

Madame von Freigut, and the unfortunate girl who had been so cruelly duped. Suffice it to say that the newly-arrived Englishman, the writer of the mysterious note, was none other than a detective in plain clothes, who had some time been "wanting" the Honourable Ronald, *alias* Jack Simpson, for forgery, and who had also happened to come on the track of his clever railway robbery. It is needless to remark that the Hon. Ronald and his accomplice got clear off with their booty, finding the detective—whose presence they had guessed from Cathy's note—on their heels.

Neither Miss Vincent nor the baroness ever saw

their property again. Indeed, Kathleen, when she recovered from the shock, declined to take the slightest interest in the recovery of her jewels. Perhaps she thought they were fairly lost, and it is certain that their loss taught her a good lesson. Even in after-years, when as a happy bride of two-and-twenty she and her husband chanced to run the delinquent to earth, I regret to say she absolutely declined to prosecute, as she ought to have done. It may be that the visions were yet too fresh in her memory which the stories of "My aunt the duchess" had awakened in her.

"WHAT A PRETTY COMPLEXION!"

BY A FAMILY DOCTOR.



OW, everyone's complexion depends on a natural endowment, and the care we have taken of that endowment. Some persons by nature have a thick skin, some a thin. This we cannot alter. Some persons have a healthy skin; some have not an unhealthy skin, yet in some particular a defective action of it. These the physician can help, as indeed he can assist the most beautiful skin in maintaining a uniform standard of beauty, which it will not do of itself if the laws of Nature are defied.

Let us consider what constitutes the varieties of complexion: how does the blonde differ from the brunette? How are we to explain the albino at one end of the scale, the negro at the other? The complexion depends on the extent to which the blood can be seen shining through the semi-transparent skin. This will, of course, depend on the thickness of the skin. The thickest skins are found in those with black hair and eyes; thinnest in those with red or fair hair and grey eyes. But if the skin is exposed to any constant irritation, such as the scorch of the sun, a pigment which exists normally in the skin is increased in a very great degree; hence sunburn, and bronzed skin, and freckles. In the albino this natural pigment is absent. In the negro it is in excess, due, no doubt, to those persons being exposed year after year, and generation after generation, to a hot sun till the excess has become hereditary. Thus we can explain why young ladies are so careful not to expose their skins to a strong sun, but, as we shall see, they lose something by it, for light is one of the essentials to the health of the skin.

Before, however, we consider what are the essential conditions of a healthy skin, we must, we regret to say, make a few observations on an extremely baneful, and we fear growing, practice of calling in Art to assist or improve on Nature—what Mr. Gilbert somewhere accuses ladies of when he speaks of "emphasising their charms." Nor is this horrible practice confined to those who in the decay of life wish to conceal the ravages of time. It is very much commoner and more

widespread than most persons think, and never deceives the practised eye. These deluded persons can never imitate the lustrous skin of Nature, though they very often try to, and the result is a hideous caricature. In most lights an "emphasised" skin has a dull lack-lustre look which cannot be mistaken. Out of many experiences of this kind of human weakness we may select one or two by way of example. We remember two pretty and charming sisters, aged eighteen and nineteen respectively, who took to this foolish habit, though they were both very pretty and had beautiful complexions. The result was that they were ultimately cut by many of their friends, who imputed to them, without any reason whatever, the vice of being "fast."

Another charming simple-minded woman used, among the gentlemen who were mean enough to be very glad to go to her entertainments, to be known by the name of the Whited Sepulchre. Her only fault was that she could not forget she had been pretty once, and was growing old. It used to be said of another lady who "emphasised" considerably that her husband one day remarked ill-temperedly: "For goodness sake, Mary, go and take all that stuff off!" But when he saw her again he repented, and said: "For pity's sake, Mary, go and put it *all* on again!" What could have caused this sudden revulsion of feeling? The fact is that continued use of paints and powders has a very ruinous effect on the skin. The skin is a great organ for removing waste products from the body, and as a consequence, should be constantly slightly moist, and all these applications have a very drying effect on it. The skin resists. It is covered with innumerable pores, some exuding out watery perspiration, others a greasy material, intended to keep it soft, and supple, and glossy. These pores work very hard to combat the unnaturally dry condition, and grow bigger, till, instead of being imperceptible, they form large unsightly pits, which are incurable. In addition to this, the skin becomes dull, opaque, lustreless. It has a sallow pasty look: in fact, it is irretrievably ruined as far as appearance goes, and anyone with any

experience can tell a face that has been maltreated with a view to improve the complexion. Once begun, the habit is very difficult to leave off, and deceives few but the victim. Still the practice goes on.

It is a comfort to know that most cosmetics and face powders are not deleterious in themselves, though some are, especially those called depilatories. A depilatory is a preparation for removing excessive growth of hair from the face. Fortunately, this is a rare condition in this country in young women, except in those lower types of humanity found in prisons and asylums, where the average is much higher, confirming the Tuscan proverb, "Salute from afar the beardless man and the bearded woman": the latter sometimes being a reversion to a lower or animal type, shown by heavy jaws and other signs.

Having spoken of the advantages of a good complexion, and we hope sufficiently warned the misguided against playing tricks with their skins, let us consider the proper method of making the best of the complexion Nature has given us.

There are certain things which should be attended to in the preservation of a good complexion; they may seem simple in themselves, and for that reason are frequently neglected; but if carefully borne in mind and attended to, it would be wonderful to many how their complexions would improve, and how few really unsightly skins there are in this world. We may risk enumerating them, though we may be laughed at by those who think they know all about it, but have never really and seriously given them a trial. The means proposed are cleanliness, attention to the general health, avoidance of great alterations of temperature, exercise, light, air, food, clothing, irritants of the skin, and avoidance of any undue strain on the skin.

Let us begin with cleanliness. Choose a good soap and water as soft as you can get it, and bathe once a day, using cold or warm water, as you find it agree with you best. The question of soaps and baths is too long to enter into here, but perhaps it would form an interesting paper some day. We will content ourselves by illustrating the management of a delicate part like the face. First make a free lather on clean hands, not on any flannel, glove, or towel; rub it well into the face, and wash it off with tepid water, of which there should be a large quantity in the basin, for if there is much free alkali in the soap used, this will thus be thoroughly diluted, and so will not injure the face. Finally, wash the face in clean cold water. This braces up the muscles of the skin, and acts as a tonic. If a person's face cannot stand the cold water to begin with, it may be gradually made colder. In case of a very delicate skin, if the soap be not at fault, the best way is to use a teaspoonful of sal volatile or a few drops of spirits of ammonia in a quart of distilled water. Any little black spots can be squeezed out with the finger-nails, or by placing the mouth of a watch-key round them and pressing them out, and they will probably not recur. Such is our advice; and yet we have met hundreds of ladies who boast that they never put soap near their faces. The skin, it should be remembered, is a great organ for removing waste from the body,

which, if it collects on the body, putrefies, especially in those who lead sedentary lives and do not perspire freely every now and then, and so secure a good scour out for the pores. Look at any washing bill, and see the number of shirts a man sends to the wash compared with the number of jerseys, and you will find that he cares much more for show than for cleanliness. Probably the number ought to be reversed. A man ought to change the garments next his skin twice or thrice a week.

That the skin is a most important organ for getting rid of waste has been proved by many experiments in varnishing animals. They all die with symptoms of blood poisoning and a very low temperature. At the coronation ceremonies of Pope Leo X. a little child was chosen to represent an angel. He was covered with gum and then with gold-leaf. He died in a few hours. Yet many a man goes about covered with a paste composed of grease and dirt, and then complains of feeling cold. I well remember when, as house surgeon to a London hospital, the sister appealed to me about a recalcitrant old woman, who declined to have her head washed. I told her that it was the rule that all persons who were fit in health to be washed, were washed. "But, sorr," she pleaded, "you do not know what ye are about. My head has not been washed this forty-five year!" However, that very day the historic dirt of a generation and a half was ruthlessly washed away, with all its endearing associations, and the lady survived never to forgive me, no doubt. I must confess that I almost felt as if I had laid felonious hands on a heirloom.

We must consider shortly the influence of general health on the skin. That it does act there can be no doubt: the examples are innumerable, but rather medical; and young ladies who find their complexions becoming yellow, or a sort of pale green, or too red, should consult their doctors, for depend upon it there is something wrong, and until it is put right local treatment of the skin is useless. To take a familiar instance: it is always said that flushing of the face after meals is a sign of indigestion. No doubt the liver and the stomach greatly influence the skin. A person, for instance, with diabetes is subject to carbuncle. Naturally, any poison circulating in the blood will affect the skin, especially if it is removed by the skin.

As regards diet in relation to the skin, it is difficult to lay down general rules for all cases, but no doubt diet does greatly influence the skin; for instance, a man eats shell-fish and has an attack of nettle-rash. It is extremely advisable in skin disease to avoid all shell-fish (except oysters), goose, and pork, all strongly-spiced things, such as highly-seasoned soups, pickles, or curries. A mouthful of curry will cause many a person to perspire profusely about the head and face. Beer is extremely bad for most skin diseases. In all skin diseases over-fatigue and weakness are bad, and the skin is apt to become coarse, pallid, and relaxed when the body is ill nourished. Therefore, a nourishing and digestible diet is often of great importance, but it is impossible to prescribe general rules for all persons. A good breakfast is generally important, both as a sign of

health and to give the body strength for the day. The Duke of Wellington, Sir Walter Scott, and many other great men, depended much on their breakfasts. Doctors know these facts so well, that in some eruptions the patient has no local treatment whatever, and cases are brought to a successful issue by diet and internal medication alone.

That sudden changes of temperature are detrimental to the skin is well known, and we have merely to appeal to such familiar facts as chaps and chilblains to impress the fact; but what is not thoroughly realised is, that sudden change of temperature without re-action is deleterious, but that if re-action is established, as in the glow after a cold bath, no harm is done.

Fresh air and exercise are extremely important to those who wish to preserve the complexion. Some persons have a horror of the "dairymaid" style of beauty, and prefer the die-away, fading flower style. Do not listen to them. Depend upon it, a properly

treated skin will be able to enjoy fresh air without being made rough or coarse; and remember that health is a terrible price to pay for an unwholesome and transient fad. Remember, young ladies, you may be mothers some day, and will assuredly transmit your follies and your frailties to helpless children. Look at the pale child of the slum, and take a warning. Exercise in the fresh air is one of the most potent makers of a good complexion.

Finally, avoid all irritation of the skin, especially scratching, which is often a mere habit. If your skins will not bear flannel next them, wear silk.

Lastly, if your relations with your best friend are a little strained, on account of the natural superiority of her complexion, do not put on any wash, but try these rules and consult your doctor. Finally remember that beauty is only skin deep, but personal cleanliness is a virtue capable of immediate repair whenever it shows the least sign of decay.

ROSE-GROWING AT HOLLYBUSH.

BY A PRACTICAL GARDENER.



MADAME FALCOT.

NOTHING captivated the heart of old Mr. Singleton so much as a *bonâ fide* interest in flowers candidly admitted by a friend. When, therefore, Mr. Haredale had recently asked some questions of him, as was the case in May, relative to the rose stocks which the young folks of the Manor had collected in the previous November, Mr. Singleton was delighted to have Mr. Haredale again as his companion in the garden among the roses in June.

Perhaps, however, the enthusiasm of the pupil was not quite so great as that of the old squire: nevertheless, Mr. Haredale was far too polished a man to betray any blunt lack of interest in the subject. Accordingly he quickened his pace in the Hollybush garden one morning as Mr. Singleton, suddenly noticing him slowly approaching, called out—

"See here, Haredale, you're just in time again, for I am about to operate on some of the very stocks you and your party got for me in November."

Now, the month of June was well advanced when this accidental meeting took place; moreover, the weather had been for some little time unusually warm and close for an early summer month, and a slight thunderstorm on the previous evening had developed a hot but somewhat broken morning with occasional showers.

"Had I waited for an opportune time and for a

whole month," said the animated old gentleman, "I could not, Haredale, have a finer or better day for my work."

"Well, sir," replied Mr. Haredale, "you might, I should have thought, have selected a *finer* day, for, though the sun is out now, I was caught in a sharp shower an hour ago, and rather a heavy thunder-clap wound it up."

"Ah, my dear Haredale," replied Mr. Singleton, "a *finer* day you might doubtless have for cricket or tennis—indeed, I trust they won't play on the tennis lawn at all to-day, for they will sadly cut it up if they do—but by *finer* I mean one better adapted for my present purposes."

"Ah, I see, sir, but you seem to me prepared more for a surgical operation and——"

"So I am—so I am," broke in the old gentleman abruptly, with a laugh, "but, as a few large drops are beginning to fall from this passing cloud, let us step across to the potting shed a moment, and I will tell you more explicitly what I mean."

Under cover then from the passing thunder drops, Mr. Singleton fairly "button-holed" his pupil, and continued:

"We have had such a forward season this month that, as I saw everything was now favourable for the budding operation, I was determined to try at least a few stocks. Now, supposing we had had a prolonged drought, I think the chances of failure in budding roses are greater."

"Probably," interposed Mr. Haredale, "I shall better see your reason for this when you have told me a little more about it."

And the weather being now perfect again, Mr. Singleton said—