

Sylvia's hand, and can no longer feel the warm pressure repaid with a greater interest than the exigencies of our Alpine climb demanded. This, mark you, my dear madam, is quite *entre nous*. Gloucester and Queen Mab have been seated at the summit several minutes, enjoying a panorama which justifies all the perspiring exertions of the ascent. The Windcliff is an observatory from which you can see half a dozen counties—a watch-tower with a wider sweep of view than had Herr Teufelsdröckh from his garret eyrie. Immediately below is the wooded steep up which we have toiled—a rippling expanse of colour; the white streak of turnpike road intervenes; then comes the Wye, stealing between limestone crags and hanging woods; anon a stretch of pastoral landscape; yonder, glistening in the hollow like a pearl, is the town of Chepstow, from which Sir Walter's "stout Clare and fiery Neville" rode; beyond are the sombre sands of the Bristol Channel, where the tawny waves come up to meet the Wye and the Severn, to show them the way to the sea, which is a pale plain in the dreamy distance. The opposite coast lies in a purple haze.

It is several miles by the Wye from the Windcliff to Chepstow. The tide is coming up from the channel, and the chill darkness will soon be settling down. Gloucester shares one of the oars with the Ancient.

Mab and Sylvia are wrapped up in shawls and each other. I take a cigar and the rudder-lines. The sun, a shield of fire, is dropping down behind the cliffs. The rushing water and hanging trees become enchanted in their Turner-like effects of light and shadow. The rosy rays of the fiery disc slant on the river with a golden radiance, and the hugging banks look spectral in the waning light. The silence is rendered musical by the swirl of the current and the dip of the oars. Anon the pale sickle of the moon glints through the umbrageous wall of wood, and a fleecy cloud sails through the water like an argosy of pearl. The wind's mystic fingers gently stir a moaning harp of pines, and then we sing together the "Canadian Boat-song." We arrive at last at Chepstow, famous for its great railway bridge built by Brunel, its general depression, and its rich black river-mud.

Mud and depression recall me from my reverie, and to a consciousness of the withering wind and cheerless rain outside. Some one, whose finger wears a golden fether, and who looks like Sylvia, is assisting the fire to a little more coal. She says that I have been an unconscionable time in finding that lost address, and begins to go through my letters herself, thinking she may be more successful in her search.

E. B.

HARMLESS REQUISITES FOR THE TOILET.

BY A FAMILY DOCTOR.



HIS paper, gentlemen readers, is dedicated to the fair sex. It is written expressly for the ladies, although, to be sure, I have no objection to your reading it. Figuratively speaking, you may if you choose come and hear the lecture, so long as you come into the hall on tiptoe, with your hats beneath your knees, and take your places modestly and quietly in one of the back seats, the front rows being reserved for your sisters. For once in a way, if never again, I would have my audience exclusive; for once in a way I would be surrounded by beauty. Now, beauty is the birthright of a woman. It is not only her privilege, but her duty to be lovely if she can, and at all times to make herself appear to the very best advantage. I shall try in this paper to show how this can be best accomplished without risk and with simplicity; and, mind you, this last is something to be aimed at. In the practice of my profession, I have at times the privilege of getting a peep at a lady's toilet-table. I shouldn't for the world think of telling tales out of school, but I cannot help remarking here, that female loveliness is not always proportionate to the multiplicity of the different

articles to be found on the dressing-table. Indeed, it is more often quite the reverse.

Before sunrise, upon May mornings, in a county that I am acquainted with, little maidens may be seen tripping fieldwards to bathe their faces in the dew from the grass. They tell me it makes them beautiful, and I don't doubt it. Just such a toilet, you may be sure, as mother Eve made. We have grown more fastidious in our tastes since her day. We will not cull our cosmetics by Nature's fount; we must have them brought to us in our rooms, and brought to us, too, from the uttermost parts of the earth. There would be small harm in this, were it not for the fact that a large proportion of the articles used for the toilet are useless, and many injurious and poisonous. Now, if any lady were to ask me the question, "Can I improve my looks?" or, "Can I make myself look better than I do at present?" I should put my gallantry in my pocket and answer, "Yes, decidedly you can *if* there is room for improvement in your general health, for health is at the foundation of all beauty; and there is hardly any one living who takes all the care of herself or himself that might be done." If you want to look well, then, you must feel well, and to do this you must live regularly and temperately, and take a due proportion of sleep and exercise.

Now, the first great requisite of the toilet is water, pure, soft, and in plenty. Rain-water is the best both for the skin and the complexion, both for the bath and the basin.

I have been asked more than once by readers of this Magazine, if it is safe for every one to indulge in a cold bath every morning. With the exception of the very delicate, and those who are afflicted with heart complaint, any one may use the matutinal tub with benefit and safety; and even the delicate may do so if they take it first with the chill off, and day by day lower its temperature till the mercury points to fifty or sixty. It ought to be remembered, however, that the reaction which follows a cold bath, is much more pleasant and speedy than that from a tepid, and more invigorating too, to say nothing of the prophylactic effects of the former, against colds and the hundred ills that cold induces. The kind of soap one uses for the toilet is a matter of some moment, for some soaps denude or otherwise injure the cuticle. I know many ladies who dare not use glycerine soap even. Good soap for ladies' use should be white, tolerably hard, non-transparent, and most delicately perfumed. Dyed soaps are an abomination, and they are at times dangerous as well. The use of warm water to wash the hands and face, it may not be amiss to mention, is not to be counselled, as it tends to relaxation of the capillaries; but if warm water be used at the toilet it ought to be followed up by cold.

The hair, with most people, is a subject of anxiety sooner or later. I wish I could give a recipe for keeping it on the female head and off the female lip; to keep it always glossy and bright, and prevent it from turning grey. I cannot do that, however, but I can remind you that the state of the health exerts a wonderful influence over the appearance of the hair. This is best seen in the lower animals. In the dog, for example, a harsh dry coat is sufficient to tell the skilled veterinary surgeon that there is illness about the animal somewhere. And in the human being an unhealthy appearance of either hair or scalp, cannot exist with perfect salubrity of body. We all know that some strong and sudden affections of the mind, such as grief or fear, are capable of whitening the hair in even a single night; we know, too, that the worry and tear of life bleach the hair by a slower process; but it is more difficult to believe that hair once whitened, unless by age, often regains a portion at least of its colour without the aid of artificial means; but this, I think, has been proved.

Now, all that is required in order to keep the hair beautiful, with a healthy person, is occasional washing, using eggs instead of soap, and the use of a good though not too hard hair-brush. It is not the hair itself that is capable of being acted upon by these means, but the scalp—the soil, so to speak, in which it grows.

If you ask him, almost any chemist can compound you a lotion or ointment for dandruff. I confess to a belief, however, that the troublesome complaint is dependent upon some derangement of the general health, and consequently prescribe some simple in-

ternal remedies in addition to the local means. Ten drops thrice a day of the dilute nitro-muriatic acid, in one ounce of the compound infusion of gentian, makes a very useful medicine for such cases. It is best taken about an hour before meals, and for a fortnight at a time. The scalp should be wetted every morning with the following lotion: borax in powder one dram, lead lotion four drams, glycerine one ounce, eau de Cologne one ounce, and pure water sufficient to make half a pint. If an ointment is preferred, or a pomade, ask your chemist to mix with that you daily use, a fair proportion of the diluted nitrate of mercury ointment. The rosemary hair-wash is good when the hair is getting thin. Equal parts of glycerine and tincture of cantharides, say half an ounce each, mixed with three ounces of water and one ounce of eau de Cologne, form a good hair tonic. So also is this: take one ounce of pure olive oil and the same quantity of solution of ammonia, and mix in three ounces of good rum and three of rose-water.

Let me warn the reader against the use of so-called depilatories; the only safe and certain depilatory is the razor. The tendency of hair to grow in situations where it is not natural for it to appear, may be corrected by keeping the health well up to the mark, taking abundant exercise and occasional tonics, such as iron and dilute phosphoric acid.

The best tooth-powders are the simplest. Many people use nothing but plain carbonate of soda; it is both cleanly and efficacious. Precipitated chalk, with one-fourth its bulk of orris-root and a little camphor, is a safe and simple tooth-powder. If the gums are at all spongy, or apt to bleed, a portion of borax and of powdered myrrh should be added, and proves of great service. If you trust to your own chemist to prescribe your tooth-powder, ask him to give you something that contains neither acid, sepia, nor pumice-stone, any of which will tend to destroy the enamel of the teeth. It is a capital plan to make a habit of using the tooth-brush after every meal. A little bottle of tincture of myrrh should stand on every toilet-table; a few drops in half a wine-glassful of water may then be used at any time to rinse the mouth and strengthen the gums. If it is certain, however, that the latter is occasioned by disorder of the stomach, charcoal ought to be taken as well, internally. During winter and spring, the lips are very apt to get cracked and dry; any chemist will supply you with lip-salve, but it is well to know great relief may be obtained by bathing the lips well in alum or borax water, before applying the scented unguent. The proportion of the alum or borax to the water is a tea-spoonful to about eight ounces.

Sal ammoniac, as much as will lie on a florin, mixed with two pints of warm water and a little toilet vinegar, makes an excellent bath for the hands when it is wished to whiten them. It should be used for fully ten minutes at a time.

The face is the mirror of the mind, I suppose, or at least it ought to be, just as the eyes are the windows of the soul. We cannot much improve the eyes, however, although I know that belladonna has often

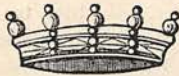
been smeared around them, for the purpose of enlarging the pupil, and giving a languishing, far-away look to the optic. I only mention the practice in order to condemn it, as it is likely to lead to blindness. The eyelashes may be improved as to length by simply tipping them with a pair of small scissors.

Perhaps the disease known to medical men as acne, and to the uninitiated as pimples, is the most destructive of any to female loveliness. And acne is rather difficult to get rid of. Simply using lotions or ointments is of little use; we must go a little deeper than that, and try to get at the cause. The blood is usually some way or other in fault, and perhaps a course of iron and arsenic may be needed; the diet, however, should be the most nourishing that can be thought of, and plenty of exercise should be taken. This, combined with a course of acid tonics with vegetable bitters, and the external use of what I am about to mention, generally succeeds in getting clear of the disfigurement. Wilson recommends the use of the compound hypochloride of sulphur ointment. It should be rubbed on at night, and washed off again in the morning. I have found the following of great service; label it poison, however. It is simply a grain and a half of the bichloride of mercury, dissolved in an ounce of eau de Cologne or lavender-water. After washing the face, night and morning, the painful spots are to be touched or wetted with this lotion.

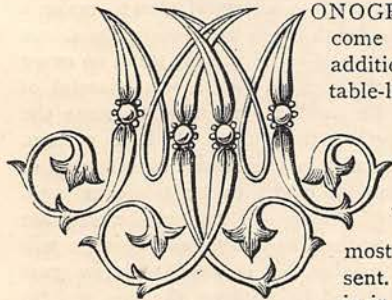
There cannot be a better summer beverage than buttermilk, and I believe that it exerts a cooling and purifying influence on the blood. However, it is a

celebrated remedy in some parts of the country for removing sunburn. The face is simply bathed with it at night, and it is allowed to dry in. The milk is better when somewhat sour, and better still if one ounce of freshly-grated horseradish has previously been steeped in it for some hours, say in a quart. This not only removes the sunburn, but clears and beautifies the complexion. Another remedy for the same thing is a wine-glassful of lemon-juice to a pint of rose-water. The face may be wetted with this several times a day. A little alum, half an ounce of glycerine, and a pint of camphor-water will make still another nice lotion for face and hands.

A young lady whom I know suffers severely every summer with the disease called *Epichrosis lenticula*. "Dear me!" I think I hear you exclaim, "does it hurt much?" No, not much, madam, for those two terrible-looking words are preposterously used by medical men, to express that little facial failing which others call freckles. Now freckles all across the bridge of one's nose may not cause very much bodily anguish, but they are certainly not ornamental. The best plan to get rid of them is washing the face two or three times a day with carbolic acid lotion, and afterwards using a lotion of two grains of bichloride of mercury to one ounce of bitter almond emulsion. Old Celsus gives a remedy, which may be worth trying should mine fail. It is this: galbanum and carbonate of soda rubbed down with vinegar to the consistence of honey. The paste is smeared upon the face and allowed to remain on for a few hours, then washed off again.



MORE ABOUT DECORATIVE NEEDLEWORK.



MONOGRAMS have become so essential an addition to house and table-linen, that I give for the initial letter of my second article on the subject one of the style most in vogue at present. The embroidery is in satin-stitch, and

may either be coloured or white, the latter being perhaps the most elegant. Coloured ingrain cottons are, however, extensively used, and the choice between the two is a mere matter of opinion, now that fashion has introduced the use of colour in house-linen: a great improvement, there can be no doubt, as we were obliged to resort to coloured glass as a means of supplying the needful relief to the spotless, cold-looking white of the table-cloth. The initial letter of the family name is sometimes doubled, as in the present sketch, to make a pretty monogram. The coronet is one of those fancy coronets frequently seen

in France, and used merely as an additional ornament; the dots, both in the coronet and the monogram, may be worked in red, yellow, or blue cotton; a little shading

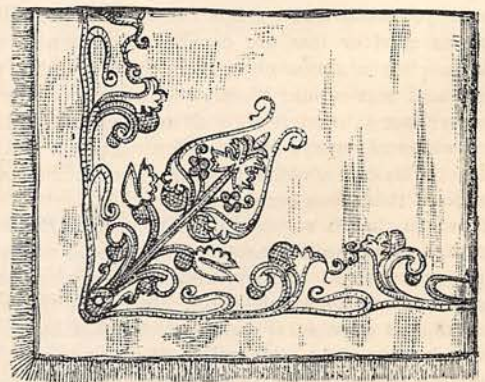


Fig. 1.

of either of the colours chosen may also be put in where marked on the design.

The modern "institution" of afternoon or five o'clock tea has added another item to the list of