

## THE FACE AND ITS BLEMISHES.

By "THE NEW DOCTOR."



PART I.

ONE can often judge the efficacy of the treatment of an ailment by the number of therapeutical measures which are, or have been, advised to relieve it. Thus the complaint for which but one drug is advised is probably greatly benefited by treatment, whereas that for which five hundred different measures are used is probably better if left to take care of itself.

If we take up one of the semi-advertisement books on the complexion which come round to us in dozens, we are immediately struck by two points. The first is the enormous number of "specifics" advised; and the second is the extremely meagre manner in which the causes of blemishes of the face are treated.

One book, which we read not long since, started by saying that all the various odds and ends which prevent women from looking as well as they wish were due to indigestion and exposure to the sun. Yet when it came to the treatment, the indigestion and the exposure were dismissed in a few words, and an avalanche of preparations were advised as "cures."

Considering the amount of time, trouble and money that the feminine members of the population expend in order that they may look as pretty as they can, it is astonishing that their efforts are so often futile. Yet the reason why so many persons waste pounds and pounds over their complexions without gaining the slightest benefit for their outlay is that they are so readily gulled by quack advertisements.

A girl will go on for years using "Dr. Jones's invaluable cure for wrinkles" to try and remove the furrows produced by the action of the muscles of the brow. She will spend half her income on this trash, and when she has found that Dr. Jones's preparation is useless, she will try the next "infallible cure" she hears of.

Yet a moment's consideration is sufficient to demonstrate to her how utterly absurd is the idea of a "wrinkle cure" especially in her case. She might quite as well try to obliterate the clefts between her fingers!

And so we have been tempted to again take up our pen to write upon the face and its disfigurements, in order that we may tell our readers the causes and the proper treatment of those blemishes of the face which we can benefit by science, and also to warn them against that terrible curse of modern life, the quack medicine man.

How many people who are ill—or think they are—flock to the quack for his "infallible cure"! But the man who sells "cures" for bad complexions is the man to make his fortune in the shortest time.

The face is an elaborate part of an elaborate

machine and the conditions which render it less beautiful than it should be are neither few nor simple. Fortunately they are nearly all local conditions and are rarely of serious import to the rest of the body. But they are disfiguring, often exceedingly so. Not unfrequently it happens that an otherwise beautiful face is rendered repulsive by some really simple deformity which could be soon remedied.

We cannot discuss all the various affections which mar the beauty of the face, but we hope to teach you something of the more common ones which can be benefited by medical art.

By no means do all the conditions which prevent the face from being beautiful lend themselves to medicinal treatment. We can never hope to make a beautiful face out of one which is naturally plain. But often by remedying some abnormality we may remove that which makes a beautiful face unpleasing.

It is as natural for a woman to wish to be beautiful as it is for her to wish to be healthy, and the search after beauty is no greater crime than is the search after health. You may carry your desire for beauty too far, but you may also give up too much for health.

Some of the conditions that we are going to describe are exceedingly common and disfiguring, and some require the aid of the surgeon to remove them.

The first of the blemishes of the face that we are going to treat of are those that exist from birth.

Port wine stains, or, as we call them, capillary nævi, are amongst the commonest of all abnormalities present from birth. They are not dangerous and are better left alone, provided that they do not occur in conspicuous positions. But they are most common on the face, and there they are decidedly unsightly.

The tendency of port wine stains is to grow in the same ratio as their bearer; sometimes they get smaller, and very occasionally they disappear altogether. They are sometimes cured naturally by an attack of inflammation. We remember a lad who had a very large port wine stain on his left cheek. The condition was so unsightly that we were considering whether it would be advisable to do something for it. But before we had determined upon any operation, the boy got an attack of erysipelas just over the stain. He was very ill for some days, but when he recovered the port wine stain was much less obtrusive than before, and it steadily got less and less, till after some months it was not sufficiently unsightly to warrant operation. The erysipelas had practically cured the condition, but a scar was left to mark its site.

Now what can we do for this condition? Well, if it is not unsightly, leave it alone. We have seen a nævus completely covering the whole of one side of the chest and one arm, but such a mark is really not so disfiguring as a place as big as a split pea on the tip of the nose. Port wine stains on the face can be distinctly improved by surgical methods. You can do no good whatever with medicinal applications, whereas you may do a great deal of harm with them.

As a matter of fact the only port wine stains which lend themselves at all kindly to treatment are small isolated ones. The old treatment for them was electrolysis, and such is even now the most popular method of removing them. But electrolysis is a most tedious business, and too often after weeks of treatment the marks are just as bad as they were before.

We have seen much the best results from tattooing the marks with an electric needle.

The process is easier, far more rapid and more efficacious than electrolysis. And since this treatment does not take nearly so long, it is much cheaper to have it done than the other method.

A very small mark may be completely tattooed at one sitting, but larger stains are better if done by degrees. Whichever way the stain is treated, a scar will remain. But the scar is not a very disfiguring one, as it is soft and superficial. It is never as noticeable as the original mark.

Our remarks that the fewer the methods of treatment that are used in any given complaint, the more likely are those methods to be of real value, is very forcibly illustrated by hare-lip.

There is no more hideous deformity than hare-lip, and there is none which is so amenable to treatment. There is one and only one treatment for hare-lip, and that is operation as soon as possible. The public is now fully aware of the importance of operation for hare-lip, for the enormous improvement in a child's appearance after the procedure is obvious to all.

Hare-lip never cures itself. It is a mal-development, and will remain throughout life without change unless it is operated on. Unless the case is a particularly severe one, the results of operation are usually extremely gratifying. The resulting scar is small and linear, and if the patient is a boy, by growing a moustache later in life, all traces of the hare-lip can be hidden. But, unfortunately, hare-lip is far commoner in the fair sex, in which a moustache would be more unwelcome than a scar. However, the scar left by a hare-lip is rarely very noticeable. We did not intend to talk about hare-lip, because it is a subject of which the public is fully cognisant; but recently we saw a girl of twenty with a hare-lip that had not been treated, and a most hideous sight it was. We trust never again to see an untreated hare-lip in an adult.

Amongst the minor hindrances to a fair face which may exist from birth are moles. Moles vary a great deal in their characters, and are found on all parts of the body. We can only consider those forms of moles that occur on the face. All moles are more or less disfiguring, but they vary greatly in this respect. They are usually darker than the surrounding skin, frequently covered with hairs, and often multiple. Moles as a rule tend to get smaller as life advances, but not uncommonly they become the seat of serious trouble. You should therefore be particularly careful in no way to irritate a mole, and refrain from worrying it with caustics or irritating appliances. Moles may be treated in three ways: they may be removed; they may be bleached; or they may be freed from hairs and so rendered less noticeable. Undoubtedly the best treatment for a really disfiguring mole is to remove it. This simple procedure is practically free from risk, it is immediate and it is thoroughly satisfactory, as nothing but a small linear scar is left, which after a short time becomes scarcely visible.

Not long ago we removed a mole, somewhat resembling in shape, size, and colour, half a walnut shell, from the cheek of a lady. The whole proceeding was over in a week, and the scar is now quite small and scarcely perceptible. Not all moles are suitable for removal, nor should the surgeon remove any save such as are really disfiguring or are likely to give trouble.

A single, large, disfiguring mole on the face, which shows no sign of decreasing, is suitable for operation. Moles that are getting smaller,

or are multiple, or not raised about the surface, are better not removed.

A large proportion of moles are darker in tint than the surrounding skin. Such moles may be bleached with peroxide of hydrogen or chlorine water. Great care is needed in the use of any bleaching fluid, for as we said before, moles must not be irritated. Occasionally moles refuse to bleach with any reagent.

Then, again, moles may simply be unsightly from the hairs which grow on them. The moles may be quite insignificant, and yet be coated with hairs which render them unsightly. Two kinds of hairs grow upon moles: long coarse hairs which grow rapidly but are few in number, and short silky hairs which are thin but numerous.

The best treatment for the long hairs that grow upon moles is either electrolysis or electro-puncture. There is an idea in the public mind that electrolysis can permanently remove all superfluous hairs. We will consider this question presently; here we will only state that electrolysis is frequently of great service in removing the long coarse hairs which sometimes grow from moles or patches of irregular pigment which are not uncommon on the face.

For the short silky hairs found upon moles electrolysis is useless, and no form of treatment—save removing the mole itself—will permanently affect them.

The best thing to do for them is to bleach them and keep them closely shaved.

At the other end of life there are many things which rob the face of its beauty. And as with all the illnesses the result of age, they are mostly degenerations and are beyond our power either to prevent or remedy.

The number of honest ladies who are swindled every day over wrinkle-removers is almost incredible. There is no more paying branch of the art of quackery than wrinkle-cures, and none which can enmesh so many victims.

The muscles of expression are inserted into the skin of the face, and so when they contract they produce wrinkling of the skin. We express our emotions mainly by wrinkling the skin of our faces. When the face is in repose, and none of the muscles of expression are working, there are normally no wrinkles on the face. But where one special emotion is being constantly expressed, the wrinkling which corresponds to that emotion may become permanent. Thus the brow of the man who is a deep thinker, or is hard and cruel, will present the vertical furrows above the nose, and the cheek of the person who is always smiling will present a crescentic furrow on each side of the mouth.

But then there are the wrinkles which are due not to excessive use of the face-muscles but to the skin of the face having lost its elasticity. These wrinkles, over which women trouble themselves far more than there is any necessity to do, may be divided into two classes.

The first class of wrinkles includes all such as occur in a person who has not reached middle life. Wrinkles in the young may be due to long illnesses, wasting, etc. It is commonly believed that wrinkles are caused by anxiety; but you will find it very difficult to get proof of this, if you conduct your inquiry with an unbiassed mind. Then some persons have a tendency to wrinkle early—just as so many persons have a tendency to lose their teeth early.

And then there are the wrinkles that proclaim that their host is past her prime. All of us know, or will soon know, what they look like and what they mean.

We have before mentioned what an amount of swindling goes on in the sale of wrinkle cures. Cosmetics of any kind are quite useless to affect wrinkles at all. There is no treatment which has the least effect upon them. Those which are due to temporary causes go of themselves; those which are due to "Anno Domini" remain uninfluenced by anything that you may do.

Of course you can fill up the wrinkles. You may enamel your face so that your brow is as smooth as a child's, but the wrinkles are there, and there they will remain. The tracks where Old Time has dragged his claws through your brow are as impossible to remove as are the marks that he leaves elsewhere when he thinks that you have troubled him for long enough.

(To be continued.)

## OUR PUZZLE POEM REPORT: THE ROSE.

### HOME AND FOREIGN AWARD.

#### THE ROSE.

The rose is the flower for me—  
A nymph of majestic degree.  
Her perfume so choice  
Makes all hearts to rejoice;  
The queen of my garden is she.  
And then, oh! the colours divine,  
From dark unto light: I opine  
In outline and size  
Such variety lies,  
That all must fall down at her shrine.

#### PRIZE WINNERS.

##### Seven Shillings Each.

Eliza Acworth, 9, Blenheim Mount, Bradford.  
Annie A. Arnott, Edinburgh.  
Edith Ashworth, The Mount, Knutsford.  
Lillian Clews, Fairlea, Erdington, Birmingham.  
Edith C. Cowley, The Mount, Ramsey, I. O. M.  
Mrs. Cumming, Ibrox, Glasgow.  
Elsie V. Davies, Victoria, Australia.  
Rose D. Davis, St. George's School, Roundhay, Leeds.  
Mrs. F. Farrar, Westridge, Whitefield.  
Ellie Hanlon, Sandycove, Dublin.  
Elsie B. F. Kirby, Armley, Leeds.  
John L. Laws, Annfield Plain, Durham.  
Ethel C. McMaster, Wallington.  
Mrs. E. R. Manners, Gorakhpore, N. W. P., India.  
Mrs. G. Marrett, Hyderabad, Deccan, India.  
A. A. L. Shave, Maidenhead.  
Marian M. Taylor, St. Cross Road, Winchester.  
Helen B. Younger, Edinburgh.

##### Most Highly Commended.

Mrs. Fred Christian (Bengal), M. A. C. Crabb, Mrs. Crossman, Marjorie Davies, Lilian Dean, Katherine J. Knop (Madras), E. Mastin, E. M. Le Mottée, Annie Normanton, Ethel Normanton, Hettie Ormiston, Violet Shoberl, Nancy Stelling, Norah M. Sullivan, Agnes Taylor.

##### Very Highly Commended.

H. Alexander, Elsie Binns (U.S.A.), Lily

Belling, Dora N. Bertie, E. Burrell, M. J. Champneys, Ethel Collard, Nellie M. Daft (Lisbon), Mrs. Frank Dickson, Marie E. Hancock, Adelaide Insley, E. Marian Jupe, Clara E. Law, Eva H. Laurence, Polly Lawrence, Wm. Shaw Leest, Annie G. Luck, Mrs. Nicholls, Annie B. Ormond, Elsie M. Otheman (New York), Charles Parr, Lilla Patterson, Phyllis Pearson, Mary Pullen (Italy), H. F. Richards, Ada Rickards, Constance Taylor, Minnie Wilkins.

##### Highly Commended.

E. F. Baumgartner, Miss Blake (Mexico), M. S. Bourne, Kate Campsall, Wilfred T. Campsall, Helen M. Coulthard, "Rose Grower," Edith M. Ferguson, Blanche Evelyn Frowde, Mrs. Garforth, Edith E. Grundy, Robt. H. Hamilton, C. H. Hedgunan, Edith C. Hobbs, Elizabeth M. Lang (France), Carlina Leggett, Jessie Lockhart, Winifred McAllister, Mary L. Marshall (Nova Scotia), Nellie Meikle, J. D. Musgrave, Robert Mixon, Hannah E. Powell, F. A. Prideaux, Mildred M. Skrine, Gertrude Smith, Sybil C. Smith, S. Southall, Florence A. Stephens, Ellen C. Tarrant, A. G. Taylor (Brisbane), Ethel Tomlinson, Herbert Traill (Bombay), E. M. P. Wood, George Wright, Elizabeth Yarwood, Sophie Yeo.

"THE ROSE" was neither a long nor a difficult puzzle, but the number of perfect solutions was much smaller than usual. The fact is that the nymph in line 2 was commonly taken for an ordinary maid, an error which showed a remarkable lack of discernment. Also, the *l-down* in the last line was by many solvers taken to be *l-ova*. This was perhaps excusable, but "fall low" is so awkward a reading that it could only have been adopted by those to whom the better one did not occur.

It is worthy of note that the mast divided by *je* in line 2 gave very little trouble, though it was intended to be a poser. The perfumes in line 3 were often rendered "scents," giving a hopelessly short line. "Odours" found

favour with a few solvers, by whom the right word would doubtless have been welcomed as the happier inspiration.

One solver entered into an elaborate disquisition on the reasons for the small *o* at the beginning of line 8. The explanation is far more simple than any he suggested: the line begins with *In* and not with *Our*.

It was not an easy matter to punctuate the lines correctly. Many methods were adopted, and few of them were absolutely wrong. One otherwise perfect solution did not indulge in a stop of any kind until the end of line 5, and another omitted the necessary note of exclamation in line 6. Such definite mistakes could not of course be ignored, and they who perpetrated them will find their names in the second list instead of among the prize-winners. To this list also were relegated solutions indented improperly or not at all, and three solutions containing duplicate readings. To this foolish practice we have more than once called attention in times past. Obviously it is indulged in to give the solver a better chance of a prize, and we strongly object to it. The solver, not the examiners, must decide (taking cases from the present puzzle) whether a figure is a nymph, a girl, a maid, or a form; or whether a letter is definitely low or merely down.

It may often happen that more than one word will perfectly describe a picture or device, but very rarely will more than one of them also fit in with the rhythm or purpose of the poem. A simple illustration of this point is to be found in line 3 of *The Rose*. The three bottles can equally well be described as scents or perfumes. Scents will not fit in, perfumes will. Odours will also fit the line, but one does not speak of bottles of scent as odours.

In the rare cases where one word is as good as another from every point of view, it does not matter which the solver adopts. In the cases where there is not absolute equality it is for her to decide which one is the better.

Therefore, solvers, no more duplicates if you want a prize!

does not seem to be the case, where the outcry against the use of crape has not continued; and it is worn at present by all the Royalties in

their recent bereavements. But it is amongst a great portion of the middle classes that we find an improvement; in the length of time

that the mourning is worn, in the fact that children are no longer put into black when very young, and that the styles of our mourning are all brought up to the fashions of the moment. In the materials employed for it there is also a great advance. We have taken black face-cloth into favour. Black serge, cashmeres, and that very useful crape-cloth, are all really pretty and modern materials, out of which becoming gowns can be fashioned, which do not need crape upon them to mark them as mourning. The tailor-made gown is as much used in mourning as out of it; and the blouse can be made of silk, in the same style as that which is worn in colours. The hats and toques, though made of crape, are very pretty; and I have noticed that the long flowing veil, which has been adopted by the Americans from the French style of mourning, is being worn here when designed to be very deep mourning, not necessarily that of widows.

Of course, the deepest mourning that we women wear is that of a widow; but this is never worn for more than a year and a day, when the weeds are dismissed, and slighter black—perhaps without crape—takes its place. There are several kinds of silk worn in the deepest mourning, but we should not wear either velvet or satin then; and I must confess that velvet, trimmed with crape, has always seemed a mistake. Handsome sables are rarely left off, if you are fortunate enough to own them; but the really correct furs are astrachan, bear, black fox, and sealskin. Dull jet is used—not the bright—and pearls are preferred to

diamonds, at least in the early days of mourning. Do not omit, in making your purchases, to buy black stockings and a black petticoat, which must be worn for mourning always, even when you have reached the half stages: and lavender and mauve petticoats seem to destroy the effect of a really nice black gown. Cream-colour must be avoided, as not consistent with real mourning; and the same may be said of violets—those which are in tones of pink, or extreme tones of blue. I have been often asked whether red were not mourning, and if it could not be worn, and I wonder where this odd idea originated; for it is quite wide-spread, and it is, of course, a mistake.

A change has also taken place in our ideas of memorial wreaths, which are now often made of coloured flowers, instead of white ones, and lilac, or mauve. A cross, made up quite lately, was composed of the first fading leaves of the beech tree, a clear, yellowish hue, with the centre part decorated with crimson geraniums, in a solid heart-like form.



SHORT

EMBROIDERED JACKET.

## THE FACE AND ITS BLEMISHES.

By "THE NEW DOCTOR."

### PART II.

WHAT slaves are we all to fashion! There is no condition which is more troubling to the mind of an English girl than the possession of a moustache. Yet in the Ainhu Islands the women tattoo their upper lips in order to simulate hair!

That the fair sex should make such a fuss over superfluous hairs is not to be wondered at, for they certainly are most unsightly. But how many girls worry over hairs which they do not possess?

From a very early age the face is covered with soft downy hairs. When a boy gets to

the age of fifteen, the hair on his lips and chin begins to grow long and coarse, and unless he shaves continually he has a beard and moustache at thirty.

Now precisely the same thing occurs in the opposite sex only it is much less in degree. When a girl gets to be about fourteen, the hairs upon her lips and cheeks grow longer and thicker than those over the rest of her face. Usually they cease to grow before they become noticeable to ordinary mortals, but sometimes they grow on in a most unwelcome manner, and may even clothe the face of their host with a thick beard and moustache.

In every woman the hairs on the lips and

chin are longer and coarser than elsewhere. In very dark women with black hair the hairs on the upper lip are always noticeable, but with light-haired people their moustaches cannot be seen except by careful arrangements of light in front of a looking-glass.

Why the hairs of the face of some women should want to grow longer and coarser than they do in others, we can no more tell than we can tell why one woman is tall and another is short.

Superfluous hairs on the face are capable of division into several kinds. There are the long coarse hairs which are few in number but which grow quickly and are very conspicuous.

Such hairs very often grow from patches of pigment on the skin or from moles. Then there are the ordinary hairs much like those which grow in the moustaches of the other sex. These hairs are thicker and coarser than the hairs of the head, and they grow much more rapidly. And lastly there are the soft downy hairs which cover the lips and chins of a very great number of women, and which are quite unnoticeable unless they are very dark in colour.

In the treatment for superfluous hairs the first necessity is to be certain that anything is needed. Every girl, by an elaborate arrangement of lights and looking-glasses, can demonstrate a moustache upon her lips.

So often it happens that a girl who has never noticed anything amiss with her face—because there is nothing amiss—will be suddenly made miserable by standing in front of a mirror when the sun catches her mouth from the side, and she will be horrified to find that her lips and chin are covered with hair which, in the unfortunate position that she has chosen, looks like a promising beard and moustache! And then she starts worrying over this circumstance and trying all sorts of wonderful "cures" to get rid of these hairs; and you may tell her as often as you like that it is impossible to see the hairs without a microscope, but she will pay you no attention and go on worrying herself and spending her money over quack "cures" until she becomes perfectly miserable, or marries and forgets all about it.

But if some of those who bitterly complain of superfluous hairs are worrying over a condition which does not exist, there are many who have only too just a cause for complaint. Unfortunately the treatment for them is by no means as satisfactory as we should like it to be, but sometimes fair results may be obtained.

The first question which one asks oneself when about to treat superfluous hairs is, "Can they be removed permanently and entirely without harm?" and the answer to this, in over ninety per cent. of cases, is "No."

Hairs can only be permanently removed by completely destroying their roots. The hair follicles are situated deeply in the true skin and are a very long way from the surface. Therefore nothing will destroy the hair follicles which does not destroy the greater part of the skin at the same time, except such measures as will allow you to get at the hair root through the hair itself.

It is therefore obvious that anything like a chemical epilator can do no good, whereas it can do great harm. We know of no application which will destroy hair roots with greater rapidity than it will destroy other soft tissue, and so a chemical epilator to really destroy the hair roots must also destroy the whole of the skin of the face.

There are few medicinal measures which are more unmanageable than caustics. If you apply a caustic anywhere on the body, you cannot possibly tell how wide and how deep it will destroy the part. To apply any caustic to the face is the height of folly; you may utterly deform a face by applying a drop or two of nitric acid to a mole to destroy it. Fortunately we do not often use caustics nowadays.

There is one chemical agent which is so frequently used for removing superfluous hairs that we feel bound to say something about it. This agent is sulphide of barium, and as the crude drug or in combination with other substances it is sold in large quantities as an epilator. Sulphide of barium is a greyish-white powder, inodorous when dry but smelling of rotten eggs when mixed with water. Its action is to soften and dissolve the horny layer of the skin. Its action indeed

is identical with that of sulphur, and is due to that element.

To use this preparation the powder is rubbed over the part and water is then added. The barium sulphide forms a thick, creamy, offensive paste with water. This paste is well rubbed into the skin, and it softens the hairs to such an extent that they can be removed with an ivory paper-knife.

There are objections to the use of barium sulphide—great objections, which, in our opinion, make the preparation somewhat worse than useless. It has a most offensive smell; it is very poisonous; it frequently produces rashes of various kinds, and it has no more permanent action upon superfluous hairs than has shaving. Barium sulphide can only soften the hair which is above the surface; it cannot touch the hair root. If you use the stuff too strong or rub it in too hard, it simply peels the face and leaves a great sore behind.

There is no chemical application which will safely remove unwelcome hairs. Have we any measures which will permanently remove them? Yes, we have. We have two methods by which superfluous hairs can be more or less permanently destroyed, but they are only applicable to a very small minority of cases. The two measures are electrolysis and electro-puncture.

What superfluous hairs are suitable for electrical treatment? Since the pole of the electric machine is introduced into the track made by the hair, it is obvious that it is impossible to electrolyse fine downy hairs. Then as this treatment is a very long and tedious one, it is hopeless to try and remove a thick-set moustache. Thirdly, as this treatment is very expensive, only those with a long purse can afford it.

So we come to this, that electrolysis is of value for removing superfluous hairs, but that it is only practicable for removing a few long coarse hairs from the face of a rich person.

We cannot quite recollect how many hair follicles are present in a square inch of skin, but it is a very large number. If, by electrolysis, you did destroy all these follicles, then the cure would be complete. But no one would do so. It would take a lifetime to clear a moustache at that rate. By electrolysis you only remove the hair follicle from which a hair is growing; you are not going to search for a follicle which at present is inert. But when you have destroyed the active root, do not you think that the nearest dormant root will push up a hair to take the place of that which you have so carefully removed? We are sure it will.

And so although electrolysis will give relief for some time, it by no means often permanently prevents superfluous hairs.

Electro-puncture is much the same as electrolysis, but is rather less delicate, but much easier, and takes much less time.

In the face of what we have said you can understand that electrolysis is by no means an ideal treatment, and when everything is considered you must surely agree with us that of ten thousand girls with unwelcome hairs, we would advise nine thousand nine hundred and fifty not to be treated by electrolysis.

But if superfluous hairs cannot be permanently removed satisfactorily, they can be temporarily removed by very simple measures. There is no advantage in pulling hairs out by the roots over cutting them short, unless the hairs are quite black. If the hairs are black, cutting them short is not so satisfactory as pulling them out, because the part of the hair left in the skin shows out as a bluish line. With light hairs cutting them short is every bit as good as pulling them out. If you pull out a hair, you do not touch the root. The hair itself lies like a cap upon the root, and as

soon as it is removed the root forms another hair.

There is a wide-spread belief that cutting hairs makes them grow quicker, an idea, no doubt, which has arisen from the fact that if you cut grass it grows thicker and stronger. But what is true of grass is untrue of hair. Cutting hair does not make the hair grow quicker, nor does it affect the hair at all, because the hair grows only from its root, and what you cut is practically inert. Hairs grow just as quickly whether you cut them or not, but the growth is more visible when you have cut them. If a man shaves his face to-day, to-morrow he will be able to feel that hair has grown during the twenty-four hours. He would be quite unable to detect the growth except that yesterday his face was absolutely smooth. But when hairs have grown to a certain length, they cease to grow any more because they are getting too far from their nourishing roots. If a hair which has practically ceased to grow is cut off, a new hair will start growing, and this fact may have given rise to the fiction that cutting hairs makes them grow.

If a woman is so unfortunate as to be provided with a moustache, which is not suitable for removal by electrolysis, the best treatment unquestionably for her is to shave. If a man has a beard which he does not want, he shaves it off; why should not a woman do likewise?

We know that the fair sex has a most overwhelming dislike to use the razor, but it is only a fad. We are personally acquainted with several ladies whose appearances would be decidedly improved by an occasional shave. Of course, if Miss Jones shaves, Miss Brown will find out and confidentially tell everybody she meets. But Miss Jones need not fret, for in all probability Miss Brown shaves too!

If the hairs on the face are light, shaving will temporarily remove all trace of them. If the hairs are black, the lips may look bluish after shaving, which most women would think just as unsightly as the hairs. But there is this consolation—black hairs practically never grow on the female face. We have never seen nor heard of any lady who had black hairs on her face excepting such as grow from moles.

And then you can bleach superfluous hairs and so render them less noticeable. But if you cut them short, we cannot see much advantage in bleaching them, for you cannot bleach the root nor the part which is hidden in the skin.

So much for superfluous hairs. Let us now turn our attention to another little matter about which we have much to say.

Freckles are a perennial trouble to most girls and a permanent one to not a few. A freckle is a localised collection of pigment within the skin. Browning is a diffuse pigmentation of the skin; so that the only difference between freckles and the ordinary browning we all get when we go for a holiday, is that in the former condition the browning occurs in patches.

Normally the human skin contains pigment, which pigment is in all probability there to shield the body from excess of light. Where races have been exposed for generations to a strong glare, the pigment of their skins greatly increases and they become black or brown. It is not heat which causes the colour of the coloured races, it is the light; and therefore the inhabitants of the icebound regions are naturally dark.

Why one girl's face should become suffused with brown whilst her sister's becomes spotted with freckles, we do not know. We do not know, despite all that you read to the contrary.

As we do not know why one girl freckles and another does not, we must accept the fact and leave its true explanation to the ages to

come. But we do know what causes freckles in those persons who are liable to freckles. It is, as we have already stated, light. And the light which chiefly causes freckles is violet light. It is the same light as that which produces photographs. Now where are you most likely to become freckled? Obviously where the light is most violet. The most violet light is reflected light, and so reflected sunlight is more likely to produce freckles than is direct sunlight. Therefore, according to this explanation, people ought to be more bronzed and freckled when on the river and sea than when in the country. And is not this the case?

Possibly light is not the only element that causes browning and freckles; wind and spray may also have something to do with them. We do not believe that heat has any influence at all upon freckles. No part of the body which is not exposed to light gets freckled or browned to any great extent. Again you do not get brown in dingy London, which in August is usually far hotter than anywhere else. And you get most browned by the sea, where the heat is always moderate.

How can freckles and browning be prevented? Obviously by keeping away from excessive light. But how can that be done except by remaining in town during the summer? Easily enough.

We said that it was the violet light which produced freckles—the same light which produces a photograph. The photographer is well aware that a light from which the violet rays are excluded will not affect his plates, and light from which the violet rays are excluded will not produce freckles on the face.

And to exclude the violet rays, the photographer uses a red screen, because anything coloured red stops all the rays of light which are in its path except the red rays. And to prevent freckles and browning you can wear a red veil, or, better still, use a red parasol.

As light causes browning, so darkness dispels it, and remaining in a dark room for a short time after exposure to bright light, will prevent freckles.

But if you have become bronzed or freckled and you return to town and want to remove the excess of pigment, what are you to do?

Wait a short time and it will go of itself. You may think this a cheap sort of treatment, but it is by far the most rapid of all! Cosmetics and other applications simply retard the browning from going.

But there is another kind of freckle which occurs throughout the year and which is not uncommonly a permanent condition.

This kind of freckling differs greatly from the kind we have just described as it occurs on the chest and arms, and occasionally all over the body irrespective of light. Sometimes this kind of freckle exists from birth. People with permanent freckles are usually more prone to the ordinary kind than others, but the ordinary freckles are no more permanent with them than they are with anybody else.

This kind of freckle is probably a form of mole. It is exceedingly difficult to say where a mole ends and a freckle begins, but we think that permanent freckles are really minute moles. For their relief you may try to bleach them. Peroxide of hydrogen or chlorine water may be used for this purpose. Sometimes they bleach readily, occasionally nothing whatever will bleach them.

## MRS. LAWRENCE, SCHOOLMISTRESS.

BY MRS. G. S. REANEY.

### CHAPTER II.



YOU seem to have taken a great fancy to Mrs. Lawrence, my dear," said the Squire to his wife on his return home after an absence of some weeks. "Your letters have usually had mention of her name, if nowhere else in the post-script."

"She is most interesting," was the reply, "a

perfect lady, although I know no more of her family history to-day than I did the first time we met."

"Ah!" said the Squire with a sigh, "I don't like mysterious people myself, but you are different, Grace; you are bound to find some good in everyone, whereas I should only see the outside. Mrs. Lawrence to me—I have seen her at a distance—is a middle-aged woman, with no figure, who might be a trifle above the commonplace, but not an individual I could associate with poetry and high ideals. The village youngsters seem fond of her, so she must be a woman of certain gift and power. By all means cultivate her, my dear, if you can get any pleasure out of her companionship. I should think an occasional drive would be a real enjoyment to her—a relief from stuffy schoolrooms."

By which long sentence it will be seen that Wilson Curzon did not think it a trouble to talk to his deaf wife, nor an effort on his part to plan her pleasure.

Thus all that summer, after school hours, from time to time the Hall carriage would call for Mrs. Lawrence to take her for a drive with "the Squire's lady." Hannah was ever ready and glad to go, but never once did she accept

the frequently repeated invitation to spend a Sunday at the Hall.

It was late in October. The Squire was away; he had invariably a number of visits to pay in the autumn in which he was never accompanied by his wife. He enjoyed society, she shunned it. He had health and vigour, she was too fragile for much exertion. Hence his plans and movements were taken as a matter of course by his semi-invalid wife, who, if she felt his absence, allowed no regret to escape her lips.

Sometimes the servants would fear "the mistress might be lonely" and occasionally add, "What a pity there are no children to occupy her attention," but beyond this none presumed to discuss the fact that the Squire was much from home.

"Mrs. Morris, the housekeeper from the Hall, wants to see you, ma'am," said the little servant maid, finding her way to Mrs. Lawrence, who, after the school had dispersed, still sat at her table, looking through copy-books and correcting dictation.

Hannah rose, and mechanically smoothing her hair, hastened to the adjoining school-house. She knew Mrs. Morris by sight, having seen her in church, but otherwise she was a stranger to her.

"I come from Mrs. Curzon," said Mrs. Morris. "She was taken ill in the night; we have wired for the master. My mistress feels very low and ill, and would be so glad if you would go back with me for a few hours. The Squire cannot be home before midnight."

Hannah's work could be set aside until the morrow as this was Friday, and there would be no school before Monday; hence in a few moments she was on her way to the Hall.

Once there it did not take an experienced eye to note that Mrs. Curzon was extremely ill. As she entered the lady's maid withdrew, and the two were left alone.

"So good of you to come, Mrs. Lawrence," the sick lady said with gasping breath. "I feel no one could help me as you can. I know the world for me is passing away."

"And the Word of God enduring for ever?" said Hannah gently, as she sank upon her knees by the bedside and kissed the invalid's hand.

"Ah, indeed!" was the bright reply, "and I was recalling only to-day our last conversation when we drove into Reading. You said, you know, how different the world was since you had become the little child and sat for teaching at the Master's feet. You will remember wondering what it would feel like to be dying? Dear, I know what it is. Come nearer and I will tell you. It is nothing to alarm, or that seems unusual; indeed, I feel it as natural to die to-day as it was to live yesterday."

Hannah's tears were falling. She had grown very fond of the Squire's wife. It was entirely owing to her bright Christian teaching and example that she herself knew to-day that Wisdom's ways were ways of pleasantness, and all her paths are peace. "How could she spare her out of her life?"

Even as she thought of the separation she knew in her own mind prompt removal to another sphere of work would be necessary. The hours that followed were very precious. A trained nurse had been sent for, but could not arrive until later. Hannah readily promised to remain until she was installed. And so the time passed on, a little talking, and a long spell of quietness, fitful slumber, weariness and pain, then moments of rare bliss as the "enduring Word" was quoted and discussed.

In one of the pauses the Squire's wife said, speaking softly—

"I pray I may live to take leave of my good kind husband. Oh, Mrs. Lawrence, it is only I who know his worth! I thought to carry through life a broken heart when I first discovered that his love had never been all mine; but I have found what the poet says is true—

"Still in loving, still in loving,  
Not in being loved, is joy."

He has been my hero, and when I knew one had played with his affections—led him on—(being all the time engaged to another) I felt such pity for his grief that I forgot my own disappointment in seeking to win him from the grave of the past."

"And you succeeded?" said Hannah with averted face.

"I succeeded in making him happy; but

spring from the root of the venerable parent. They seem to uphold, protect and embrace it. We may even fancy that they now bear that load of fruit which would otherwise be demanded of the feeble parent, and thus throw light on a passage of scripture in Psa. cxxviii. 3 which says, 'Thy children shall be like olive plants round about thy table.' Thus do good and affectionate children gather round the table of the righteous; each contributes something to the welfare of the whole, and each is found doing his part to support and comfort the declining days of the beloved parents who may before long be taken from them."\*

There are olive trees still standing in the garden of Gethsemane, of which a traveller (Miss Bremer) says, "I have never seen any tree which has so much of the human physiognomy as these very ancient olives.

\* *The Land and the Book*, p. 57.

There are here two or three especially which one cannot look at without being affected by the strong cleft stems, partly twisted, partly furrowed and marked as if by deep thought and tears," and Ruskin dwells on "the hoary dimness of their delicate foliage, subdued and faint of hue as if the ashes of Gethsemane agony had been cast on them for ever."

The prophet Hosea, speaking of repentant Israel, says, "His beauty shall be as the olive," and those who have wandered through olive groves in Palestine speak of the fresh look of the ever-green leaves which are of a dark peculiar tint, and under the passing breeze the uppermost leaves turn round and show the fine silvery hue of the inside.

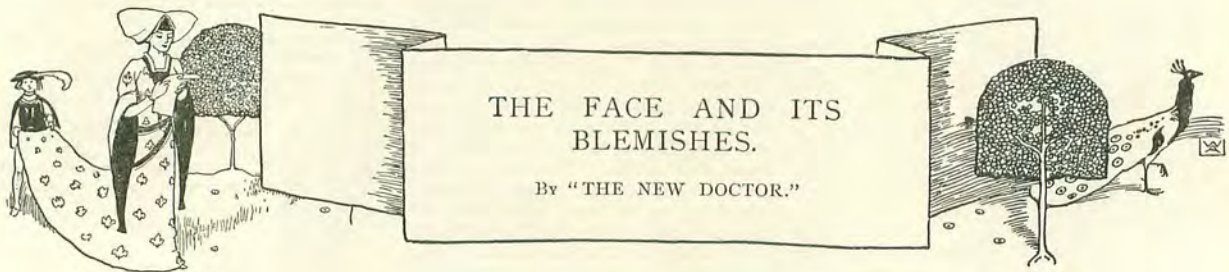
The fantastic way in which the trunk and branches twist and interlace is very conspicuous in old trees. The stems thus present a honey-combed, latticed appearance, and attain an almost incredible size.

"In the island of St. Maura, three large olive trees, each eight feet in girth, are growing within the compass of one living bark, so that the girth of the whole group, which is to all intents and purposes a single tree, is nearly forty feet."\*

These facts about the olive tree give it a special interest; and should not we who have been planted in the garden of the Lord endeavour, like green and fertile olive trees, to bear fruit to God's glory whilst we live on earth? so that having finished our course and kept the faith, we may, like the olive stems, be made pillars in the heavenly temple, each in his appointed place (Rev. iii. 12), having the name of God written on our foreheads, and knowing to our endless joy that we shall "go no more out."

(To be continued.)

\* *Ansted's Ionian Islands*, p. 49.



### PART III.

THE most important of all the blemishes of the complexion is undoubtedly acne. The cause of nearly all pimples and spots on the face, acne is an affection which gives trouble and annoyance to nearly everyone.

Acne is an affection of the sebaceous glands, and to fully understand its causes and treatment we must briefly review the functions of the sebaceous glands themselves.

By the side of each hair root, two small glands are situated. These glands secrete a thick oil, not unlike very thick cream in appearance. This oil, which is the natural grease of the hair, is necessary to maintain the hair in health, and to prevent it from splitting. The secretion is called *sebum*, and the glands which secrete the sebum are called the sebaceous glands.

We have before told you that the face is covered with fine hairs. Each of these hairs has two sebaceous glands to oil it. Now, when a child has passed her fifteenth year and is on the threshold of adult life, the hairs on her face take on a rapid growth, and in this comparatively sudden growth the sebaceous glands share. If all went well, the glands would increase in regular ratio with the hairs, and there would be no acne spots on the face. But everything goes well but seldom, for extremely few persons pass from fourteen to twenty-five without developing, at all events, one acne spot.

The beginning of trouble is that in one gland the sebum dries over the entrance and converts the gland into a closed sac. The gland still continues to secrete, for all the glands in the body will go on working till they are destroyed. The gland still works and still secretes sebum, but the latter cannot get out, and so collects in the gland and gradually distends it.

Upon the surface the distended gland shows but as a small white body about as big as a pin's head, and is called a "miliun," or "whitehead." If the miliun be squeezed between the fingers, the mass of dried sebum

which is plugging the mouth of the gland is forced out, and the white semi-solid secretion follows in a long worm-like thread. This has given rise to the idea that the sebum is really a worm, and whiteheads are frequently called skin worms, especially in advertisements for quack remedies.

The miliun or whitehead is therefore the beginning of acne. The condition may stop here; the miliun may be squeezed out, or the plug which closes its orifice may be accidentally displaced, and the gland will then return to its normal condition. But usually other changes occur before long. The plug of dried secretion which is filling up the entrance may become infected with one of the colour-producing bacteria and become blackened. The spot is now called a "blackhead" or "comedone."

There is a wide-spread belief in the public mind that comedones only occur on the faces of persons who do not wash themselves sufficiently. This is a thoroughly false doctrine; there is no doubt that the colouring of the blackhead is neither dirt, nor is it due to dirt; it is the product of the growth of certain organisms.

Like the miliun, the blackhead may be squeezed out either by accident or design, and the gland may return to the normal condition, or it may go on to a further stage of the affection of acne.

If a miliun or a comedone is left alone and is neither squeezed out nor inoculated with germs, it will continue to grow indefinitely and in time may form an immense tumour. Such a tumour is called a sebaceous cyst—that is, a hollow growth filled with sebum. By the public these growths are called "wens." They are exceedingly common, especially on the head and back. They may grow to an immense size, equal to the head of a child in bulk. They are frequently multiple.

But another calamity may overtake a miliun or comedone, which, though less annoying to the possessor than a sebaceous cyst, is more detrimental to the sebaceous gland, for it usually ends by destroying it altogether. The sebaceous gland, being full of sebum and

having its mouth plugged, readily becomes attacked by micro-organisms which convert the gland into a small abscess or acne pustule.

Wherever you squeeze out a miliun or a comedone, a small round hole is left which is distinctly visible to the naked eye. This hole is the dilated mouth of the gland and will gradually get smaller as the gland itself returns to the normal condition. From this dilated mouth the secretion runs away in large quantities, and gives the skin a greasy appearance when wet and a scaliness when dry. This abnormal secretion will also stop after a short time.

Whenever a miliun or comedone is attacked by organisms it is rapidly converted into a small abscess. The matter from the abscess is either squeezed out or else opens of itself, and the whole gland is extruded. A scar is invariably left wherever an acne pustule has been. The matter from any pustule is of a highly infective character, and one small acne spot contains sufficient organisms to inoculate every sebaceous gland in the body. This is the true explanation of the well-observed fact that pustules on the face so frequently recur.

Having briefly glanced at the essential points in the pathology of acne, let us now turn our attention to the consideration of the causes and clinical history of the condition.

Acne is a disease of the sebaceous glands, and therefore we should expect it to manifest itself in those places where the sebaceous glands are most numerous, and at that time of life when they are most physiologically active.

Acne is far more common on the face than elsewhere, yet it is certainly not on the face, but on the head, that the sebaceous glands are most numerous. But acne is decidedly most common at that time of life when the sebaceous glands of the face are most active.

In both sexes, at about the age of fifteen the hairs on the face, which before were insignificant, suddenly start to grow with great vigour. The sebaceous glands have to keep pace with the hairs, so that it is at that period when acne is most frequent. And as the

hairs of the face of men grow with far greater rapidity and vigour than they do in women, so is acne infinitely more common in young men than in young women.

Acne is rare before the fourteenth year and it is uncommon after thirty. It is a condition almost confined to adolescence and early adult life. It is a local disease of the sebaceous glands and has nothing to do with the state of the blood. Its most frequent seats are the forehead, the temples, the chin and the sides of the mouth; but sometimes it covers the whole of the face, and not very uncommonly it spreads all over the body. But since it is a disease of the sebaceous glands, it therefore cannot occur where there are no hairs. The skin of the palms of the hands and the soles of the feet are the only places where acne spots cannot occur, for these are the only parts of the body destitute of hair.

Since acne is a local disease dependent upon local affections, it is by local means that it should be treated. It is our belief that constitutional treatment of any kind and dieting and internal medication are alike without any effect upon true acne.

The proper treatment of acne is really very satisfactory if properly carried out for a sufficiently long period. The condition is one which lasts off and on for seven to ten years, and it is impossible to put a stop to it in a day or two. The treatment must be carried out for two or three weeks at first, and then for shorter periods at intervals, should the affection return.

It is a great point to prevent the formation of pustules, if possible, for each acne pustule leaves a permanent scar.

Since the affection starts by blocking of the sebaceous glands, absolute cleanliness of the face is essential. Persons liable to acne should wash their faces frequently in warm water, and only use the best toilet soap. It is exceedingly important only to use soap that is absolutely reliable. Good soaps are antiseptic and therefore do good to acne, but bad soaps are either caustic or made from putrid fat, and are irritating and not antiseptic.

Since sulphur is *par excellence* the remedy for acne, a good sulphur soap is far preferable to any other. It is, however, almost impossible to get a good sulphur soap. Most of the samples that we have seen have either been like balls of sand, or else contained such a minute trace of sulphur that their value from this ingredient is not increased one atom. There is an excellent opening for a really nice sulphur soap containing a fair proportion of fine sulphur, and a good toilet soap as the basis. Why some of our enterprising soap manufacturers have not put such a soap on the market we cannot understand, for the demand for it is considerable.

Rubbing the face with a fairly rough towel after washing is an excellent way of removing the dried secretion which is plugging the sebaceous glands. You must rub the face with caution. There is no need to rub hard, or with a very rough towel, else you may do more harm than good. Moreover, you must be exceedingly careful, if you have any pustules upon your face, not to diffuse their contents

and rub them into the face elsewhere, for if you do, other pustules will for certain be formed there.

Face massage is used for the same purpose as rubbing the face with a rough towel. We must say that massage has certainly no advantage over the towel. Face massage is exceedingly expensive to have done, and it is not easily performed by oneself. It is not a form of treatment that is often of service.

One of the most effectual ways of getting rid of miliums and comedones is squeezing them out. This treatment is the most radical of all, and is certainly most valuable. You should not squeeze out too many at a time, not more than four or five of the most prominent ones. There are numerous wonderful instruments and contrivances used for removing blackheads, but none is half as good as clean finger-nails. It is an open question whether it is advisable to squeeze out the pustules which are so frequently met with in acne. Personally we think that it is right to do so, if you are careful and clean. You will frequently find it stated that, when you have once squeezed out a comedone, the gland will not again become plugged. Such a statement is absolutely opposed to fact. The sebaceous glands which have once become blocked are particularly liable to go wrong again.

We have already stated that we do not believe that internal treatment nor constitutional measures have the slightest effect upon acne; but one form of general treatment is of great value, not because it improves the general health—because acne occurs mainly in those who are absolutely healthy—but because it has a distinct local action. The measure we refer to is fresh country or sea air. Fresh air and sunlight are valuable in the treatment of acne, because they kill the various microbes which lurk about the face, and so minimise the risk of the spots becoming pustules.

The local applications which are used for acne are numerous. Some of them are excellent, some worthless, and most are injurious. The local application which is by far the most valuable is sulphur. Sulphur is not only an antiseptic, but it acts directly upon the outer skin causing it to become soft and readily removed. It therefore tends to destroy the plugs which fill up the sebaceous glands. The sulphur is best used as an ointment. The sulphur ointment of the pharmacopœia is too strong and coarse for most girls' faces, and it is best to use it diluted with an equal quantity of lanoline or cold cream.

The sulphur ointment should be applied every night to the places where the spots are most numerous. It may be washed off in the morning with hot soap and water. Sulphur occasionally causes the skin to become rough and scaly for a short time.

Many other preparations are used, but sulphur is so much the best of all that it is unnecessary to mention any others.

For the roughness left after acne or for the scaldiness due to the sulphur, or for the natural greasiness which is invariably present on the faces of those subject to acne, glycerine and rose-water or glycerine and lime-juice may be

used. With these exceptions, cosmetics altogether should be strictly avoided.

Steaming the face has lately come into fashion for the cure of acne. The face is exposed to hot steam for several minutes and is then rubbed with a dry towel. The treatment certainly does good, but whether as the result of the steam, or the rubbing, or both, we cannot say at present.

Acne is not the only common complaint due to the affection of the sebaceous glands. Dandriff or seborrhœa is another common sebaceous disease. It is an annoying and intractable complaint dependent upon some alteration in the sebaceous glands which causes them to secrete a thin albuminous fluid instead of the normal thick sebum. The thin secretion dries in scales and does not nourish nor oil the hair, which consequently becomes dry, brittle, and lustreless. As it is an affection of the head and not of the face, we need not further discuss it here.

But persons who are subject to dandriff are frequently troubled by patches of scurfy skin on their faces, especially on the cheeks and round the mouth. These patches are disfiguring and sometimes itch intolerably. They are seborrhœic eczema, a form of eczema which occurs as a remote result of seborrhœa. These patches are readily inoculated from place to place. We have seen the body almost completely covered by this form of eczema, all due to inoculations by the fingers from a small patch upon the face. Besides this, patches of this eczema tend to spread all round without external help. Seborrhœic eczema readily yields to treatment with sulphur or calamine ointment.

There is a complaint of the complexion known familiarly as "grog blossoms" and scientifically as "acne rosacea," which really is secondary to dietetic indiscretions, and is therefore the first affection we have noticed which is not a purely local trouble. This complaint embraces a wide selection of troubles from a slight redness of the nose after meals to complete purple discoloration of the whole of the face. Pustules are frequently present and constitute the "grog blossoms" proper, but they are no essential part of the disease and are secondary local inoculations.

Although its household name would suggest that the disease is dependent upon alcoholism, it is certainly not always due to over-indulgence in alcohol, nor is it the typical complexion of the hard drinker. The condition is secondary to chronic catarrh of the stomach and throat. The congestion spreads from the stomach up the gullet to the throat, thence to the nose and then on to the face.

Alcohol causes acne rosacea because it causes chronic congestion of the stomach. In women the abuse of tea is the commonest cause of red noses and even of the more advanced forms of acne rosacea.

This complaint yields to proper dietetic and local treatment sometimes readily, sometimes with great reluctance. The dietetic treatment is that of the indigestion which has caused it; the local treatment is the application of mild antiseptic ointments.

(To be concluded.)



I had begged more than once to accompany her to Nutlands, but she had somewhat perversely refused this. It was just her morbid humour to deny herself this small alleviation, for I understood her so well that my presence might have been a comfort.

I never saw Hope so distressed. We had gone down to the green door in the wall to wave to Miss Faith as she drove down the lane, but she took no notice of us. Her eyes were fixed vacantly in the distance as though she were looking into a future that held no promise for her. Hope fairly burst out crying as the pony-carriage turned the corner.

"It is not right, Berrie—it is too unnatural," she sobbed. "Aunt Faith looks as though she were going to execution instead of to her cosy pretty cottage."

But though the tears were in my eyes too, I soon scolded and talked her into a more cheerful frame of mind, for it angered me to think that Mrs. Mostyn's keen eyes would see that Hope was not her bonnie self.

Nina had spent her time in running from the front door to the gate with Rascal barking at her heels, and presently she came skipping up the steps to tell us the carriage was in sight.

Johnson had heard it too, for he was already at the open door. I kept in the background while the first greetings were exchanged, but I could see the warm embrace between Mrs. Mostyn and Hope. The next moment she perceived me and touched her husband's arm, and then they both came towards me.

I was almost startled to see how young and handsome Mrs. Mostyn looked. Certainly happiness does wonders. She had lost her grave, sedate air, and there was almost a girlish flush on her cheek when her husband addressed her; and as for my cousin Graham, he seemed marvellously content.

He lingered for a moment to question me about Miss Faith. I was rather sorry Mrs. Mostyn should hear my answer.

"Only half an hour ago!" he ejaculated. "Why, we might have passed her, Brenda." And I could see he was a little vexed at this, though I knew

in his heart he acquitted us of bad management.

"You must take me to see her tomorrow," she whispered. "We must not wait for her to come to us, Graham. We could walk across quite early;" and I could not help blessing her in my heart for this kindly thought.

They went upstairs after this to see the Sheraton room. Hope acted as show-woman. As I heard their voices I could not help thinking of poor Miss Faith gliding through the house sad-eyed like a ghost. There was nothing ghost-like in the fair, stately woman who had taken possession of her new home, nothing but a moved yet serene happiness in the low, thrilling voice.

Hope came to me when dinner was over. She was in white, and wore Miss Faith's pearls round her throat. I think she knew how anxiously I should be expecting her.

"I am so glad the first evening is nearly over," she observed. "I think Brenda is glad too, for she said just now all changes are a little trying, even happy ones. She is so pleased with everything, Berrie. She told father it was far too beautiful, and that she did not know how to live up to it; but he only laughed at her. I wish you could see her this evening, Berrie. She looks just like a picture. Father has been so amusing. He has been giving us his ideas on dress. He says I must always wear white, and that Brenda should choose dark rich colours, and that in the evening she must always wear silk or velvet. 'Like a duchess,' observed Brenda quietly; but father was in earnest. He was quite discontented to hear that her trousseau only contained one velvet gown. 'Never mind; you can wear it out, and then I will buy you another.' Oh, it is easy to see how proud he is of her;" and here Hope sighed a little.

"Was Mrs. Mostyn good to you, dearie?" But I need not have asked the question. Hope brightened up immediately.

"Oh, she has been so kind, so dear! Father left us together just before the dressing-bell sounded, and she came up to me at once and put her arms round me.

"'Dear Hope,' she said, 'you need not try to hide it from me. I know exactly how you are feeling, and what a trying day it has been, and your father and I have been so sorry for you.'"

"Ay, and she meant it, Hope, my dear. Mrs. Mostyn is not a woman to say one thing and mean another."

"No, indeed. If you could only have heard her, Berrie. She spoke so beautifully about Aunt Faith. She said she was such a good woman, and that she had always done her duty, but that things seemed harder to her than to most people. 'We must all try and make her happy.' I liked to hear her say that. 'Oh, Hope dear, when I think of all my blessings and how little I deserve them, I feel almost humbled to the dust;' and then she begged me in such a touching way to tell her how she could best be a comfort to me. How am I to help loving her, Berrie?"

I was glad and thankful to hear this, for I saw Mr. Campbell's words were coming true. Hope would find a strong, tender friend in her new step-mother.

A little later, as I was going upstairs, I was rather startled at seeing Mrs. Mostyn standing in the oriel window at the end of the corridor. She still wore her dinner-dress and a lace wrap over her neck. I could see the gleam of her diamond cross under the transparent drapery.

In the moonlight she looked like some queenly statue. At the sound of my footsteps she turned slowly round.

"I fancied it was you, Berrie," she said gently. "My husband has some letters to write, so I thought I might enjoy this lovely moonlight for a little while."

"The corridor is cold," I began in rather a disapproving tone; but she pointed smilingly to her wrap.

"It does not seem so to me. I am not a chilly mortal. I was trying to count up my mercies, Berrie, but I might as well have tried to number those moonbeams; and then I thought of Miss Faith." And now her calm, soft eyes were suffused with tears. "Berrie, there will be something wanting even to my great happiness if my husband's sister is not happy too."

(To be continued.)

## THE FACE AND ITS BLEMISHES.

By "THE NEW DOCTOR."

### PART IV.

IDENTICAL in their cause with the pustules of acne are the other small superficial abscesses which commonly occur upon the face. We have seen that an acne pustule originates in the sebaceous gland; the boil is rather more deeply seated and springs either from a whole hair follicle or from a sweat gland.

Boils are extremely locally infective, and unless properly treated they recur again and again, often continuously recurring for over a year. In the days of our grandfathers boils were thought to be due to something in the blood. By this delightfully indefinite theory the matter of the boil was supposed to be

some impurity in the blood which worked itself to the surface of the skin and so caused an abscess.

Among the general public the ancient superstitions of medicine linger for centuries. We still hear people suffering from some skin affection asking whether it is a good thing that it has "come out;" and many women dose their unfortunate children with useless and harmful drugs and nostrums to cure their blood, which must be out of order because they have boils or styes; whereas the judicious application of soap and water to the face would be far more rational treatment.

Boils are local infections. They have nothing to do with the state of the blood

except in this, that persons with diabetes or kidney disease have less resistance to the attack of germs, and so the microbes which produce boils can obtain an easier foothold in such persons.

As with all other local infections, mechanical irritation is one of the chief methods by which the germs which produce boils are inoculated into the skin. We all know how frequently boils develop from the irritation of a rough collar.

As we have said before, boils are exceedingly infective. The pus from a boil is swarming with germs in a most virulent condition, and if they get rubbed into the face by any chance, other boils are pretty sure to follow. There



is a variety of boil known commonly as a blind boil, which stops before matter is formed. It is simply an inoculation with less virulent organisms.

With boils on the face it is exceedingly important to treat them early, for they grow very rapidly and leave a scar in proportion to their size. Until they come to a head, boils are best treated by frequently washing them in solution of carbolic acid (1 in 60). You must not use carbolic acid in the neighbourhood of the mouth or eyes, for it is a corrosive poison. As soon as matter has formed in the boil, the best treatment is to let it out without loss of time. This may be done either by the knife or by constantly applying fomentations to the place. You should never use a poultice under any circumstances, for warm bread or linseed forms a ready material for disseminating the germs contained in the boil. When the boil has ceased to discharge, it may be dressed with a little simple ointment or wash.

A sty on the eyelid is merely a boil growing from the root of one of the eyelashes. The treatment is much the same as that of other boils, except that owing to the proximity of the eyeball, strong lotions must not be used. Bathing the eyes in a solution of boracic acid, one dram; compound tincture of lavender, one dram; and hot water, one pint, both soothes the pain and irritation and possibly slightly reduces the virulence of the germs.

If you can find the hair in connection with whose root the sty is, the hair should be removed at once, and the whole trouble will quickly subside. It does not hurt to pull out the hair, for it is loose. If an abscess has formed, it is unquestionably the best treatment to make a cut across it, and the worst treatment to stick a pin or needle into it. The abscess, however, will always open of itself without interference.

Talking about pins and needles reminds us of a very odd superstition believed in by most persons, and which has been thoroughly taught to us by our grandmothers. It is, that it is very dangerous to prick a spot on the face with a pin, whereas it may be done with safety with a needle. Of course it is unnecessary to tell you that this is absurd. Of the two, the pin is the safer because it makes a larger opening. It is dangerous to use either a pin or a needle unless it has been sterilised. The metal of which the instrument is made is not of the least consequence.

Then about sterilising; the public is just beginning to grasp a few rudiments of surgical cleanliness, but it must be a very long time before it can fully understand the theory of asepsis and antiseptics. We suppose it is needless to again tell you that the right way to sterilise anything is to boil it.

There is an eruption which is by no means uncommon upon the face and which differs in nearly all its characters from most affections of the skin. And in its causation it is different from any of the complaints that we have considered, for it is not a local infection. This condition is herpes, or, as it is often wrongly termed, shingles of the lips. This eruption starts with a smarting pain, not uncommonly accompanied with neuralgia or shooting pains. The smarting becomes more severe but localised, and a red patch appears upon the lip or the cheek. The red patch itches but shows little tendency to spread. Next day a crop of watery blisters appears on the red surface, small at first but rapidly increasing in size. The process now subsides; the itching and smarting cease, the fluid in the blisters is coagulated and forms a scab, which falls off after a few days, leaving a red surface which rapidly becomes paler, and in a few days more is in no way different from the surrounding skin.

Of the cause of labial herpes we are still

ignorant. In some of the acute infective fevers, herpes on the lips is an almost constant symptom; in other fevers it never occurs. Thus labial herpes is usually present in pneumonia and influenza, whereas we have never seen it in typhoid. And this point is exceedingly important to the physician, for it may enable him to distinguish between influenza and typhoid, two diseases which are so much alike that in the early days of the affection it was impossible to tell one from the other.

Some persons are remarkably subject to herpes and are favoured with a crop of vesicles on their lips whenever they get a cold or a cough or what-not. But some persons go farther than this and develop herpes whenever they change their residence, or with every slight gastric disturbance.

Herpes is not infective, and it cannot be inoculated from one place to another. In all probability it is due to irritation of a nerve. Such unquestionably is its explanation sometimes, but whether it is always so or not we cannot say.

The treatment of herpes is exceedingly important. A knowledge of the best way to treat herpes will save many persons from producing an abscess at the site of the blisters, a complication which must leave a permanent scar. The treatment is to leave it absolutely alone. The affection is a self-limited one. It comes and it goes, and nothing that you can do will hasten the steps of its departure. If you wish, you may put a little vaseline or inert ointment upon the place, but beyond this the less you meddle with it the sooner it will go. As in most local diseases dietetic and internal treatment are futile.

While on the subject of lips we will describe that most tiresome complaint of cracked lips. Cracked lips are not only unsightly, but are exceedingly painful, as everyone who suffers from them is aware.

There are some persons whose lower lips become fissured by a deep, central, transverse crack every winter. Occasionally one meets with people whose upper lips suffer in the same way, and others whose lips are not contented with a single fissure, but which crack and split in all directions. The cause of cracked lips in those subject to them is always a dry wind. The reason why some people suffer and some do not is uncertain; it may possibly depend upon some peculiarity in the arrangements of the blood-vessels of the part. The reason why the pain of cracked lips is so severe, considering the trivial nature of the complaint, is that as soon as the crack begins to heal from the bottom it is torn open again. Small fissures anywhere are most painful and very difficult to heal. The treatment for this ailment varies with the severity of the pain and length of time that the fissure has existed. In very mild cases, in which the fissure does not extend deeply and is not raw in its deepest part, a little cold cream or vaseline may be applied to the lips twice or thrice a day; in severe cases hazeline cream or a wash of zinc sulphate, ten grains; glycerine, two drams; and compound tincture of lavender, half an ounce, often gives relief.

And then we are met with very persistent cases which are very painful and altogether most objectionable. These cases need fairly rigorous treatment, for besides all their other unpleasant qualities they tend to deform the shape of the lips. One method of dealing with these is to run a stick of nitrate of silver (lunar caustic) down the fissure. This proceeding smarts a good deal, and the lip feels sore for a day or two afterwards, but it usually succeeds in closing the fissure, at all events for some time. If all these measures fail, and they frequently do in bad cases, there are two trivial surgical procedures which may give

relief. The first is tearing the edges of the fissure apart so as to destroy its floor; the second method is to shave away the skin from the walls of the fissure, and bring the edges together with fine horsehair stitches. Both of these operations can be conveniently done under cocaine, and they are fairly satisfactory. The latter is the more rational and the better treatment.

Even after excision, cracked lips may recur. To prevent this, whenever there is a wind the lips should be smeared with a little cold cream or lanoline before venturing out.

There is a variety of face spot which is not uncommon among all members of the community, but especially so in middle-aged women, which is called a spider nævus. The name is a very good one, for the spot looks for all the world like a small red spider with long waving legs. The body of the spider is the extremity of a dilated vein, and the legs are the minute capillaries radiating towards it. It is usually difficult to find a cause for these blemishes. Some are congenital, others are apparently connected with acne rosacea. A spider nævus, legs and all, is rarely much larger in size than a large pin's head, and it would not be worthy of mention except for its predilection to grow upon the nose and most prominent part of the cheeks.

The treatment for this condition is extremely satisfactory. It consists in destroying the body of the spider with a needle heated to whiteness with electricity. This destroys the central vein or body, and the legs shrivel up of their own account. A very minute scar is left after the proceeding.

We shall conclude our remarks on the blemishes of the face with a brief notice of two which are among the most destructive of all, and which need severe measures to prevent them from destroying the face, if not the life, of the patient. Fortunately they are less common than the conditions which we have described, but still they are sufficiently common, and early treatment for them is so essential that they will not be out of place here.

The first of these conditions is carbuncle. A carbuncle is both clinically and pathologically much the same as a boil, but is caused by a far more virulent organism. In its early stages it looks much like an angry boil, but in a few days it grows to a great size and assumes a most malignant expression. Carbuncles are usually about the size of half walnuts, large, red and swollen with numerous blood-red points over their centres. They are accompanied with extremely severe constitutional disturbance. The temperature is raised very considerably, and all the signs of severe fever are present. The condition is one of great danger to life, and if untreated is extremely likely to produce death. The treatment consists in early and radical surgery.

The last condition we are going to say anything about is lupus or tuberculosis of the skin. And about this we are going to say little except to warn those of you who are afflicted with this terrible disease to steer clear of quacks.

The treatment for lupus is long, tedious and unsatisfactory. Yet much can be done by proper treatment in time. The unfortunate sufferers from this malady rapidly tire of prolonged treatment which produces little or no improvement, and they fly to the quacks with their rapid and "certain" cures, and the result is disastrous. It is unfortunately easy enough to spoil a face and most difficult to improve it ever so little. And after years of tedious but right treatment the girl with lupus goes to the quack, who in a few minutes will not only undo any good which may have been done before, but leave the face a hopeless wreck.