

Thus musing she up-bound her shining hair,  
Smoothed out the folds of her trim dainty gown ;  
And quick she slipped adown the oaken stair,  
And oped the garden door, that roses crown  
With crimson bloom ; and wandered through the maze  
Of box-edged borders quaint, with gayest flowers  
ablaze.

Beneath the walnut-tree that graced the lawn  
A youth stood, wondering if to go or stay ;  
The gathering glory of the summer morn  
Around in misty sparkling splendour lay.  
He turned to go, then did his steps retrace ;  
And still he lingered as if loth to leave the place.

Thus each unto the other nearer drew,  
Unconscious that the other was so near ;  
Yet o'er each cheek flushed forth a rosier hue,  
As in the presence of the one most dear ;  
Each breathed a gentler air, as though kind Heaven  
Had to the blooming earth soft Eden breezes given.

Loud sing the birds—the rippling waters dance  
As tinkling silver bells o'er moss-grown stones ;  
Whilst sudden Lettice' downcast eyes up-gance,  
And with deep tell-tale blush her king she owns ;  
Whilst thus he spake : “Thou wilt not say me nay,  
Lettice, my queen, my life, my only love alway?”

O cuckoo ! cuckoo ! Then the charm is true,  
The maiden's wish when she first heard thy voice  
Hath come to pass. The secret's known to two,  
And over it two loving hearts rejoice.  
Ah, who would think the cuckoo's note could bring  
A coronation-song for queen and king ?

So mused sweet Lettice in her glad content  
That all the world so very fair had grown ;  
Yet still as on and on the lovers went,  
The maiden's heart inclined to change its tone.  
“O cuckoo ! cuckoo ! it was love, not thee,  
That led the footsteps of my king to me !”

JULIA GODDARD.

## FALSE COLOURS.

“Alas ! now I see  
The reason why fond women love to buy  
Adulterate complexion ; here 'tis read,  
False colours last after the true be dead.”

THOMAS DEKKER.

**N**EXT to a pretty mouth, it has been said that a good complexion is the most important essential to a pretty face. Though some might be inclined to give the preference to good eyes, it yet must be acknowledged that a good complexion carries a great charm with it, conveying, as it does, an expression of purity, healthfulness, and, in some cases, even of refinement ; while, on the contrary, an utterly bad complexion goes far to destroy the effect of good features. Considering this, and that the first traces of the footsteps of advancing age are visible in the changed colouring of the face, it is not wonderful that women are anxious on the matter, and that quacks and impostors do an excellent business in cosmetics. When a girl first tries the effect of a little touch of pink on her sallow cheeks and a “dust” of powder on the forehead, and round the eyes and mouth, she is delighted with the effect. She stands back from the glass, as a painter stands back from his easel, and views the effect with approving eyes, which shine all the more brightly for the rouge, and the girl's pleasure in her improved appearance. It is worth feeling a little dishonest, she thinks, to look so well. But, alas for her good looks ! “getting-up” is like dram-drinking or gambling. The number of the drams increases daily ; so does the value of the stakes ; and so, imperceptibly but surely, does the thickness of the pearl-powder and of the rouge. The imitation of Nature's white and red has become a burlesque, a parody, a flimsy device, patent to the least experienced eye.

Nor is this all. At the end of a year, the patroness

of cosmetics finds that her skin is beginning to get coarse, that pimples occasionally appear, that a disagreeable and unsightly yellowness begins to show round the eyes and on the top of the cheeks. These very unbecoming symptoms are the effect of the pores being constantly stopped up by powder and rouge ; but instead of being deterred from their use on that account, the silly girl applies them more constantly than ever, in a desperate attempt to hide the ravages they themselves have made.

An amusing incident, in an otherwise very disagreeable case, was the evident horror with which a lady-patient once received the announcement that her “pores were all open.” She evidently considered that she was in a terribly dangerous condition while this was the case, and her anxiety to get the money, and have her pores safely closed, became intense. Her ignorance was no greater than that of thousands of English girls. They know nothing of the structure of the skin, nor of the means of keeping it in perfect health, and, consequently, in its highest beauty.

There are means of permanently improving a bad complexion, and of retaining the characteristics of a good one beyond middle life and into old age, and as these means tend also to the maintenance of good health, and of its natural outflow, good spirits, it is well worth our attention to examine into them.

A great authority has given to the world a rule of health, which is also a rule of good complexions. It is : “By food, by raiment, by exercise, and by ablution, to maintain and preserve an agreeable warmth of the skin.” We all know what an injurious effect extremes of heat or cold have upon the complexion. How different a pretty girl looks in an east wind from the same girl on a breezy day in early June, with a south wind ruffling her hair and gently deepening her soft colour ! And again, how unbecoming is the intense

heat of August to the same girl, running the edges of the pink into hard lines, and marring the purity of the white! It is, therefore, reasonable to believe that an "agreeable warmth of the skin" is necessary to a good complexion.

As to the first article of this creed, food, the same authority, Dr. Erasmus Wilson, shows that food is a source of warmth; that what is agreeable to the palate is, as a rule, wholesome to the healthy; that the maxim, "Little and often," is obviously unsound, and that the proper periods for meals are those at which we are accustomed to take them in this country—the morning meal at eight or nine, lunch at one or two, and dinner at seven or eight. "That these are the proper periods for meals," he says, "is evident from the fact of their maintaining their place amid the changes which fashion is constantly introducing. The lunch of fashion is a light and commendable dinner; the dinner of fashion is an early and moderate supper."

It might appear that the refreshing cup of tea that seems so necessary about five o'clock every day, has been forgotten in our list of meals; but Dr. Wilson only forbids it *as* a meal. Tea and coffee he considers most useful articles of diet; but forbids bread and butter, toast, cakes, or muffins to be conjoined to them.

The feelings are the best guide as to the quantity and texture of the clothing necessary to maintain an agreeable warmth of the body, so indispensable to health; and this brings us to the question of exercise, which, to be beneficial to the complexion, should be regular, moderate, and considered distinct from the exercise entailed by household duties, shopping, or fashionable calls.

Ablution is a most important and effectual agent, and one to which less attention is usually directed than to any of the other three. The secret of many a muddy, sallow, or blotched complexion lies in the fact that the daily bath is neglected, and the skin is thus prevented from doing its work, and throwing off the impurities it necessarily contracts. It is said that the secret of the exquisite complexion of Ninon de l'Enclos, who retained her remarkable beauty till she was eighty, was nothing more than the constant use of

rain-water. While the ladies of her time were longing to know what cosmetic the celebrated beauty used, she kept her counsel, and her doctor supplied her constantly with bottles of soft water, too well paid for the attention not to be proof against the bribes held out to him by those who were anxious to know the precious secret.

But whether or not rain-water was the sole cosmetic employed by the celebrated Ninon, the fact is indisputable that without the plentiful use of water no complexion can retain its purity. And soap? On this point there is a greater variety of opinion, some holding that soap is an irritant, and others that it is not only harmless but necessary. Dr. Wilson says that its use is calculated to preserve the skin in health, to maintain its complexion and tone, and to prevent its falling into wrinkles; and that if any unpleasant sensations are felt after its use, they may be immediately removed by rinsing the surface with water slightly acidulated with lemon-juice.

There are several wrong ways of washing the face, and but one right. Towel, flannel, sponge are all out of place where the face is concerned. The hands only should be used. Dr. Wilson's directions are: "Fill your basin about two-thirds full with fresh water; dip your face in the water, and then your hands. Soap the hands well, and pass the soaped hands with gentle friction over the whole face. Having performed this part of the operation thoroughly, dip the face in the water a second time, and rinse it completely; you may add very much to the luxury of the latter part of the operation by having a second basin ready with fresh water to perform a final rinse."

But the care of the complexion requires that not only the face, but the whole body shall be daily subjected to the bath. The sponge-bath is, perhaps, the best, and the temperature of the water must be regulated by the sensations of the bather, and by the season of the year.

No one can deny the charm of clear, soft colour in the cheeks and lips, and it must be an incorrigible complexion indeed that will not yield to the measures that I have recommended. EVELYN HOPE.

