

which could ever find a sale in England. The little town of Livarot lies about twelve miles from Lisieux, and is worth a visit for the sake of its curious old houses.

Charming excursions can also be made from Lisieux to Falaise (27 miles), with its grand castle, the birthplace of William the Conqueror. Caen (28 miles) with its magnificent abbeys, Bayeux (18 miles further) with its fine cathedral and interesting tapestry.

If a longer excursion than I have named can be taken, I should strongly recommend my cyclist to take a run into Brittany, and visit the farms round Rennes, where the Port du Salut cheeses are made. I could not visit these manufactories myself, and I can give little advice on the subject, but I know the roads round Rennes and they are good and it is not very hilly, while the Port du Salut is a cheese which is always sought after in England. It is one of the cheeses known as "Fromages cuits," and for all these the plant required is costly. Another cheese, almost similar, is known as La Providence, or Bric-quebec, because it is made at a convent of that name near Cherbourg. I do not know whether the sisters at the convent could be induced to show their "fabrique."

I must not lengthen this article further,

except to conduct my intending cyclist home! And I think any one would find the road from Lisieux by Bernay, 20 miles, and on to Evreux, 36 miles, visiting there the celebrated cathedral, and then up a straight north to the Seine, one of the prettiest roads. Vernon, 25 miles, is easily reached from Evreux, and few or many days can be happily spent along the ever changing and delightful scenery of the silvery Seine, while here and there one comes upon high chalk cliffs, honey-combed with caves, which are fitted with doors and windows, and which form the dwellings of many families.

From Vernon by le Petit Andelys and Pont de l'Arche to Rouen is about 40 miles, but I would suggest breaking the journey at Pont de l'Arche, where there is a comfortable little inn close to the bridge and an interesting church.

I think no tour in Normandy can be more appropriately finished than by a sojourn at Rouen, that home of all that is most fascinating, in rich, if somewhat over ornate architecture.

I have not, in this article, touched upon the question of Normandy butter, which has become such a formidable competitor with English markets, but to diversify the road to Dieppe, let our cyclist take the road by Gournay through Neuchâtel-en-Bray, and visit

on a Tuesday the butter-market. I think when one sees the uniformity of the splendid quality of butter in that market, and the severe scrutiny to which it is subjected by the merchants, one realises partly why Normandy butter has such a high character. Some thousands of pounds of butter change hands there in a day.

Gournay is not only the centre of the butter market, but here also are made the well-known Pommel and Gervais cheeses, of which the process is well taught in some of our own English Dairy Schools—so at the British Dairy School at Reading.

No stranger is allowed to enter any of the factories at Gournay, and the greatest secrecy is observed, but I think that possibly, armed with introductions, one might obtain an entrance, and then I am sure many valuable hints could be got.

I hope anyone who undertakes the little trip I have described will enjoy both the country and the dairies as thoroughly as I did, and come home feeling that they have gained a considerable amount of knowledge and of interest in all dairy matters, besides having their memories stored with happy recollections of many sunny days spent amongst courteous Normandy folk.

SOME PRACTICAL HINTS ON COSMETIC MEDICINE.

By "THE NEW DOCTOR."

PART I.

THE COMPLEXION.



It has been stated in the papers lately that the Amsterdam physician to the poor, late Empress of Austria did much by his prescriptions to maintain the beauty of that most beautiful and accomplished lady. And yet the Empress was by no means a vain woman, and this is proved by the fact that, now she is gone, there has been no photograph of her taken these twenty years.

I thought that I might state as an axiom that beauty is impossible without a fair amount of health. That for instance, a beautiful complexion was incompatible with a very serious disease. But I find that here I am mistaken. "I want a complexion like a girl in a decline," a woman said to me the other day. I wonder if she had ever seen a girl in "a decline." To me the dull purple cheeks and lips of advanced consumption are most ghastly. Other women strive after a dead white face, and poison themselves with arsenic to try to obtain it.

The beautiful shades of red and white which are admired by most persons are, however, impossible without good health. Late hours, indigestion, lack of exercise and the use of cosmetics will destroy a good complexion, and when once it has gone it is by no means easy to regain.

Of course I do not know, but I strongly suspect that every girl who has a good complexion is too careful of her appearance to need any of the crude hints that I can give to her less favoured sisters about improving their complexions.

The best complexions to be found are not in the drawing-rooms of Mayfair but in the slums of Whitechapel. Many dirty little ragamuffins have far finer complexions than any of the leaders of fashion. This is sufficient proof that soap and water are not the causes of a fine cheek. Rather is it the outdoor life, the not too liberal diet, the absence

of stimulants, the early hours and the loose clothing of the urchin that give her her good complexion.

All soap used for washing the face should be of fine quality. You should never wash your face in very hot water. You should not go out in a wind without a veil, and you should never lace tightly if you wish to have a good complexion. When the face gets rough, as it is apt to do after a walk in the wind, a very little glycerine and rosewater or glycerine and cucumber will help to keep the face clear and soft. Cosmetics are undoubtedly a fertile cause of the bad complexions so common among the upper middle classes, and though by no means all cosmetics are harmful, you should be very careful what you put on your face.

Freckles are very annoying to some girls. They are caused, as you doubtless know, by the sun. It is not the heat, but the light of the sun that causes freckles, and it is the violet of the light that causes them. The colour red absorbs the violet rays of the sun, and therefore a red veil or a red parasol should be used by women who are very prone to become freckled. I am not going to say that a red parasol will entirely prevent freckling, but it does very materially lessen it.

Many persons, who would otherwise have a good complexion, are marred by what are called "birth-marks." These are of three kinds—moles, port wine stains and "spider naevi."

A mole that is small and not very disfiguring should be left severely alone. You can do great harm by meddling with it, and not uncommonly it is made very much worse by caustic or poisonous applications. If you have a large and really disfiguring mole on your face have it removed by a surgeon. The younger you are the better will be the result of the operation. A minute scar will be left where the cut was made, but if the mole was removed early in life the scar will be a small linear mark often quite unnoticeable. These big moles are, in themselves, somewhat dangerous, for in elderly people they occasionally develop into cancers.

Moles not removed are to be left alone. But to this there is one exception. If hairs grow upon the moles, they must be removed if possible. The only safe way (excluding electrolysis which is rarely called for) to treat the hairs on moles is to cut them short. You should never irritate a mole by pulling hairs out. The soft, downy hair so common on small moles may be bleached with peroxide of hydrogen if very noticeable.

Can anything reasonable be done for port wine stains? Yes, if they are small. Tattooing with the electro-cautery is a fairly efficacious method of treating these disfiguring marks. Electrolysis is quite useless for this purpose. No other treatment is satisfactory except removal, where this is practicable.

The "spider" naevus is a small dilated vein, usually situated on a very conspicuous part of the nose. It looks just like a little red spider, and can be readily removed by plunging a tiny electro-needle into the body of the "spider."

Wounds on the face, as elsewhere on the body, do not leave a scar unless they go right through the skin. Serious wounds of the face always leave scars, and the scars will be prominent in inverse ratio to the skill with which the original cut was treated. All considerable wounds of the face should be stitched up with horsehair and treated on rigid antiseptic principles so as to obtain rapid healing. The more rapidly a wound heals the less disfiguring will be the resulting scar.

Many women complain very bitterly of a dark ring round their necks. It is natural for the skin round the neck to be darker in colour than that on the face or chest. If the ring is really very dark and conspicuous, carefully applying a little peroxide of hydrogen will often make it less noticeable.

I will not say much about face powders save that those containing any colouring matter, lead or arsenic, should never be used by any one. Where there is a tendency to acne, powder must only be used with extreme caution. Unquestionably powder of any kind is a mistake.

(To be continued.)

"Patience and perseverance overcome all difficulties. Keep up your courage; I'll help you with them, dear," said Peggy encouragingly, closing her eyes the while, and coughing in a faint and ladylike manner.

She could not really be only fourteen, Mellicent reflected. She talked as if she were quite grown up—older than Esther, seventeen or eighteen at the very least. What a little white face she had; what a great, thick plait of hair. How erect she held herself. Fraulein would never have to rebuke her new pupil for stooping shoulders. It was kind of her to promise help with those troublesome decimals! Quite too good an offer to refuse.

"Thank you very much," she said heartily, "I'll show you some after tea. Perhaps you may be able to make me understand better than Fraulein. It's very good of you, P—". A quick change of expression warned her that something was wrong, and she checked herself to add hastily, "You want to be called 'Peggy,' don't you? No? Then what must we call you? What is your real name?"

"Mariquita!" sighed the damsel pensively, "after my grandmother—Spanish. A beautiful and unscrupulous woman at the court of Philip the Second." She said "unscrupulous" with an air of pride, as though it had been "virtuous," or some other word of a similar meaning, and pronounced the name of the king with a confidence that made Robert gasp.

"Philip the Second? Surely not? He was the husband of our Mary—1572. That would make it just a trifle too far back for your grandmother, wouldn't it?" he inquired sceptically, but Mariquita remained absolutely unperturbed.

"It must have been someone else then, I suppose. How clever of you to remember! I see you know something about history," she said suavely, a remark which caused an amused glance to pass between the young people, for Robert had a craze for history of all description, and had serious thought of becoming a second Carlyle so soon as his college course was over.

Maxwell put his handkerchief to his mouth to stifle a laugh, and kicked out vigorously beneath the table, with the

intention of sharing his amusement with his friend Oswald. It seemed, however, that he had aimed amiss, for Mariquita fell back in her chair, and laid her hand on her heart.

"I think there must be some slight misunderstanding. That's my foot that you are kicking. I cut it very badly on the ice last winter, and the least touch causes acute suffering. Please don't apologise; it doesn't matter in the least," and she rolled her eyes to the ceiling like one in mortal agony.

It was the last straw. Maxwell's embarrassment had reached such a pitch that he could bear no more. He murmured some unintelligible words and bolted from the room, and the other two boys lost no time in following his example.

In subsequent conversations, Mellicent always referred to this occasion as "the night when Robert had one cup," it being, in truth, the only occasion since this young gentleman entered the vicarage when he had neglected to patronise the teapot three or four times in succession.

(To be continued.)

SOME PRACTICAL HINTS ON COSMETIC MEDICINE.

By "THE NEW DOCTOR."

PART II. THE NOSE.

WHAT a great variety of shapes the noses of adults in a civilised country present! You will not find this diversity of shape in newborn infants. Where, then, is the cause of this? There must be some cause, and I think that I can tell you something about the ugly shaped noses, how they have arisen, why they exist, and how they may be prevented.

If you ask six persons what is the good of the nose, five at least will answer "to smell with." Is it likely that an organ so large and exceedingly complex as the nose would only serve the sense of smell—a sense which in man is extremely feeble! No! it has a far more important function to perform, for the nose is the organ through which we breathe. But surely we breathe through our mouths? I am afraid that most of us do, more's the pity! Children at school are often told to breathe through their mouths, and doubtless this helps the development of coughs and colds which are so common during childhood.

Everybody ought to breathe through the nose, but it is not everybody who can do so.

This is a country of catarrhs, and of all the organs in the body, the lining of the nose is the most prone to this form of inflammation. Catarrh of the nose prevents you from breathing properly by blocking up the passages through the nose. This is one of the forms of nasal obstruction, and it is nasal obstruction which produces ugly noses. Long continued obstruction, whatever it is due to, ends by deforming the nose.

To me, a turned up nose, a long thin nose, a very small nose, a nose with small nostrils, or a nose that is flat between the eyes, are the ugly forms, and every one of these may result from nasal obstruction. A few words of description as to how these various deformities of the nose are produced will help you to guard against letting your daughters grow up with deformed noses.

The turned-up nose is very common and when well marked is exceedingly ugly. People who cannot breathe easily through the

nose are very fond of sniffing, and this of itself tends to produce a "snub nose." The chief cause, however, of all these forms of noses is that the nose does not grow properly when it is out of working order. Let me explain this more fully by an example. A girl of four years old has "adenoids" at the back of her nose. These prevent her from breathing through her nose. She has therefore to breathe through her mouth. When a girl gets to be thirteen, a great change should occur in the nose; it should get larger and its cavities become more capacious. It is at this period that the definite shape of the nose is fixed. In the case of the girl we mention her nose has been useless from childhood, and nature will never develop a useless organ. When she was a child she had a small nose on a small face, when she becomes a woman she will have a small nose on a big face. Whatever the size of the nose it should fit the face, and a snub nose, or a thin, or a very small, or a flat nose will be the result.

The obvious way to prevent your children from growing up with badly formed noses is to be very careful to see that they use their noses, and if they cannot breathe through them to have proper treatment to enable them to do so.

If you have grown to maturity with a malformed nose, can anything be done to lessen its ugliness? Well, here you see the body has finished growing, and one cannot be sure that any benefit will accrue from treatment. But in nearly every case that I have seen, some distinct improvement has occurred in the shape of the nose, after a very long-continued and neglected nasal obstruction has been remedied. Those that have nasal obstruction would do well to have that condition seen to at once. For centuries this condition was neglected. It not only interfered with beauty, but it was and is the cause of many serious maladies.

A nose that is bent to one side almost invariably has its origin in a broken nose. Fortunately not every nose that is broken shows its misfortune on the surface. If you would examine the noses of five hundred

people, I very much doubt if there would be more than three hundred in whom the nose was not broken.

If ever you have cause to think that you have broken your nose, go to a doctor and have it seen to, for very frequently, if it be properly "set," any possible deformity can be averted.

There is a little instrument which has been before the public for some time called a "nose machine." This instrument attempts to do by force what medicine tries to do by art—to cure nasal deformity. It cannot do what it is intended to; Nature may be encouraged by kindness, but she can never be overcome by force.

Now let us talk about another condition of the nose, which appears to trouble girls very much. Red noses are decidedly not beautiful. Common enough they are, but in very many cases they can be cured by a few trifling precautions. The commonest cause of red noses in girls is drinking tea; but anything that produces indigestion will cause a red nose: eating too fast; not masticating properly; eating indigestible food; drinking largely with meals; running about just after eating; tight lacing and lack of exercise are the common causes of indigestion, and these, therefore, are the causes of red noses.

Here the cure is simple enough. Avoid the exciting cause and the red nose will get all right again.

Continued indigestion, especially if it is due to excess of tea or spirits, produces a more permanent redness of the nose. This is called "rosacea" or more popularly "grog-blossoms." We rarely see the genuine "tippler's nose" except in persons who have indulged too freely in alcohol. But we do see a condition not very dissimilar from it in tea-drinkers and others who overtax their digestions.

To cure this complaint, scrupulous care must be taken with the diet and the exciting cause must be entirely suppressed. Locally an ointment of ichthiol (two per cent.) produces a rapid improvement.

(To be continued.)

Denham confessed that he had not eaten for some time; he had not been hungry. Well, perhaps he was a trifle *fatigué*, but 'twas nothing, nothing at all. He was ready now for anything. If Mademoiselle would only not put herself in danger! By way of showing his readiness, he made a movement forward, but he was compelled to sit down, resting his forehead on his hand. The long strain had told upon even his vigorous constitution.

"Ah! C'est ça!" she murmured. "But you will be better, monsieur, for a cup of coffee."

Ivor had no choice but to yield, and she moved daintily about, making such coffee as only a Frenchwoman can, and bringing it presently to his side.

"This is not right," he protested. "I cannot allow you to wait upon me, mademoiselle."

She would listen to no remonstrances, however, and when he had disposed of it, she insisted that he should lie down on a couch in the small adjoining room, while she undertook to look after Roy. She had her friends' permission, she said, not explaining that she had refused to be forbidden, and Monsieur in his present state could do no more. How long was it since he had slept? Ah, doubtless some days!

Ivor gave in, after much resistance, and in ten minutes he was again heavily asleep, not to wake for many hours. Nature at last was claiming her revenge.

When he woke, after five hours' unbroken rest, he was another man. Roy seemed much better. The doctor had paid a visit and was gone; the room could scarcely be recognised as the same; and Ivor warmly expressed his gratitude, wondering as he did so at Lucille's look of steady sadness. She insisted on coming again the next day, while he should rest and have an hour's walk.

"Isn't she nice and jolly?" Roy demanded, when the door closed behind Lucille. "I like her, don't you? She has told me lots of things while you were asleep. Only think, her father and mother were both guillotined. Both of them had their heads cut off. And they hadn't done one single thing to make them deserve it. They were awfully good and kind to everybody, she says. And she was only a little girl then, and when they were dead, somebody took her away to England, and she was there three or four years. And then she came back to France, and she lives with some people at a place called Verdun. She says they give her a home, and she works

for them. And she would like to go to England again some day."

But Lucille de St. Roques had not told Roy the most recent sorrow which had come to her. She let it out to Captain Ivor a day or two later. Only one year before this date she had become engaged to young Théodore de Bertrand, son of the old couple downstairs; and three months later he had been drawn for the conscription. No use to plead that he was practically an only son, since the second son Jacques was a ne'er-do-well, who had taken himself off, nobody knew whither. More soldiers were wanted by the First Consul for his schemes of foreign conquest, and young De Bertrand had to go. Scarcely four months after his departure, news came that he had been shot in a *sortie* in the Low Countries. Large tears filled Lucille's eyes, and dropped slowly.

"Ah, so many more!" she said. "Thousands, thousands, called upon to be slain, for nothing! Not for their country, but for the ambition of one bad man. It makes no difference, Monsieur, that they love not the usurper. My Théodore was of the Royalist party, yet he had to go. And the poor old father and mother—they are left without one son in their old age!"

(To be continued.)

SOME PRACTICAL HINTS ON COSMETIC MEDICINE.

By "THE NEW DOCTOR."

PART III.

THE TEETH.

THAT "The Pearls of the Mouth," according to an Eastern expression, are a great adjunct to the beauty of the face nobody will dispute. But that the irregular, saw-edged series of half-decayed stumps that not uncommonly take their place are disfiguring, every woman who possesses them knows to her cost.

Naturally the teeth form an almost even edge. There is no appreciable space between them. They are of a pure ivory white colour, and they are thirty-two in number. Very few of us, unfortunately, have our teeth in the natural condition. Too often, alas, do we lose one or two before growth is completed, and how few of us keep a respectable complement of teeth to the end of our three-score years and ten?

The reason why our teeth are so bad is partly due to our own faults and partly due to our civilisation.

You never saw a savage whose teeth were either decayed or missing. Yet, as far as I know, no uncivilised person ever used a toothbrush. But, with ourselves, unless we use a toothbrush our teeth rapidly decay. What is the cause of this? It must be something in our civilisation. This we cannot alter. But we can preserve our teeth in face of their tendency to decay by a little care.

There is not one person in ten who knows how to keep her teeth really clean. You get up in the morning, and when you have dressed yourself you scrub your teeth with a hard brush, using some indifferent powder. This you consider is sufficient attention to the teeth for the day. Suppose that your work consisted of handling greasy bones all day,

do you think your hands would remain clean if you only washed them once a day? The teeth have very dirty work to do, and they will not remain clean if only washed once a day. As a matter of fact your teeth will only remain clean till you have had breakfast—about ten minutes during the twenty-four hours.

This system of looking after the teeth is radically wrong. The teeth must be washed more than once a day. It is better to clean your teeth after every meal. This is often inconvenient, but they should certainly be cleaned at least twice a day, and always before going to bed. If the teeth are cleaned before going to sleep, they will remain clean throughout the night.

How any person can use a stiff toothbrush is beyond my comprehension. "Oh, but I cannot get my teeth clean if I use a soft brush!" Of course you cannot get your teeth clean if you only wash them once a day. Use the softest badger brush you can get, and gently wash your teeth twice or thrice a day instead of tearing your gums once a day with a hard brush. You must never make your teeth bleed. If you tear your gums every morning, can you wonder that your teeth get loose and decay? Whenever blood comes from the gum surrounding a tooth, it comes from a tear. That tear must be repaired by inflammation of the gum, and all inflammation around a tooth tends to loosen the tooth and causes it to die.

Any good tooth-powder may be used. A powder containing an antiseptic is better than any other. Carbolic acid toothpowder is the best of all. The powder should also contain some grit to give it a good "grip." Precipitated chalk alone is not a good powder, but it is an excellent basis for an antiseptic.

Sometimes the teeth get coated with "tartar." As the deposit gets thicker it tends to lever the tooth out of its socket. It has also an unsightly appearance and often gives the breath a bad smell, from particles of food getting beneath it and decomposing. If there is a considerable amount of tartar on your teeth, have the teeth scaled; it is not an expensive business, and well repays the fee and few minutes discomfort that it costs.

If it were only for their nasty appearance, decayed teeth should be treated at once. But besides being unsightly, they are a real danger to health. Have them stopped or extracted.

When a tooth falls out or is extracted, it leaves a gap. This gap gets smaller in time because the other teeth fall together to fill up the space. This causes a most disfiguring condition by leaving a small space between each tooth. When you have had a tooth extracted, have it replaced immediately by a false one, so that your teeth may form an even line without any gap between them.

Sugar, very hot and very cold drinks, tea and sweets, are great enemies to the teeth. How many girls have lost their teeth from eating chocolates!

Some drugs have a deleterious influence upon the teeth. Iron causes them to become a dirty transparent brown. It is only temporary, however, and if the teeth are well cared for during a course of iron, no permanent damage will ensue.

Calomel is supposed by nearly everybody to be a great enemy to the teeth, but given as it is now, in small doses, it in no way affects them.

(To be continued.)

over the plate and jog it about, and in two or three minutes the picture ought to begin to appear. Like this."

Five eager faces peered over his shoulders, rosy red in the light of the lamp; five pairs of lips uttered a simultaneous "oh!" of surprise; five cries of dismay followed in instant echo. It was the tragedy of a second. Even as Oswald poured the fluid over the plate, a picture flashed before their eyes, each one saw and recognised some fleeting feature; and, in the very moment of triumph, lo, darkness, as of night, a sheet of useless, blackened glass!

"What about the conversational annotations?" asked Robert slyly; but he was interrupted by a storm of indignant queries, levied at the head of the poor operator, who tried in vain to carry off his mistake with a jaunty air. Now that he came to think of it, he believed you *did* mix the two developers together! Just at the moment he had forgotten the proportions, but he would go outside and look it up in the book; and he beat a hasty retreat, glad to escape

from the scene of his failure. It was rather a disconcerting beginning, but hope revived once more when Oswald returned, primed with information from the *Photographic Manual*, and Peggy's plates were taken from their case and put into the bath. This time the result was slow in coming. Five minutes went by, and no signs of a picture, ten minutes, a quarter of an hour.

"It's a good thing to develop slowly; you get the details better," said Oswald, in so professional a matter that he was instantly reinstated in public confidence; but when twenty minutes had passed, he looked perturbed, and thought he would use a little more of the hastener. The bath was strengthened and strengthened, but still no signs of a picture. The plate was put away in disgust, and the second one tried with a like result. So far as it was possible to judge, there was nothing to be developed on the plate.

"A nice photographer you are, I must say! What are you playing at now?" asked Max, in scornful impa-

tience, and Oswald turned severely to Peggy—

"Which shutter did you draw out? The one nearest to yourself?"

"Yes, I did—of course I did!"

"You drew out the nearest to you, and the farthest away from the lens?"

"Precisely—I told you so!" and Peggy bridled with an air of virtue.

"Then no wonder nothing has come out! You have drawn out the wrong shutter each time, and the plates have never been exposed. They are wasted! That's five pence simply *thrown* away, to say nothing of the chemicals!"

His air of aggrieved virtue; Peggy's little face staring at him, aghast with horror; the thought of four plates being used and leaving not a vestige of a result were all too funny to be resisted. Mellicent went off into irrepressible giggles; Max gave a loud "Ha, ha!" and once again a mischievous whisper sounded in Peggy's ear—

"Good for you, Mariquita! What about the conversational annotations?"

(To be continued.)

SOME PRACTICAL HINTS ON COSMETIC MEDICINE.

By "THE NEW DOCTOR."

PART IV.

THE HANDS.



THE appearance of the hands is secondary only to that of the face, and many women pride themselves upon their beautiful white hands. But it is not everybody who can have white hands.

Manual labour will always make the hands red and rough, and no amount of applications will whiten them. General servants and laundry women cannot expect their hands to remain white. It is interesting to see why house labour should injure the appearance of the hands in this way. In the first place the hands must get a good deal knocked about by the rough work necessary in a household. Laying fires, cleaning grates, blacking boots, etc., make the hands rough from inflicting numerous small injuries upon them. You all know that if you cut your finger the place remains hard and horny for some time afterwards, and so hands that are exposed to rough usage will also get horny and coarse. Then, again, rough red hands, being less delicate, are better fitted to do hard work, and so Nature, who cares more for usefulness than for idle beauty, will tend to make the hands of those who do manual labour hard and coarse. Another reason why servants so often have red hands is the constant use of soda and water, which is necessary for cleaning the house. Soda is very bad for the hands, and this, together with the impossibility of keeping the hands dry, is another cause of red hands.

With a little care, nearly everybody can have white hands. Even in those who have to work hard a little care will often do wonders to keep the hands from becoming very red—not from becoming red slightly, for nothing will prevent this. When you wash your hands, always dry them afterwards on a fairly

rough towel. In winter you should be very careful about thoroughly drying your hands, as it takes very little to produce chaps.

If you are desirous of having white hands, always wear gloves when you go out. This, indeed, will do more than anything else to keep the hands white.

In the winter most persons suffer from chaps. These are a more pronounced and more acute form of "red hands." But they are often very painful, and if not properly treated are apt to be very persistent and unsightly.

Prevention is better than cure, and we can do a considerable amount to prevent our hands from becoming chapped. It is the cold wind that produces chaps, and so, if you would be freed from this evil, you should always wear thick gloves when you go out in a strong north-easter. I have already mentioned that you should dry your hands very carefully after washing. If you are very liable to chaps, you should not wash your hands in cold water, but only use warm water, not hot (for this is worse than cold water for producing chaps), but just slightly warm. You must also be careful about the soap you use, as coarse alkaline soaps are very bad, and make chapped hands smart.

If the chaps are not very bad, a little glycerine and rose-water may be applied after washing. This is very efficacious in a mild case, but it is insufficient in more severe grades of the affection. The following preparation I have found invaluable for severe chaps—sulphate of zinc, two grains; compound tincture of lavender, one dram; glycerine, three drams; rose-water to the ounce.

A very much worse affair than chaps is a chilblain. Indeed, a bad broken chilblain is a very serious and unpleasant matter. Chilblains may occur in anyone, but they are most common in persons in whom the circulation is feeble. I have seen a terribly bad chilblain in an anæmic girl. Moreover, when the circulation is below par, chilblains do not heal properly, and give great trouble often for months together.

Worm gloves, warm stockings, loose-fitting boots, and flannel next the skin all over the body, are the best safeguards against this complaint. As chilblains are a kind of minor frostbite, keeping warm will necessarily prevent them, but it is very difficult for a person with feeble circulation to keep warm.

If you have a chilblain coming do not scratch it, for this makes it far worse. Bathe the part gently in warm spirit and water, and wrap the finger or toe, whichever it is, in a thick layer of cotton wool. If you do this you will probably prevent the chilblains from bursting.

There are a large number of messy preparations made of lard, dripping, tallow, cream, and other "pantry drugs," which are advised for chilblains. They are none of them any good. A broken chilblain is a septic wound, that is, it is a wound that contains germs. It should therefore be treated as a septic wound. Wash the place gently in diluted carbolic acid lotion (1 in 80), or warm solution of boracic acid. Then cover the broken surface thickly with powdered boracic acid, and put on a bandage. If you do this, and attend to your general health at the same time, you get rid of your chilblains more rapidly than by any other method.

Warts are more common on the hands than anywhere else. Of their cause we know but little. Irritation sometimes causes them, and they are to a certain extent infectious from place to place. We used to be taught that lady-birds produced or cured them, according to which version of the story we heard. There is about an equal amount of truth in each doctrine.

The best way to treat warts is to first soak the hand in hot water, and clean it thoroughly with soap. Then paint the skin surrounding the wart with vaseline, and drop on to the wart itself one drop of glacial acetic acid. Wait one minute, and then well rub the wart over with a stick of lunar caustic (silver nitrate). This treatment may require to be repeated, but I have never known it to fail.

(To be continued.)

exquisite presents and books, and goes travelling abroad to France and Italy and hot places in winter. Lord and Lady Darcy simply worship her, and so does everyone, for she is as beautiful as a picture. Don't you think it would be lovely to have a lord and lady for your father and mother?"

Peggy sniffed the air in scornful superiority.

"I am very glad I've not! Titles are so ostentatious! Vulgar, I call them! The very best families will have nothing to do with them. My father's people were all at the Crusades, and the Wars of the Roses, and the Field of the Cloth of Gold. There is no older family in England, and they are called 'Fighting Savilles,' because they are always in the front of every battle, winning honours and distinctions. I expect they have been offered titles over and over again, but they would not have them.

They refused them with scorn, and so would I, if one were offered to me. Nothing would induce me to accept it!"

Esther rolled her eyes in a comical, sideway fashion, and gave a little chuckle of unbelief; but Mellicent looked quite depressed by this reception of her grand news, and said anxiously—

"But, Peggy, think of it! The Honourable Mariquita! It would be too lovely! Wouldn't you feel proud writing it in visitors' books, and seeing it printed in newspapers when you grow up? 'The Honourable Mariquita wore a robe of white satin, trimmed with gold!' . . ."

"Peggy Saville is good enough for me, thank you," said that young lady, with a sudden access of humility. "I have no wish to have my clothes discussed in the public prints. But if you are invited to the Larches to play with your Rosalind, pray don't consider

me! I can stay at home alone. I don't mind being dull. I can turn my time to good account. Not for the world would I interfere with your pleasures!"

"But P—P—Peggy, dar—ling Peggy, we would not leave you alone!" Mellicent's eyes were wide with horror, she stretched out entreating hands towards the unresponsive figure. To see Peggy cross and snappish like any other ordinary mortal was an extraordinary event, and quite alarming to her placid mind. "They will ask you, too, dear! I am sure they will—we will all be asked together!" she cried; but Peggy tossed her head, refusing to be conciliated.

"I shall have a previous engagement. I am not at all sure that they are the sort of people I ought to know," she said. "My parents are so exclusive! They might not approve of the acquaintance!"

(To be continued.)

SOME PRACTICAL HINTS ON COSMETIC MEDICINE.

By "THE NEW DOCTOR."

PART V.

THE HAIR.

It is often a great consolation to a girl who has but a plain face to possess a fine head of hair. One can understand how annoyed she must feel when her hair starts combing out in handfuls, and she sees her one good possession getting less and less every day.

There are very many causes why the hair should comb out, and as it is absolutely necessary to know which cause is at work before attempting to cure it, we will discuss briefly the chief causes that are common.

Undoubtedly the gravity of hair combing out is greatly exaggerated. If you comb out a few hairs every morning and save up the several combings to see how much hair you lose in the month, you will be surprised and annoyed at the result. Many girls do this and fancy that there is something wrong with the hair and that they are going bald.

It is natural for the hair to comb out. The life of a hair is of very varying duration, but it only lives a certain time. At the expiration of this time it dies, and a new hair springs from the same root. If it were not for this, what do you think would be the state of the hair at fifty?

Now let us look at the causes of the hair falling out excessively and the resulting condition—baldness.

When the health is disordered, the hair often falls more rapidly than before. After severe illnesses it is not uncommon for the hair to fall out wholesale, often producing absolute baldness. In both these cases the hair almost invariably comes back as strong as before when the health has returned.

In men, age is a cause of baldness, and there is no reason to think that this cause acts less powerfully in the fair sex. Absolute baldness is not common in women, but their hair gets thinner and shorter after they have passed the meridian.

The fashion of tying the hair with a ribbon or fillet will cause the hair to fall out by compressing it and therefore interfering with its nutrition. If you remove the fillet occasionally, it will do no harm to the hair. Curling the fringe with hot tongs is a very common cause of bald foreheads. If the tongs are used properly, that is, if they are not overheated, they will do little or no damage to the hair. But usually women curl

their hair with tongs that are nearly red-hot, thereby singeing and killing the hair, which consequently falls out, and in the end leaves the forehead bare.

The commonest causes (and fortunately the easiest to remedy) of the hair falling out are affections of the scalp.

Dandruff, scurf or seborrhoea, as it is better named, is a condition of the scalp in which the sebaceous glands, which secrete the oil which lubricates the hair, are out of gear. They secrete too much oil of a very inferior quality. The hair loses its lustre, becomes brittle, usually dark in colour, breaks, falls out, and becomes covered with scurf. What this is exactly due to is not known. It is probably the result of a microbe. It usually becomes manifest about the age of thirteen or thereabouts, and may exist throughout life. It can hardly be called a disease, but if neglected may lead to the various forms of eczema that attack the scalp. The treatment for this condition is to wash the hair about once a week with the following lotion: Borax, one tablespoonful; carbonate of soda, one teaspoonful; glycerine, two tablespoonfuls, and water to the quart. After washing and drying the head well, rub into the scalp a very little sulphur ointment.

Often a girl will come complaining that her hair falls out from one part of her head, leaving a bald patch. This is called "alopecia." Of its cause nothing is known. It is very common in girls when about fifteen years old, but it may occur at any age. The hair always grows again on the bald places, but it may not do so for a year or more. Painting the bald spot with a tincture of iodine is as good as anything, but it is Nature, and not drugs, that cures the affection.

The colour of the hair is extremely variable, and not uncommonly it changes from one colour to another in a very short time. The hair, like every other coloured organ in the body, obtains its colour from the iron in the blood. One would therefore think that taking iron or improving the circulation would darken the hair. It will not do so. In anæmia, where the iron in the blood is very deficient, the hair remains unaltered!

Severe emotion or sorrow will cause the hair to fade. Why it should do so we do not know, any more than why Father Time should meddle with it.

The only way in which the colour of the hair can be altered voluntarily is by external applications. No hair dye is really satisfactory, and most of them are dangerous. The hair will, however, sometimes change its colour completely without any external help.

The hair may lose its lustre from many causes. Dandruff is the commonest cause of this, but a very fertile factor in the causation of brittle lustreless hair is the constant employment of pomatums and greases to the hair. Nature supplies you with hair-oil of first-class quality. Every hair has two glands to secrete this oil (sebum). If you use an artificial grease (which can only be of a tenth-rate quality when compared with the natural substance), do you suppose the glands will go on working for nothing when the fruits of their labours are despised? Not they. They will strike work at once, and though they will resume their function if the external application is discontinued, it is better not to interfere with them at all. Girls with their long hair, however, need some form of application to keep the hair clean and glossy, and there is no objection to their using a really good substance, if they apply it to the hair itself and not to the scalp. You should never apply anything in the way of oil, grease, or pomatum to the roots of the hair, if it is healthy.

The applications of most value for the hair are the following:—

1. *Brilliantine*.—This is a pleasant emulsion, and it is very useful when the hair shows a tendency to fall out.

2. *Bay Rum*.—Occasionally I have seen this do good to the hair. Usually, however, it is better avoided.

3. Applications containing *Cantharides* are supposed to promote the growth of the hair. Possibly they do, but the action is not due to the *Cantharides*.

4. *Rosemary* is a nice clean preparation for the hair, and there are many good lotions containing this drug.

5. *Marrow fat*, *Bear's grease*, etc.—The solid fats are much used, and if you do not object to their messiness, they are not without merit.

6. *Petroleum jelly*, *vaseline*, etc.—These are simple, non-irritating, more or less inert substances, which may be applied to the ends of the hairs when a simple lubricant is necessary.