowed to grow a little beyond this, and then kept carefully cut.

DEFICIENT GROWTH OF NAILS.

If a nail exists of the normal width, it will have the normal length if it be properly looked after no matter how disfigured and stunted it may be before treatment. The latter is to be that given in the preceding section.

LOSS OF NAIL.

When a nail becomes dark in color and loose, the finger should be protected by a stall, until the old nail has been shed and the new one well developed; the old nail should on no account be pulled off. It will hasten the separation if the part be soaked for a few minutes daily in hot water.

RIDGES ON NAIL.

These may be rubbed down with moistened pumice stone. The nail will for two or three days after this has been done have a duller appearance than usual.

PITS IN THE NAIL.

Little depressions scattered over its surface. If these are not very deep, the nail may be rendered smooth by rubbing it with moistened pumice stone powder.

THE SKIN AROUND THE NAIL.

The thin veil of skin at the base of the nail should never be cut entirely away, unless it be very ragged. It should be raised once daily with a blunt instrument from the nail beneath, and if it be ragged it should be trimmed with a pair of sharp pointed scissors; the skin round the sides of the nail should be kept smooth with pumice stone;

the angles of the front of the nail often grow downward into the skin causing great tenderness; they should be raised and rounded off with a pair of scissors.

WHITE SPOTS ON NAIL.

These are caused by opacity of the cells, due to injury.

Treatment: Do not apply any chemicals, but rub the nail with pumice stone powder moistened. As the nail grows, the spots will disappear.

DISCOLORED NAILS.

If caused by acids, rub the nail with liquid ammonia; if by alkalies, use vinegar or lemon juice. Nitrate of silver stains may be removed by solutions of iodide of potassium or sulphhydrate of ammonium; fruit and ink stains by oxalic or sulphuric acid in water, or salts of lemon (oxalate of potash). The hands should not, except when the last is used, be washed with soap for some hours after the application.

COLD FEET AND HANDS.

Cold feet and hands may arise from local or constitutional causes. The local are, chiefly, insufficient coverings, exposure, etc. The proximate constitutional cause is an impaired circulation, which in turn is due to some other functional or organic disease of the nervous or circulatory apparatus.

Treatment: If the patient suffers from debility he can soon be put right in this respect by proper internal remedies. Even if he suffer from organic disease of the heart, the organ may be strengthened, and his life prolonged by judicious scientific treatment. Certain remedies for cold extremities are obviously at hand. Thus they should be properly covered (I shall deal with this in the hygiene of dress). The patient should, if possible, avoid standing about in

the cold. Exercise promotes the general circulation, and local friction will assist the blood-vessels of the part.

COLD IN THE HEAD.

First of all clear the bowels by taking some simple aperient, and one or two cathartic will do as well as anything. After taking the pills, have a warm bath in a warm room; rub the body with towels until it is aglow, and then go to bed, the sheets having been previously warmed. When in bed take as one dose,

Sulphuric ether	60 minims.
Phosphorus	$\frac{1}{15}$ grain.

This should be placed in a tumbler, which should then be filled with cold water. The nose should be covered with warm flannels from the bridge downward.

The following should be used as a snuff. It should be snuffed up gently into the nostrils, not more than the amount mentioned being used in six hours.

Morphia	1 grain.
Subnitrate of bismuth	1 grain.

In the morning strong hot coffee may be drunk before rising, the stronger it is the better.

When the patient arises, if the weather be cold, there should be a fire in his room; he should then take another warm bath.

Now he may either confine himself to the house during the day, taking care to avoid all draughts and sudden changes of temperature, or having wrapped himself well up, he may take a brisk walk, not stopping to look in the shops or talk to friends, but continue walking as quickly as possible until he returns home, when the wraps should be immediately flung off. On entering the house, if the weather be cold, and there is a fire in his sitting-room, he should not immediately approach it, but remain at a dis-

tance until he has become accustomed to the temperature of the room.

Those who are compelled to follow their avocations must take what precautions they can against draughts. The morphia and bismuth snuff will assist in allaying the inflammation of the mucous membrane, and bathing the nose in warm water will serve the same purpose. If the nostrils be tender a mixture of equal parts of subnitrate of bismuth and glycerine rubbed on the parts will remedy the condition.

The patient must remember that a cold is debilitating, and the system must, therefore, be supported by nourishing food.

CRAMP.

This is due to the spasmodic contraction of the muscles of any part. The usual seat of attack is at the back of the knee.

Treatment: The immediate treatment is to forcibly extend the leg. The person should at the same time be seated; if this is not possible, rest the body against a wall or other object, and then extend the leg to the utmost possible extent. To partly flex the limb, as is sometimes done, is to invite the continuation of the pain. While the limb is being so extended, the back of the knee and thigh may be rubbed briskly by another person for a few seconds, or until the attack subsides.

The preventive treatment consists in well bathing the legs and subsequent friction. If the attacks are frequent, the necessity for internal remedies is plainly indicated. The constant current will also be of service; it should be passed from below upward so as to lessen the natural nerve current.

FLATULENCE.

This, whether of the stomach or intestines, is produced by some abnormality in the process of deglutition, digestion, and absorption of food eaten.

A healthy baby may take its milk greedily, presently it stops and cries, some simple remedy is given it, the child belches and is better; mothers and nurses call this "the wind," and wind or air it is which the child has been greedily swallowing, both compressing the air which always exists in the stomach, and taking more down with its food. An adult may suffer in the same manner, and from a similar reason. This is the simplest form of flatulence—compressed air. But a worse variety is that which arises from indigestion; the food not being readily converted in the stomach into the materials requisite for its absorption, fermentation may commence. In any case the two chief elements separate, combine, and are belched up as carbonic acid gas. When the partially digested food enters the intestine, it should be at once rendered fit for absorption. But if this is not the case, it passes downwards beyond the digestive regions; now, if the bowels be open it may be discharged, and no great flatulence result. But again, if this is not the case, it disintegrates in order to get rid of as much of its bulk as is possible. In this manner sulphuretted hydrogen gas is formed. Certain drinks, as soda-water, champagne, etc., by liberating their contained gases in the stomach, produce flatulence. In the intestines it may be caused by eating hard-boiled eggs.

Treatment: From what has been said the line of treatment will be evident. If the patient is a baby, the tube should be air tight, the flow of milk should be large and free. By these means the child, finding the milk come without effort, will not make those violent endeavors to suck and swallow, which result in transforming its little stomach into a pneumatic engine. If the child "has the wind" give it a teaspoonful of the following:

Dill water	1 part.
Caraway	1 part.
Fennel	1 part.
Cinnamon	1 part.

I say a "teaspoonful," because in mild cases this amount will be sufficient; but the dose may be repeated at intervals of half a minute, up to six spoonfuls.

With regard to adults, if they take their food greedily, they must expect flatulence, and no pity; but a wine glassful of the above preparation will give the sufferer from "wind" relief.

Flatulence, arising from indigestion, is, as I have said, more serious. Here the whole system must be put in order, so that it is not suited for discussion in the present handbook.

As a specific for the relief (not the constitutional cure) of this form of the complaint, whether in the stomach or bowels, powdered wood charcoal stands unrivalled. But, if preferred, charcoal may be taken as a powder, moistened with a little brandy, and stirred up in water. The remedy being innocuous, may be taken freely.

MUSCULAR DEVELOPMENT.

The weakest person, if not suffering from any actual disease, may become an athlete, so far as his arms and body are concerned, by practicing daily for fifteen minutes only. By this it is meant that he must at the same time take walking exercise in order to develop the muscles of the legs. He should commence, if an adult, with dumbbells of the greatest weight he can lift without effort. The exercise is as follows:

They are held close together in front of the mid-breast and touching the latter, then raised above the head, the arms being fully extended; then the arms are brought down until they are at right angles to the body, here a pause is made for a second, and then the arms are lowered, the bells brought round to the front of the body, and raised to the first position. This will develop the muscles of the arms and upper part of the body. To develop those of the lower part, the following exercise should

be practiced, which will, at the same time, develop those of the whole of the back: Two weights are placed on the ground by the individual's feet. Standing then with his legs close together, he stoops without bending the latter, grasps the weights, and rises to his full height; they are then lowered steadily to the ground, and the exercise is completed.

The patient must test his strength to see the greatest weight he can lift without straining, and he should commence with this. He must also ascertain the greatest number of times he can perform each exercise without absolute fatigue. This number is the starting point, and to it every day he should add one more. In a very short time he will be inclined to add twenty or more; but I must caution the would-be athlete against any sudden jump, for although the muscles may feel vigorous, they cannot perform a great excess of their ordinary work without being exhausted.

NETTLE STINGS

Are caused by the minute prickles of the nettle piercing the epidermis. Chemical changes are set up in the tissues, and if the surface stung be extensive, the condition may prove dangerous.

Treatment: Ammonia, one part of dilute to three of water, should be used as a lotion, and lint soaked in the same be placed over the part. It will be well to examine the skin with a lens, and to remove any prickles which may be present.

OFFENSIVE BREATH.

Causes: The primary are constitutional, the proximate are an unhealthy state of the mucous membrane of the mouth, gullet, and stomach. It is weak and inactive, and its cells are not properly cast off and renewed, the external layers being slowly disintegrated. Another prox-

imate cause is the retention of undigested food in the stomach.

Treatment: This, in the main, must be constitutional. The odor may be corrected by washing out the mouth with Condyl's Fluid, and by taking the following draught twice a day:

Chlorate of potash	15 grains.
Water	1 oz.

OFFENSIVE FEET.

This condition is caused by excessive perspiration and decomposition of the matter thrown off. The feet should be washed daily in cold water and afterward rubbed thoroughly dry, the water containing half an ounce of powdered alum to the quart. Also, once daily, after exercise, bathe the feet in a solution of chlorinated lime, or

Permanganate of potash	80 grs.
Water	1 pint.

The best kind of stockings for those troubled with offensive feet are made of thin flannel.

SUNBURN.

It is not advisable to try to remove this unless the face is very irregularly discolored and very red. A wash composed of

Dilute spirits of ammonia	1 part.
Glycerine	2 parts.
Water	3 parts.

may be used daily, the face being, of course, protected from the further action of the sun. During the summer months, in exposed situations, as at the sea-side, the skin may become not merely sunburnt, in the common sense of the word, but irritable and inflamed,

The following, used daily as a wash, will remedy this:

Milk	1 pint.
Carbonate of soda	1 oz.
Glycerine	1 oz.
Powdered borax	$\frac{1}{2}$ oz.

Or the following:

Carbonate of soda	1 oz.
Oatmeal water	$\frac{1}{2}$ pint.
Milk	$\frac{1}{2}$ pint.

FRECKLES.

These discolorations of the skin may be removed by applying nightly a wash composed of

Emulsion of bitter almonds	1 pint.
Oxymuriate of quicksilver	$2\frac{1}{2}$ grains.
Sal ammoniac	1 drachm.

Or, touch them with crystals of saltpetre moistened with water.

CHAPTER X.

THE HAND.

THE hand, regarded either with reference to its ingenious construction and usefulness, or to its beauty, stands alone, in its superlative excellence, in the whole animal world. In no other species of animal is the hand so wonderfully formed and so perfectly developed as in man. Springing in a compactly molded body from the wrist, and provided with fingers possessing expanded tactile extremities composed of an exquisitely sensitive and discriminative skin; and, above all, possessing a thumb which may be either placed in apposition or opposed to the other fingers, it is endowed with all the essential attributes of strength and mobility, and exalted powers of perception, that all the ordinary purposes of life of an intel-

lectual being can require. To promote the softness and whiteness of the skin of the hand, mild emollient soaps, those abounding in oil or fat should alone be adopted for common use; by which means the tendency to contract chaps and chilblains, and roughness from drying winds, will also be lessened. The coarse, strong kinds of soap, or those abounding in alkali, should, for a like reason, be rejected, as they tend to render the skin rough, dry and brittle. The immersion of the hands in alkaline lyes, or in strongly acidulated water, has a similar effect, which increases with the temperature of the liquid. Rain-water, or soft water, is the best natural water for washing the hands, as it cleanses them more rapidly and completely than ordinary hard water, and with the use of less soap. It may be advantageously used tepid, or even warm; but hot water should be avoided. Distilled water, when obtainable, is preferable to even rain-water. In the absence of these, water that has been boiled and allowed to settle and cool, may be employed. With hard water the hands are cleansed with difficulty; and though it may be readily softened with the addition of a little soda, such an addition tends to make the skin of a delicate hand somewhat hard and rough. If hard water must be used to wash with, the only harmless substance that can be conveniently added to it, to soften it, is a little good powdered borax. This will also cause it to exert a genial action on the skin. When the hands are very dirty, or are oily or greasy, the best yellow soap (of the shops), with warm water, may be employed to cleanse them. It is sufficiently detergent for the purpose, without being acrid. Fruit-stains and ink-stains, and like discolorations, may be removed from the hands by washing them with lemon juice or vinegar and water, or by immersing them for two or three minutes in water slightly acidulated with oxalic acid or a few drops of oil of vitriol, or to which a few grains of chloride of lime have been added; observing afterward to well rinse them

in clean water, and not to touch them with soap for some hours, as contact with alkaline matter will generally bring back the stains, after their apparent removal by each of the above substances, except the last.

TO WHITEN THE HANDS.

The application, once or twice a day, of a few drops of Gowland's lotion to the hands, after washing and wiping them, imparts a delicate whiteness and softness to the skin which is highly agreeable. Glycerinated water, employed in the same way, also renders the skin soft, white, and supple. The best time for applying either of them is immediately before retiring to rest at night. Course, red, dark-skinned hands, may be whitened by the occasional use of a few grains of chloride of lime, with warm water.

Roughness of the hands, induced by exposure to cold and drying winds, may, in general, be removed by the use of a little fine Calais-sand, or a little powdered pumice-stone, with the soap in washing them. The subsequent application, particularly at night, of either of the above lotions, or of two or three drops of almond oil or olive oil, well rubbed in, will usually effect the object completely.

The hands may be preserved dry for delicate work, by rubbing a little club-moss (*lycopodium*) in fine powder, over them. So repellent is this substance of moisture, that, if a small quantity of it be sprinkled on the surface of a basin of water, the hand, by a little adroitness, may be plunged to the bottom of the basin without becoming wet.

TO ALLAY PERSPIRATION.

Excessive moistness or perspiration of the hands, without obvious cause is generally indicative of debility, or disordered stomach, and requires corresponding treat-

ment. Frequently washing the hands in moderately cold water often proves a local remedy for the inconvenience. The addition of a few grains of alum, sal ammoniac, or sulphate of zinc, or of a teaspoonful of vinegar, to the water, greatly increases its efficacy. Extremely delicate and susceptible persons cannot always bear the excessive perspiration of their hands to be thus suddenly lessened; and therefore some discretion should be exercised by them in their attempts to check it.

Persons who are compelled to handle substances, or to immerse their hands into liquids, that injuriously affect the skin, would do well to wash their hands as soon after such exposure as possible, and to apply a little glycerine or oil to them every night. In many cases, injurious consequences may be prevented by well rubbing the hands with a little salad oil or fat.

All substances of an acid, alkaline, acrid, or astringent nature, injuriously affect the skin of the hand. So do also many substances, not acrid in themselves, by mere mechanical action, as by filling up the pores, extracting the natural moisture, destroying the natural suppleness, &c., of the skin. It is thus that the hands of grocers are injured by constant contact with the sugar, and those of brewers and cellarmen by being constantly wet with beer, etc.

THE NAILS.

The finger-nails require special attention if we desire to preserve them in their highest condition of beauty and usefulness. To keep them clean, the nail-brush, and soap and water, should be used once or oftener daily, as circumstances demand. Once a day, at least, on wiping the hands after washing them, and whilst they are still soft from the action of the water, the free edge of the scarf-skin which, if not attended to, is apt to grow upward over the nails, should be gently loosened and pressed

back, in a neatly rounded form, by which the occurrence of cracks and sores about their roots will be prevented, and a graceful oval form, ending in a crescent-like space of white, will be insured. The skin, as a rule, should never be cut, pared, picked, or torn off, as is commonly done; and the less it is meddled with, otherwise than in the way just mentioned, the better. The ends or points of the nails should be pared every week or ten days, according to the rapidity of their growth, which somewhat varies with the season of the year and the habit of the individual. This is best done with a sharp pen-knife or nail-knife. Scissors are less convenient for the purpose, and have the disadvantage of straining and distorting the nails during the process.

The length and shape of the nails, both for beauty and use, should exactly correspond with the tips of the fingers. Nails extending beyond the ends of the fingers are vulgar, claw-like, and inconvenient; whilst if shorter, particularly much shorter than the fingers, they are unsightly and of little use, and cause the tips of the fingers to become thick and clumsy. Biting the nails should be avoided as a dirty and disagreeable habit, and one utterly destructive to their beauty, strength, and usefulness.

TO REMOVE DISCOLORATIONS.

To remove stains and discolorations of the nails, a little lemon juice, or vinegar and water, is the best application. Should this fail, a few grains of salt of sorrel, oxalic acid, or chloride of lime, each diluted with warm water, may be applied, care being taken to thoroughly rinse the hands in clean water, without soap, afterward. Occasionally a little pumice-stone, in impalpable powder, or powdered cuttle-fish bone, putty powder (polisher's peroxide of tin), may be used along with water and a piece of wash-leather, flannel, or the nail-brush, for the same purpose. The frequent use of any of these substances is, however, injuri-

ous to the healthy growth, strength, and permanent beauty of the nails. The common practice of scraping the surface of the nails cannot be too strongly censured, as it causes them to become weak and distorted. Blows on the nails, and, indeed, violence to them in any form, also distorts and marks them.

CHAPPED HANDS.

Chapped hands are common among persons with a languid circulation, who are continually "dabbling" in water during cold weather, and particularly among those with a scrofulous taint, who, without the last, expose their ungloved hands to bleak cold winds. The best preventatives, as well as remedies, are the use of warm gloves out of doors, and the application, night and morning, of a little glycerine, diluted with twice or thrice its weight of water, or a little cold cream, spermaceti cerate, salad oil, or any other simple unguent or oil, which should be well rubbed in, the superfluous portion being removed with a towel. This treatment will not only preserve the hands from the effects of cold and damp, but also tend to render them soft and white. Deep chaps which have degenerated into sores, should be kept constantly covered with a piece of lint wetted with glycerine, or spread with spermaceti ointment, the part being at the same time carefully preserved from dirt, cold, and the wind. Persons employed in oil and tallow works, in oil shops, and similar places, and who have, consequently, their hands continually in contact with greasy matter, are well known to scarcely ever suffer from either chaps or chilblains.

CHILBLAINS.

Chilblains are those well-known inflammatory swellings, of a color more or less leaden or purple, produced by the action of cold. They exclusively attack the extremities of the body, and are generally confined to the fingers, toes,

and heels. Itching, irritation, and tenderness, often accompanied with shooting pains and tumefaction, are the common symptoms. Children, particularly those of a weakly or scrofulous habit, and elderly persons, are generally the most liable to them; but they are frequent among all persons in whom the circulation in the extremities is languid. One of the most common causes of them is holding the hands or feet to the fire after they have been exposed to the cold. Any sudden change of temperature under such circumstances, especially from cold to heat, should be carefully avoided, as the action of the minute superficial blood-vessels is thereby more or less arrested, and their vitality, in many cases, partially destroyed.

The best preventative of chilblains are warm, easy-fitting gloves of worsted or leather, woolen stockings or socks, good water-proof, but not air-tight, boots and shoes, vigorous exercise and vigorous friction. These act by keeping up the heat of the parts, and protecting them from vicissitudes of temperature, by which the circulation of the blood in the minute vessels of the surface continues unchecked.

When chilblains have once formed, and during their incipient stages, the best treatment is with local stimulants and counter-irritants. Among these may be mentioned, painting the parts twice a day with strong tincture of iodine, or friction with oil of turpentine (with or without the addition of a little salad oil), opodeldœc, camphorated oil, hartshorn and oil, and the like. Glycerinated lotion of sal ammoniac is also an effective remedy.

When the inflamed parts ulcerate and break, the usual treatment is to dress them with a little resin-cerate or elemi ointment; but a much more curative dressing is spermaceti-ointment to each ounce of which a few grains of tannic acid or powdered gall-nuts, or of ointment of nitrate of mercury (citrine ointment), or ointment of nitric oxide of mercury, or a few drops of Goulard's ex-

tract (liquor plumbi), have been added. If glycerine (somewhat thickened, or not, with a little arrowroot) be substituted for the spermaceti ointment, or a small portion of glycerine be well triturated with the ointment, a still more effective remedy will be produced. In all cases care should be taken to cleanse the ulcers with warm water at each renewal of the dressing.

Persons subject to chilblains should be particular to wipe their hands thoroughly dry after washing them, and would do well to continue the friction with the towel for two or three minutes afterward. It will tend to prevent their accession.

DISTORTED JOINTS.

Swelled and distorted finger-joints, arising from rheumatism, rheumatic gout, and the like, may generally be greatly relieved, and frequently wholly cured, by the free use of fresh lemon juice internally, and a hot and strong solution of common soda (Scotch soda), as an embrocation. Even enlarged finger-joints containing the gouty excretions popularly called "chalk-stones" will, in general, yield to this treatment, if it be freely and perseveringly carried out. Old distortions and enlargements of the kind, remaining after the disease that produced them has passed away, will frequently yield to painting them every night, or every other night with tincture of iodine.

WARTS.

Warts, like chilblains, are too well known to require description. They chiefly attack the hands, and particularly the fingers; but sometimes occur on other portions of the body. They may be removed by rubbing or moistening their extremities every day, or every other day, with lunar caustic (fused nitrate of silver), nitric acid, concentrated acetic acid, or aromatic vinegar, care being taken not to wash the hands for some hours after. The

first is an extremely convenient and manageable substance, from not being liable to drop or spread; but it produces a black stain, which remains till the cauterized surface peels off. The second produces a yellow stain, in depth proportioned to the strength of the acid employed. This also wears off after the lapse of a few days. The others scarcely discolor the skin. German practitioners are in the habit of recommending the internal use of carbonate of magnesia in cases of warts.

Warts often disappear under the influence of the imagination, and strong mental excitement, in a very singular way. Thus, among the ignorant and superstitious, amulets and incantations, and "touches" with substances that cannot possibly exert the slightest chemical, dynamical, or physiological action on the part, supported by a lively faith, are not infrequently sufficient to cause their disappearance. The sudden confusion and embarrassment into which a sensitive and nervous person is thrown, by being unexpectedly accused of something of which he is entirely innocent, will also sometimes produce a like effect. Warts are also sometimes produced by agencies that are apparently insufficient for the purpose. Thus, blowing on the backs of the hands, or on the face, with a pair of bellows, has been known occasionally to be followed by a crop of warts on the part.

The popular eruption on the hands, popularly called soft warts, is an affection quite distinct from true warts. It is best treated by the daily application of Gowland's lotion, or glycerinated solution of bichloride of mercury.

WHITLOW.

Whitlow—"paronychia"—is a painful inflammation at the end of one of the fingers, and mostly under or about the nail. When it occurs near the root of a nail it is commonly called an agnail. In general there is a tendency to suppuration and abscess, and when this is the case much

pain and annoyance usually follows. Emollient poultices, and soaking the hands in warm water, are serviceable in every stage of the affection, and is the best treatment that can be adopted. When there is much pain, owing to the presence of pus or matter, for which there is no place of exit, an incision, made with a lancet, will generally afford immediate relief. This operation, though simple, should be performed by a surgeon.

CHAPTER XI.

THE FOOT.

A BEAUTIFUL foot is one which is small, rather than large, in proportion to the leg and stature, and of which the instep is high, or moderately high, and arched; of which the waist, or portion under the instep, is hollowed and well raised above the level of the sole, with the toes regular and well developed, the heel narrow and non-protruding, and its general outline long, slender, and graceful. Among females, a very small foot possessing these proportions is considered the acme of beauty. The agility of foot and the pedestrian powers of the individual, other matters being equal, are in exact relation to the degree in which the above-mentioned qualities are present.

The health and beauty of the foot is promoted by exercise, easy-fitting and appropriate boots or shoes being worn. Walking, dancing, running and skipping, whether taken as exercise or indulged in for amusement, are thus to be recommended, independent of their value in a hygienic point of view.

HEALTH OF THE FEET.

To preserve the feet in a thoroughly healthy and comfortable state, the first object of attention should be cleanliness—thorough cleanliness. For this purpose they

should be frequently soaked and well washed in warm or tepid water, good yellow soap being freely used to remove the dirt and perspiration which accumulate about them. This should be done, if possible, every day in summer, every other day in spring and autumn, and twice a week in winter. The appropriate time for the operation is at night, before retiring to rest. Once a week, after soaking, washing and drying them with the towel, but whilst still soft from the action of the water, the feet should be carefully examined, loose portions of skin removed by friction with a dry part of the towel or with the fingers, callosities or indurations reduced by the finger nails, or by rubbing them with a piece of pumice-stone. About once a fortnight, on a similar occasion, the nails of the toes should be inspected, when such of them that require it should be pared with a sharp penknife, to prevent them becoming inconveniently long or growing into the flesh. Their proper length is that of the toes; and the shape of their extremities, that of the natural curve of the part. If they are allowed to grow beyond the ends of the toes, they are liable to be forced back and distorted by the pressure of the boot or shoe, and to grow into the flesh; whilst if they are shorter, or much shorter, than the toes, the extremities of the latter lose their natural support. Nails that have a tendency to spread sidewise and to grow into the flesh—a thing that always originates in pressure—should be kept carefully pared at the sides or offending part.

WET FEET.

It is highly necessary to the preservation of health to keep the feet dry, and to shelter them from cold and sudden changes of temperature. Persons who are exposed to the wet or cold, or who are frequently passengers through the public streets in bad weather, should, therefore, regard good and sound boots and shoes as of the first importance. In a hygienic point of view, a wet back

should be less shunned than wet or cold feet. Damp feet are, as a necessary consequence, always cold; for it is one of the natural laws that "evaporation produces cold," and the way a wet or damp foot becomes dry is by the conversion of the water into vapor, the latent heat necessary to the existence of the latter being derived from the sensible heat of the feet. We may trace one half (certainly a vast number) of the consumptions of this country to cold suddenly applied to the feet, by which the sensible exhalation is checked; and it is not sufficiently impressed upon the mind that when once the regular perspiration from the feet is checked, it is a matter of the utmost difficulty to restore it.

TENDER FEET.

Tender feet generally arise from the neglect of cleanliness, the use of thin cotton or silk stockings, and boots or shoes that are either too tight or stiff, or misshaped, or not sufficiently porous to admit of the escape of the perspiration. Of these, tight boots and shoes and waterproof ones, which are also air-tight, are the most common causes of tender feet, as also of headaches, dizziness, dyspepsia, diarrhea, and even apoplexy. Boots and shoes too narrow across the toes or the tread of the foot, or insufficiently long for ease and comfort, though large enough elsewhere, either cramp and distort the fore part of the foot and toes, or arrest the nails in their forward growth, forcing them back upon the sensitive flesh at their roots and sides, and causing them to grow in thickness and width only. The results may be gradual, but are always painful.

The best treatment of tender feet is soaking them nightly in tepid water, to which a handful of bran may be added, or not, at will. When the tenderness is extreme and persistent, a little powdered borax or sal ammoniac should be added to the water. In all cases woolen or

worsted stockings or socks, and boots or shoes with uppers of buckskin, goatskin, French calf, or some equally soft kind of leather, should be worn.

COLD FEET.

Coldness of the feet indicates delicate health, and a feeble state of the circulation. It should be met by active exercise and friction, the use of warm woolen stockings, and efforts to improve the general tone of the system. The coldness and numbness of the feet common in the debilitated and aged may also be treated in a similar manner; but here the socks or stockings may be advantageously kept on throughout the night, or, at all events, until the feet become comfortably warm. When this proves insufficient, a foot-warmer filled with hot water may be placed in the bed.

OFFENSIVE ODOR.

The peculiar and very disagreeable odor evolved by the feet of some persons in hot weather generally arises from unnatural perspiration, insufficient attention to cleanliness, and from wearing cotton stockings and non-ventilating boots or shoes. The remedy is obvious. The feet should be soaked and washed nightly in warm water, good yellow soap being at the same time freely used, thin woolen stockings, of which a clean pair should be put on daily, should be alone worn, and boots or shoes adopted which are light, easy, and permeable to the perspiration. When this fails, a teaspoonful of good chloride of lime, or about twice that quantity of sal ammonia, or even of common salt, or a teacupful of strong vinegar, may be added to the water in which the feet are soaked, the use of soap being at the same time omitted.

ABRASIONS, BLISTERS, ETC.

Sore feet produced by walking, violent exercise, or in any other similar manner, may be treated as noticed above

under "tender feet." Abrasions, after soaking and washing them, should be protected by a piece of common strapping or sticking-plaster, or a piece of lint spread with spermaceti ointment, the dressing in either case being bound on with a strip of thin soft rag. If bladders have formed, they should be opened, and the water or serum which they contain should be pressed out. When they occur on parts where the skin is thin and delicate, it will be sufficient to pass a coarse needle through them; but where the skin is thick and hard, as on the heels and balls of the large toes, this is insufficient for the purpose. In this case the central part of the bladder should be pinched up between the thumb and finger, and the skin freely snipped, completely through, with the points of a pair of sharp scissors. The whole of the water being then pressed out, the part should be covered with a couple of folds of soft rag, to protect the opening from the stocking, and to allow the escape of serum, which will generally continue to ooze out for some time. The loose skin should not be detached for some days, or until a new portion of cuticle has formed under it. If it be done before, the raw and tender surface of the cutis will be exposed, and will often, for some time, occasion much pain and inconvenience. The stiffness resulting from long pedestrian excursions, and, if not attended to, often lasting several days, may be treated by hot knee-baths or foot-baths, or, better still, by a general hot vapor-bath or a Turkish bath.

CORNS.

Corns are horny indurations of the skin, with a central nucleus very sensitive at the base, and occur on the exposed portions of the joints of the toes. The common cause of them is continued pressure or friction on the projections of the bones from tight, stiff, or ill-fitting boots or shoes. This suggests the means of their prevention,

which, in addition to cleanliness, consists essentially in wearing easy-fitting, soft boots and shoes. If this be neglected, corns are almost certain to form; and they will as certainly reappear, however often, and however perfectly, they be removed.

TREATMENT OF CORNS.

The curative treatment of corns is very simple, though often somewhat troublesome and tedious. After soaking them for some minutes in warm water, to soften them, they should be pared, with a sharp penknife, as close as possible without causing pain or making them bleed, observing to extract as much of the central portion of the base, popularly, but incorrectly, called the "root," as possible. The pared surface of the corn, and particularly its central and upper portion, may be now touched over with any substance capable of destroying the vitality of the indurated cuticle, or at least the part of it next the surface, and thus causing it in a few days to separate, or permit its removal. For this purpose caustics or corrosives are employed. Of these the most convenient and manageable, and the one most in favor, is fused nitrate of silver or lunar caustic. This substance, held between paper to shield the fingers, is used by simply rubbing it on the corn, previously slightly moistened with water. Nitric acid, concentrated acetic acid or strong aromatic vinegar, and strong tincture of iodine or iodine-paint, are other effective substances which are frequently employed to remove corns. Being liquid and highly corrosive, the surface of the corn is moistened with them by means of a strip of wood, or, preferably, a small rod of glass, due care being taken not to allow the liquid to spread or touch the neighboring parts, or, in conveying them, to drop on the skin or dress. After the application of either the caustic, or one of the liquids mentioned, the parts medicated should be left uncovered for a short time, until

quite dry. In the course of three or four days a portion of the cuticle, more or less thick, disorganized by the action of the remedy, will begin to detach itself, and may be removed with the nail, either at once, or after soaking the foot for a short time in warm water. The application of the caustic, or the liquid, and the whole treatment, should then be repeated, and again every third or fourth day, until a cure be effected, soft, loose shoes being, as far as possible, worn during the whole time.

Another mode of extirpating corns, sometimes adopted, and with greater success than the last one, is the application of a small blister. This will frequently raise them, with the skin, out of their beds, and permit of their complete removal. The delicate exposed surface must then be dressed with a little simple ointment, spread on lint, and this must be retained in its place by a slight bandage formed of a strip of soft calico.

MECHANICAL TREATMENT.

Among methods, purely mechanical, for the cure of corns, two particularly deserve notice. The one is, to wear upon the toe, or part affected, a small circular piece of soft buckskin, or, still better, of amadou, spread with diachylon, resin, or any other adhesive plaster, and having a hole punched in the center corresponding to the size of the corn. In this way the pressure of the boot or shoe is equalized, and the apex of the corn protected from injury; by which the pain is at once relieved, and, provided the prominent surface of the corn be occasionally pared, a radical cure is ultimately effected.

The other method above referred to, is to gradually reduce the corn by nightly rubbing it, in the dry and hard state, with the flat surface of a piece of pumice-stone, or with a piece of glass, sand, or emery paper, or one of the little instruments sold by perfumers and dealers in toilet articles under the name of 'corn rubbers.' The relief

afforded will increase daily until the extirpation be complete.

SOFT CORNS.

Soft corns, or those that occur between the toes, may generally be cured, as well as prevented forming, by daily scraping the part, whilst soft and moist, with the edge of a penknife, or with the finger-nail, so as to remove as much of the thickened and disorganized cuticle as possible. When this does not succeed, a little soap cerate, spread on a piece of lint or soft rag, may be placed as a "dressing" between the toes and renewed daily, soaking the feet in warm water, and scraping the part, being also adopted. Slightly rubbing the prominent parts with lunar caustic, or slightly moistening them with strong vinegar, or with tincture of iodine, every second or third day, will also remove them. When these substances are used, the toes should be kept apart until the skin becomes dry, when a strip of paper, or thin calico, should be placed between them. A common remedy for soft corns, among the vulgar, is a piece of ivy-leaf that has been soaked in vinegar. It is renewed daily.

BUNIONS.

A bunion is a species of corn or swelling on the ball, or the chief joint, of the great toe, resulting from pressure and the irritation produced by friction. The treatment recommended for "corns" applies, for the most part, also to bunions; but in consequence of their greater extent, and the greater degree of irritation accompanying them, the cure is more tedious.

CHAPTER XII:

PERFUMES.

PARIS is the great center of the manufacture of perfumery. There are in that capital one hundred and twenty working perfumers, employing about three thousand men and women.

Next to Hungary water, the most ancient perfume now in use is eau de Cologne, or Cologne water, which was invented in the last century by an apothecary residing in that city. It can, however, be made just as well anywhere else, as all the ingredients entering into its composition come from the south of France and Italy. Its perfume is extracted principally from the flowers, leaves, and rind of the fruit of the bitter orange, and other trees of the Citrus species, which blend well together, and form an harmonious compound.

Toilet vinegar is a sort of improvement on eau de Cologne, containing balsams and vinegar in addition. Lavender water was formerly distilled with alcohol from fresh flowers, but is now prepared by simply digesting the essential oil in spirits, which produces the same result at a much less cost. The finest is made with English oil, and the common with French, which is considerably cheaper, but is easily distinguished by its coarse flavor.

Perfumes for the handkerchief are composed in various ways: the best are made by infusing in alcohol the pomades or oils obtained by the processes just described. This alcoholate possesses the true scent of the flowers entirely free from the empyreumatic smell inherent in all essential oils; as, however, there are but six or seven flowers which yield pomades and oils, the perfumer has to combine these together to imitate all other flowers. This may be called the truly artistic part of perfumery, for it

is done by studying resemblances and affinities, and blending the shades of scent as a painter does the colors on his palette. Thus, for instance, no perfume is extracted from the heliotrope; but as it has a strong vanilla flavor, by using the latter as a basis, with other ingredients to give it freshness, a perfect imitation is produced; and so on with many others.

The most important branch of the perfumer's art is the manufacture of toilet soaps. They are generally prepared from the best tallow soaps, which are remelted, purified and scented. They can also be made by what is called the cold process, which consists in combining grease with a fixed dose of lees. It offers a certain advantage to perfumers for producing a delicately scented soap, by enabling them to use as a basis a pomade instead of fat, which could not be done with the other process, as the heat would destroy the fragrance. This soap, however, requires being kept for some time before it is used, in order that the saponification may become complete. Soft soap, known as shaving cream, is obtained by substituting potash for soda lees, and transparent soap by combining soda soap with alcohol. Another sort of transparent soap has been produced by incorporating glycerine into it, in the proportion of about one third to two thirds of soap.

The English toilet soaps are the very best that are made; the French come next, but, as they are not remelted, they never acquire the softness of the English. The German soaps are the very worst that are manufactured: the cocoa-nut oil, which invariably forms their basis, leaves a strong fetid smell on the hands, and their very cheapness is a deception; for as cocoa-nut oil takes up twice as much alkali as any other fatty substance, the soap produced with it wastes away in a very short time.

The volatilization of perfumes by means of steam is a modern improvement. A current of steam is made to

pass through a concentrated essence, from which it disengages the fragrant molecules, and spreads them through the atmosphere with extraordinary rapidity and force. A whole theater may be perfumed by this means in ten minutes, and a drawing-room consequently in much less time. This system has the advantage of purifying the air, and has been adopted on that account by some of the hospitals and other public institutions.

The selection of a perfume is entirely a matter of taste, and I should no more presume to dictate to a lady which scent she should choose, than I would to an epicure what wine he is to drink; yet I may say to the nervous: use simple extracts of flowers which can never hurt you, in preference to compounds, which generally contain musk and other ingredients likely to affect the head. Above all, avoid strong, coarse perfumes; and remember, that if a woman's temper may be told from her handwriting, her good taste and good breeding may as easily be ascertained by the perfume she uses. Whilst a lady charms us with the delicate ethereal fragrance she spreads around her, aspiring vulgarity will as surely betray itself by a handkerchief redolent of common perfumes.

CHAPTER XIII.

MOTHER'S MARK, OR PORT WINE MARK.

NÆVUS, commonly called "Mother's Mark" or "Port Wine Mark," is caused by the dilatation and increased growth of the small blood-vessels of the skin. Thus it may be arterial, venous, or capillary. In size, nævi vary from a pin's head to nearly the whole extent of the face. No patient should himself operate on a nævus greater in circumference than a small pea. The simplest method of

removal is by means of concentrated nitric or hydrochloric acid. A match or similar piece of wood should have one end bitten out into a form of brush: this should be dipped into the acid, and one large drop placed on the nævus, the skin around which should be thickly covered with lard. The acid should be brought into contact with the whole extent of the nævus. Then, over the scab or eschar formed, may be laid the following paste—

Carbonate of bismuth	1 part.
Glycerine	1 part.
Extract of belladonna	1 part.
Hydrocyanic acid	1 part.

The use of the acid causes a good deal of pain, but it is a very effectual method of removal.

If preferred, solid nitrate of silver or sulphate of copper may be used; the latter should be thoroughly worked into the part. In both cases the paste before-mentioned should be afterward applied.

A certain amount of inflammation is sure to follow any operation on a nævus, but when the latter is of small extent, this is seldom of a violent character, and the formula given will prove a sufficient remedy. After three days the paste may be gently washed off with warm water, and the following preparation gently, but effectually rubbed into the eschar, over which a thickish layer should be afterward placed, and the whole covered by a sheet of court plaster.

Common cream	1 part.
White wax	2 parts.
Glycerine	1 part.
Spermaceti	1 part.

The scab should now be allowed to fall off without further interference. If when it separates the surface is raw or tender, apply the last preparation, and cover with simple plaster for a week. Another method of removing

nævi, is to keep them constantly moistened with very dilute acid solution, *e.g.*—1oz. dilute nitric acid to 4oz. water. Galvano-puncture may be tried. The conductors of the battery are to have a needle affixed to each of them by means of common iron wire. These needles should be inserted into the nævus; of course, not being allowed to touch each other. The object is to contract the vessels. If the affection be seated over a bony prominence, pressure, by means of a piece of lead and a bandage, may be tried; this, too, is a tedious method of cure, but painless. If an operation be objected to, and the patient wishes to hide the deformity, the following will be found a harmless and effectual paint. If properly made it should dry like enamel and not crack.

Wood charcoal	1 part.
Carminé	1 part.
Chalk	10 parts.
Glycerine	3 parts.
Flexible collodion	8 parts.
Rectified spirits	2 parts.

The color of this may be varied by the relative amounts of carbon, chalk, and carmine used. Another, and a simpler method is to powder the nævus, say of a white color, and then over it to apply a layer of flexible collodion. The nævus should be moistened before the powder is applied. In both cases, simple tinted face powder may be afterward used, both to the part affected and the skin surrounding it.

OBESITY OR FATNESS.

Two great evils arise from this condition. First: the impediment offered to the patient's movements by the excess of adipose tissue, and next, the deposition of fatty material in and around the vital organs, impairing their functions, and producing often a comparatively premature

decease. It may be laid down as an almost invariable rule, that to be very fat is to be out of health. The patient may not feel any great disorder to exist. The condition, for instance, of a fatty heart may only occasionally make itself felt by flutterings and slight faintness; but, nevertheless, the mechanism is disordered.

Treatment: To understand the lines on which a rational treatment may be carried out, it is necessary to remember that fat is the normal covering of the body, it being always found as a layer of very variable thickness beneath the true skin. When more material is taken into the body than can be used for the maintenance of the tissues, some of it is deposited as fat, in the layer of which I have spoken: thus obesity is developed. Now this deposition of excessive material is simply an instance of natural economy; the fat is deposited until the tissues may require its use, when it will be absorbed into the system. As an example of this law, may be mentioned the hibernating animals. In these, during activity, the fat becomes developed to an enormous extent, and during the period of hibernation this is reabsorbed into the system, acting as food, to maintain the nutrition and heat of the body. Nevertheless, it must be understood that during such a state of sleep there is a lessened excretion of vital material, *e.g.*, albuminoids and phosphates, and consequently a decreased demand for their supply. Were this not so the animal must either wake up or die, since it is only in the connective tissue of fat that the essential ingredients of nerve and muscle are to be found; the greater part of the fat—its oily portion—serving simply for the maintenance of temperature in the process of respiration.

Knowing then why fat is deposited, it must be evident that the simplest and best way to effect its removal will be to use this fatty material as food, while we eat only such other substances as are absolutely required for the main-

tenance of life. Thus I should prescribe for a fatty patient—abstinence from all soups, broths, chocolate, butter, saccharine material, pastry, and any fatty or directly fat-forming material whatever. Meat may be taken, but it should be lean, and vegetables and fruit may be eaten. Wines must be light, and cold water will be the best drink. At the same time a scientifically prepared nerve tonic, one that is prescribed on genuine physiological grounds, and not like much of the trash sold under various names, worse than useless, should be taken daily. With this treatment the patient must adopt the old remedy of exercise. It need not be great at first. If he has been unaccustomed to use his legs for some time, although not absolutely incapable of doing so, he may commence by walking two hundred yards, either in his own house or out of doors, the latter being preferable. This practice should be repeated daily, being increased every time by fifty yards. Let him also exercise his muscles by the use of dumb-bells, walking up and down stairs, etc., in fact, by taking all possible exercise. A tepid bath should be taken every day, and be followed by friction with a good bath towel.

But if the patient object to all this, he has another course open, viz., to prevent the transformation of fatty material eaten into the form of substance, into which it must enter before it can be converted into tissue. In other words, to prevent the saponification of fatty material.

The best agent for effecting this is the *Fucus vesiculosus*, and a preparation of it is commonly sold as a “patent” medicine, under the name of Allen’s “Anti-fat.”

SPOTTED ACNE.

This consists in the stoppage of the passages of certain minute glands by the secretion of the latter, and makes itself manifest by black spots which stud the skin, espe-

cially of the face. The blackness is caused by the dirt accumulating on the exterior of the core of matter.

Treatment: In persons subject to this complaint, the skin of the parts generally attacked must once daily be closely searched for the appearance of the spots. When found, the cores must be pressed out, and the part bathed with cold water. They are sometimes found in extraordinary numbers on the nose; in this situation they may be squeezed out with a blunt, flat instrument, pressed tightly along the surface of the flesh. Lotions are often advertised to remove these "grubs," and the latter have been stated by the advertisers to be living organisms. All this is a delusion. The "grubs" are mere collections of *débris* and cast-off cells, and they can not be removed by other than mechanical means. What the said lotions really do, is (sometimes nothing at all) to whiten their external extremities, and so prevent their being noticed. A little glycerine or oil rubbed into the skin, or previous washing in hot water, will soften the secretion, and allow it to be more easily removed. The formation of the cores or grubs may be prevented by washing the face once daily in warm water, and afterward pressing the towel, wrapped round the finger firmly, along the parts most frequently attacked. Any redness after this simple operation may be entirely obviated by using—

Glycerine	1 part.
Prepared chalk	1 part.

of which a very small portion will suffice.

Acne Vulgaris is the scientific name given to an eruption of pimples on the face and other parts. The causes are constitutional, and therefore internal remedies will be needed. Locally, the tone of the parts may be improved, and the eruption hastened in its removal, by the following treatment. The pimples must be pricked, and the con-

tents pressed out, and then a lotion of dilute acetic acid applied. If this does not effect a cure, then

Iodide of sulphur	10 grains.
Sublimed sulphur	10 grains.
Dilute hydrocyanic acid	10 minims.
Lard	1 oz.,

made into an ointment, may be used nightly.

If the spots are very chronic and discolored, use to each, sparingly,

Emulsion of bitter almonds	1 pint.
Oxymuriate of quicksilver	2½ grains.
Sal ammoniac	1 drachm.

SUMMER BUMPS.

These are due to certain chemical abnormalities occurring in the tissues, as a consequence of increased heat of the body. The mechanism is too long to be explained here, but increased oxidation and rapid cell formation are the two chief factors.

Treatment: Apply ice, or a lotion of 1 drachm of chloride of ammonium to the ounce of water.

If the part itches, apply dilute hydrocyanic acid (one of acid to four of water); but cold, if obtainable, is to be preferred, and will remove the itching equally well with the acid.

Some simple internal remedies are indicated when the patient is much attacked by summer bumps, and this is the only method of *preventing* their occurrence.

SWEATING.

Sudoriporous, or sweat glands, are found over the whole surface of the body; they are imbedded in the tissue beneath the skin; they have ducts which open on the surface of the latter, and their mouths are commonly

called pores. The function of the glands is to excrete the watery constituents of the blood, with some cast-off organic materials; they fulfill a perfectly natural and healthy office. Their amount of work is, however, directly in proportion to their blood supply; they are never idle, but in *cold weather*, or in persons who do not exert themselves, the secretion evaporates, and does not collect on the surface; this is *perspiration*. When the secretion is in excess, it collects on the skin, and is termed *sweat*; the laity, however, generally use the terms as synonymous.

THE ITCH.

Scabies, or the "itch," is a disease due to an animal parasite, the *Acarus Scabiei*.

Symptoms: There is an eruption of vesicles or blebs, accompanied by intense itching, which is increased by warmth. The eruption generally commences between the fingers, and thence may spread over different parts of the body, with the exception of the face, which it does not attack.

Treatment: Rub in nightly

Sublimed sulphur	1 oz.
Lard	4 oz.,

made into an ointment.

TENDERNESSE OF THE SCALP.

This frequently arises from the practice of using very hot water to the head, as in some shampooing establishments. Again, it may be caused by the sudden change of temperature in shampooing from heat to cold. People should remember, that to draw a large quantity of blood to the surface (which hot water does), and then to drive it back on the larger arteries by the application of cold

(which is just what occurs), is to run the risk of injuring not merely the skin, but the brain itself, which the process directly affects, and which can not stand these sudden changes in its vascular supply. The water in shampooing should commence at a moderate temperature, and be very gradually raised and lowered. Again, it may occur from the too liberal use of hair restorers, etc. In such case, common sense must dictate the line of treatment, viz., to leave them off for a time, and then to use them more sparingly. When the scalp is naturally tender, the head should be washed daily in cold water, and friction be used, care being taken not to abrade the surface. Afterward,

Rectified spirit	1 oz.
Water	3 oz.,

may be used as a wash.

The use of hard brushes may produce tenderness of the scalp, especially those worked by a machine. Now there is every disadvantage, and not one redeeming feature, in the use of hard brushes. All hair brushes should have long, soft bristles, and their use will promote the nutrition of scalp and hair, whereas, hard brushes injure both.

FLABBINESS OF THE FACE.

Stout people, who are in ill health, frequently exhibit a flabbiness of the cheeks and of the region under the chin; the parts may tremble visibly when they walk or move. The condition frequently arises from the partial absorption of the fat, and the retention by the skin of nearly its original extent, so that the latter hangs loosely; or it may result from the deposition of a poorly organized fat, in which the strengthening bands of tissue ("areolar") are less numerous and firm in character than they should be. In any case, the primary cause is mal-nutrition, depending on defective nervous action.

Treatment: If the patient desire to lose his adipose condition, he must follow the directions given in the section on Obesity. As the patient has a low state of nervous power, he must take internal tonics, and they should be such as provide nerve food; at the same time, his dietary (in its full sense) should be such as to yield the system sufficient nourishment—to exercise all the muscles of the body; to cleanse the skin from all its impurities; to maintain regular daily evacuations; to give mind and body sufficient rest; to enable pure and not vitiated air to be taken into the blood; and to avoid the overloading of the blood with fatty and alcoholic material, and the stomach by a multiplicity of dishes.

Locally, a little iodide of potassium ointment may be nightly rubbed into the skin covering the fatty tissue. Dry friction may be previously employed. The skin may be tightened by a wash of a tablespoonful of alum to the pint of water.

FROST BITE.

A mild form of this is, as I have said, the initial stage of every chilblain. Any exposed part, as the nose, ears, feet, and hands, may be effected. If the cold be applied for many days, the parts may be so deprived of blood as to mortify.

Treatment of simple frost bite: The temperature must be very gradually raised, and the circulation restored by rubbing the part briskly with snow. Next cold water may be used, it being rubbed well on to the skin with the hand. Then cold dry flannels should be substituted, and finally, the part should be simply wrapped in cotton wool.

This operation should be carried on in a room without a fire.

To apply heat to very cold or frost-bitten parts is a

most dangerous proceeding. Severe inflammation or even gangrene are common results.

HERPES LABIALIS

generally known as "breaking out," attacks the margins of the lips, and most frequently accompanies a cold in the head. It is too well known to need description.

Treatment:

Oxide of zinc	10 parts.
Oxide of bismuth	20 parts.
Powdered starch	20 parts.
Oxide of iron	2 parts.
Silica	20 parts.
Oxide of aluminium	8 parts.
Oxide of magnesium	10 parts.
Powdered chalk	10 parts.

The above should be mixed into a fine powder, and then be made into a paste with an equal quantity of glycerine; this should be gently rubbed into and spread over the parts nightly.

BURNS AND SCALDS.

Injuries from acids.—Strong acids applied to the skin cause intense pain and destruction of the tissues with which the liquids come into contact, the extent of the injury varying, of course, with the amount of acid applied. When the injury has been caused by sulphuric, nitric, or hydrochloric acids, apply dilute ammonia, chalk, carbonate of magnesia, or the plaster from the ceiling stirred in water. After an hour or so apply carron oil (olive oil and lime-water in equal parts) on lint. For carbolic acid: Apply olive oil.

Injuries from caustic alkalies, as strong ammonia and

potash. Apply a dilute acid, as vinegar; subsequently use:

Olive oil	1 part.
Carbonate of bismuth	2 parts.
Spermaceti	1 part.
White wax	1 part.

Simple Burns and Scalds.—If there are vesicles they should be pricked with a needle. The part should then be covered with carron oil (equal parts of olive oil and lime-water), and lint soaked in the same should be applied over it. Externally to the lint a thick layer of cotton wool should be placed. After two days the carron oil may be discontinued, and the following substituted:

Olive oil	1 part.
Carbonate of bismuth	1 part.

or,

Starch powder	1 part.
Powdered chalk	1 part.
Spermaceti	2 parts.
Olive oil	1 part.

If carron oil (equal parts of olive oil and lime-water) is not at hand, then olive oil, with equal parts of carbonate of soda, or powdered chalk, or powdered starch, or flour, will be of service. Or again, if olive oil is not at hand, carbonate of soda may be dissolved in tepid water, and the part should be freely bathed with this, and then it should be thickly covered with a powder of the same. So also if the soda is not within reach, simple chalk, starch, or flour may be used as a powder.

Never apply cold to a burn or scald. Remember this: these injuries are not caused, as is popularly imagined, by an absorption of heat by the part concerned, which remains in the tissues, but by physical destruction of tissues and exhaustion of the local nervous apparatus, this latter

result being due to the violent stimulation. Now life can not be carried on without oxidation. Oxidation depends on blood supply, and the power of the tissues to take up materials from the blood. This power of the tissues is due to nervous supply. By oxidation the tissues maintain their heat, and heat is an essential condition of their ability to perform their functions. Now grasp these simple facts, and understand that after a burn or scald there is nervous injury, lessened oxidation, lessened heat, and lessened tissue power. Therefore, I say, Never apply cold. Moreover, the part should be so well wrapped up as to preserve as high a temperature as possible. This, too, will relieve the pain.

THE END.

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