

SOME SPECIAL POINTS OF FEMALE BEAUTY.

By "MEDICUS."



lady had been paying me a visit, and before she left she held out a little shapely hand which was so delicately beautiful I was almost afraid to touch it. Not that I am very shy either in

the company of the gentler sex.

As she shook hands she smiled, thanking me for some small service I had rendered her. When she did so I could not help noticing that her teeth and also her eyes were both worthy of admiration.

Very observant, am I? Was that what you said, reader? Oh, well, you know, I'm only a man, and men are—well, men are simply men.

Apart from the fact that she talked charming English, and possessed the attractions I have just named, I had seen many a young lady quite as good-looking as Miss R.; but nevertheless, it was she and no other who suggested this article to me.

I am going to tell you, however, about some special points of female beauty, and I think that quite apart from the desire to be reasonably attractive, I can prove to you that these points should be cultivated for dear health's sake.

I must take the hands first. Let me commence by saying a word or two about their size. Can the female hand be rendered small? Not after a certain age, I am sorry to tell you. But if young girls would take far more care of their hands than I fear most do, these would neither grow broad nor rough. The coming woman, or what is called the "new woman," whose main object of life will be to do everything her brothers do, will be possessed of a hand of inordinate size. It will have large knuckles, rather short, thick, stubby fingers, and be generally broad and stumpy, and red and rough. Terrible, isn't it? But I don't want my readers to have hands like that. Neither shall you if you do as I tell you.

I must suppose you are still in your teens; well, you must commence by having a good deal of respect for your hands. Constantly grasping heavy things is bound to make them broad. But girls must often perform or do what may be called rough work. Well, here is my hint to you, while so doing make it a constant point to wear rather tight gloves. By doing so you not only save the skin and secure softness thereof, but you prevent the knuckles from spreading and enlarging. In fact, let me tell you, that you are to wear gloves all you can, especially out-of-doors and in cold weather. For, listen, the circulation must be kept up in the hands, and the skin kept acting. If otherwise, slight chalky deposits are apt to occur in the joints, and the sinews get somewhat enlarged, and such a state of matters, even in a small degree, is quite sufficient to destroy your chance of retaining your hands in their pristine beauty.

Much has been said, and a deal has been written concerning the washing of one's hands. Some advocate hot water, some cold, but all admit the water should be soft. Well, rain-water is undoubtedly the best, and as to its temperature, I have long been of the opinion

it should neither be hot nor cold. Either are equally injurious to the health of the skin.

The soap is a matter of some considerable importance. On the whole, I think that Lanoline is the best. It is made from the fat of sheep's wool, and has a peculiarly softening or emolient tendency. I myself use it in my bath. There are several qualities of Lanoline soap in the market. I advise you to get the best, even if it is a trifle dearer. Oatmeal soap, by the way, is good. But with Lanoline and warm soft or rain-water, you are as well off as the Queen herself. Just after you wash your hands, if you want them to be white you may steep them for a few moments in a mixture of oatmeal (the medium) and cider-vinegar, after which rinse in soft water and dry with a not too hard towel.

Some young ladies wear gloves at night, plastered over inside with some stuff—I don't know what, and I don't want to. They think by doing so they will increase the whiteness and beauty of the hand. For a time such treatment will, but it soon acts in quite a reverse way, and these young ladies find they are—even before they are out of their teens—acquiring the hands of delicate old ladies of seventy or over. Be warned therefore.

This is just the place to give another warning. It is this; most of the weekly illustrated ladies' newspapers teem with advertisements of specialities with fetching names, French or otherwise, for increasing not only the beauty of the hands, but every other point of female beauty. Of course they are merely meant to put money into the hands of the advertiser. And they do too, because girls as a rule are mostly—well I won't say what I was going to say, but they *might* be a trifle wiser with advantage to themselves and everybody around them.

Although I have said that, as a rule you should avoid lifting heavy weights or large articles that require much grasping, I want you to remember that a hand that is never used cannot be a very beautiful one, because it will lack flexibility. Use your hands therefore. Nature intended that you should; only wear gloves if the work be rough or such as will stain. Wash the hands every night before going to bed, and you may afterwards rub with a little perfumed glycerine. But do not put much on as it may over-heat the skin. If it does so, a little olive oil will have a much better effect.

I have been sometimes asked by correspondents, how they can cure themselves of the very disagreeable custom of biting the finger-nails. It is young girls who are mostly addicted to it. Well, they only do so when they forget themselves, and I think if they were to dip the points of the fingers in a strong solution of quinine occasionally, the bitter taste would bring them to their senses, and they would by-and-by get over the habit, which it must be admitted is a very disfiguring one.

I cannot leave the subject of hands without giving a hint or two about chaps and chilblains, especially as winter is still with us.

Now I must say again as I have said before that young folks will have neither chaps nor chilblains if they are in robust health, and in attempting to get rid of these disagreeable ailments though local means are useful, we must not neglect the constitution. The circulation is weak, the heart itself probably far from strong, and you must endeavour to strengthen the latter by taking good food, plenty of sleep, a cold or tepid bath in the morning, and any amount of pleasurable exercise in the open air.

As for medicine, well, this may help, also pills of the carbonate of iron which does not constipate, cod-liver oil—a grand tonic—and Kepler's Extract of Malt, which many may take with whom the oil does not agree.

The iron by the way is only necessary if you are pale and white in the gums.

The hands should be protected by warm gloves when out of doors, and never put much in water. You must dry them most carefully after they have been wetted, with a soft towel. Never hold them near a fire when cold. And the seldomer you go near a fire yourself, when cold, the better.

Any chemist will give you a mixture of iodine and laudanum to paint an unbroken chilblain with. You must get rid of a chilblain before it breaks, else you will have an unsightly and painful ulcer which will need medical treatment. The iodine mixture will stain. Never mind that, paint it plentifully on thrice a day and you'll get rid of the stain when the bothering chilblain goes. A mixture of opodeldoc and laudanum is another good remedy for unbroken chilblains. Girls subject to chilblains may have them on the feet. They may be kept at bay, however, by strengthening the constitution, by taking abundant exercise and wearing warm soft stockings, warming the feet when very cold by rubbing them with the hands, but not on any account at the fire. The Scotch have an excellent way of restoring the animal heat when the temperature has been lowered. They dance. The plan is worth trying.

Concerning chapped hands, the best local application is either Lanoline, cold cream, or an oxide of zinc ointment having Lanoline for its base instead of lard. This is also a good application for broken chilblains. You may put it on a bit of lint at night and wear a pair of gloves over that, or a well-put-on bandage.

A girl's nails constitute in my opinion a special point of beauty if they have been properly attended to. Alas! how few bother about them, and the consequence is, that unsightly finger-tips are rather the rule of the day or evening than the exception.

In order to have beautiful nails, there is no need at all to throw away your money in purchasing an expensive manicure case. The poorest girl may have pretty nails, but of course they need daily attention. The first thing is to cut them somewhat filbert shape. For this a small sharp penknife will be found handier than the scissors. Don't cut them too short. Then you want a hard soap brush to use well when washing the hands. When the hands are thoroughly dry, clean the nails underneath with a small bone instrument, which you can buy for a penny. N. B. Never under any circumstances scrape the nail ends with a knife. If you do so they will always look black and dirty, because you have roughened them.

The next thing to be done is to gently press down the skin that otherwise would be apt to grow too far up over the nails, disfiguring them and possibly causing agnails or ragnails. And now you may finish off by polishing them with a morsel of chamois leather dipped in chalk and rouge. Almost any dry powder will do for this. Your nails will now be quite pretty and presentable.

I have now to say a few words about the eyes. Every girl wants to have beautiful eyes, and singularly enough the colour of the iris has not so much to do with the fascination of the eye as some might imagine. I admit that

there is a charm about what the poet calls a dark rolling eye, and more I think in eyes of himmal blue, or eyes as blue as the rifts between the rolling clouds of cumulus which you see on a stormy day.

But after all, it is the background or setting of the iris that determines the beauty. No matter how dark or how sweetly blue a girl's eyes may be, they shall fail to attract admiration if the white portion of the ball is muddy or bilious-looking. It is good digestion alone, and a well-acting liver that determines the clearness of the eyeball, and gives to a girl clearness of face and complexion generally. So in order to treat the eyes, you must see to the constitution.

It is well to remember that there are various degrees of biliousness. If the liver is quite gorged, the blood will be tainted and you will have muddiness of the skin as well as the eye,

furred tongue, bad taste in the mouth in the morning, probably even the breath may not be sweet, and most likely the spirits will be depressed and low.

But the biliousness may not be to such an extent as this. You may be suffering only from apparent indigestion, with loss of appetite, and a slight sallowness of the skin. All the same, the bile is there, and your eyes will neither be pretty nor clear till you get rid of it.

The system must be opened. Beware of quack pills. Your own chemist can make you some pills, and you may get Franz Josef water and take a claret-glassful or less in a large tumblerful of warm water half an hour before breakfast.

Tabloids of the chloride of ammonium are much recommended by some medical men. They are certainly worth a trial.

But after all, you know, prevention is better than cure, and you *must* reduce the diet and especially the meat part of it. Cold milk with a little lime-water in every tumblerful is the best food for a girl when bilious. This will soon render the white of the eye as white as the milk itself.

Well, now, in this paper I know and feel that I have given you several useful hints, but I have not touched upon all the points of beauty I meant to.

I shall therefore return to the subject next month, if the Captain—no, I mean the Editor will permit, which, for your sakes, I'm sure he will.

I have next to speak, then, of the teeth, the lips, and gums; of pimples and bothersome blackheads. And I hope to touch upon a very special point of beauty, namely, the figure.

ANSWERS TO CORRESPONDENTS.

ART.

TWELVEMONTHS' READER.—1. Your being a boy in no way precludes your having your questions answered; and there is nothing "effeminate" in your taking the "G. O. P." It is much read by men, and we often have men-correspondents.—2. There are small manuals to be procured at the shops of artists' colourmen which give preliminary rules for portrait painting. But you should make careful crayon drawings from busts as well as from flat copies, and you should copy anatomical studies. Your handling of the pencil should be free and accurate before laying on colours in outline drawings. You do not give your address, so we cannot tell which Metropolitan District. The City and Spitalfields School of Art, New Bishopsgate Ward Schools, St. Thomas Charterhouse, in Goswell Road, at Blackheath, in Lansdown Place (and Bennett Park), at St. Martin-in-the-Fields, in Castle Street, Long Acre; at Chelsea, Onslow College; in Lambeth, at Miller's Lane and Upper Kennington Lane; in West London, at 204, Great Portland Street; in Holloway, at Camden School; in North London, at Sandringham Road, Kingsland; at Hornsey and Islington, at Barnsbury Hall; at Stratford, Maryland Point; at Stoke Newington; and at the Royal Architectural Museum, Westminster. We give this list for the benefit of many other inquirers.

A. B. C.—Applicants for admission as students into the National Art Training School, South Kensington, S.W., should address the Secretary, Science and Art Department, either personally or by letter. The annual sessions commence on the 1st of March and the 1st of October, and are of five months' duration each. There is an entrance fee of 10s., and the fees are £5 a session. The hours are from 9 A.M. to 3.30 P.M. The Lady Superintendent is Miss Trulock. The examinations take place in the first week of May. You write a good hand.

MADOKA.—See our answers to a "Twelvemonths' Reader" and "A. B. C." Of course we cannot form any opinion as to your powers of imagination in the line of designing. You may be a good copier, but have no original ideas as to forms and combinations of colour. Ask your present master in the Birmingham School of Art to give you advice, or write to the Secretary of the Science and Art Department, South Kensington, London, S.W.

F. A. BIGLIN.—1. See our answer to "Twelvemonths' Reader."—2. The water should not be very frequently changed in the gold-fish globe. Finely crumbled bread, the yolks of eggs dried and reduced to powder, flies, etc., are suitable for them; but some people give only powdered biscuits. We think that, unless the water be very clouded, once a week would be sufficiently often to change it. You should procure a syphon for the purpose at the place where such fish are sold.

JENNETTE.—The cleaning of old oil-paintings is a very delicate undertaking, for there are tiny cracks in the paint, and the process which might be employed for new pictures that have become soiled, but not from age, might destroy, or at least prove more or less hurtful to old ones. Sponge them with a tepid lather of mild soap and water; and if that be not as effectual as you wish, send the picture to a well-recommended cleaner.

VIVIENNE.—Wafers are simply wafers, and nothing else. They used to be employed for fastening letters and envelopes in lieu of sealing-wax, and were made of either coloured paste and stamped, or of coloured gum, and are used still to secure paper designs in any desired position. Of course you should not "scrape them off," but use a soft sponge and tepid water to remove them.

MISCELLANEOUS.

A SOLDIER'S DAUGHTER.—We regret that it is not in our power to give such addresses; but we hope you have already seen in our columns an account of the House of Education, Ambleside, which we hoped might answer. Address the Principal.

PITTY SING.—

"Pack clouds away and welcome day,
With night we banish sorrow,"

are two lines of a lyric poem by Heywood, a poet of the Elizabethan age.

INQUIRER.—You could do the transferring of the tambour-work yourself, but it would hardly be worth while to waste so much time on curtains, as they are so cheap.

A. D. R. and DAISY BELL.—Why do our girls continually ask questions that have been so often answered? They give us the very unnecessary trouble of searching through our indexes, and repeating ourselves, little to the satisfaction of other readers. Do not be so lazy. Look for the references for yourselves, and try to give as little unnecessary trouble as possible when you have nothing to pay for all our answers. See "Nervous Girls," by "Medicus," in vol. xv., October 28, 1893.

ARISTOCRAT'S NIECE might show herself more worthy of her relation if she learned to write and to spell correctly. We have not seen any allusion made to the origin of sending Christmas-cards to friends at that season. It may have grown out of the practice of sending valentines and birthday-cards, which might naturally have given birth to the idea. It began to be very generally adopted in the year 1866.

FLO.—You write very nicely, and have made no mistakes. December 6th was a Friday.

ROSE.—1. A cream-coloured satin apron had better be cleaned by a professional.—2. Headaches come from so many causes that you had better read up "Medicus," and find out how to improve your general health.

IGNORAMUS.—1. "Pall Mall" is pronounced "pell mell."—2. You would need a master if you have no knowledge of music.

AMBITIOUS.—We should advise you to try turning and remaking a dress of your own, or to get a paper pattern, and try to make one of your cotton gowns. In this way you would discover whether you had a taste for dressmaking, and you would learn a good deal.

XELA.—1. We think the essay is excellent, and with perseverance you may write well, but you need experience and application to your studies.—2. "Hypatia" is pronounced "Hi-pa-tia," not "Hip-patia."

L. L. H.—For prospectus apply to the Secretary, "L. L. A. Scheme," The University, St. Andrews, N.B. You will obtain all you need in this way.

DOLLY HALL, BRENDA, and CHARLOTTE.—The hands, feet, hair, teeth, and complexion, have all been subjects of exhaustive articles by "Medicus," and of no end of answers and advice in our Correspondence columns. In reference to the hair, see vol. xii., October 4th, 1890, page 11.

A READER OF "G. O. P."—The pine-apple, of the order of *Bromeliaceae*, is generally a stemless perennial, sometimes shrubby and many of them parasitical. It is a native of the tropics and came originally from South America, and is now cultivated in the West Indies. The fruit does not grow singly but in clusters or groups of many, forming, as it were, a single fruit. They do not "grow in the ground" like turnips." Pay a little more attention to your spelling.

DAISY DINGLE.—1. Tomatoes are usually, if not entirely, employed as vegetables, to be eaten with meat as a salad, or dressed and taken hot; whereas rhubarb, which does not grow like fruit (which the tomato does) is always employed as such in a sweet course, or preserved in sugar.—2. There is no distinction so far as importance is concerned between one Bank Holiday and another.

AN OLD MAID.—1. You must have your tan-coloured cape dyed, as there is no means of restoring the colour and removing the rain-marks.—2. People speak of "a man's seven senses" in a playful way, instead of keeping exactly to a correct enumeration of his really existing senses. They are fond of exaggeration; and the phrase implies that were a man gifted with the most complete allowance of brain power and more attributes than anyone else, he had lost all. "Seven" is the number that represents completeness.

ADA.—1. Perhaps you might obtain advice from the Children's Aid Society, 32, Charing Cross?—2. We suppose you mean the *Galvani's Messenger*, the continental paper for English people, published in Paris.

BLUNDELL.—We should advise you to give up the idea. Very few private secretaries are employed, and for one such post there were 850 women applicants a year or two ago. The salaries are various, and so are the requirements (foreign languages).

SYDNEY.—For the information you require apply to M. E. Sadler, M.A., Examination Schools, Oxford, or to the Registry, Trinity College, Cambridge.

N. G. B.—Write to Mrs. Blanchard, 91A, Grosvenor Road, S.W., for all information about emigration before thinking of it further.

UNFORTUNATE.—Could you not manage a visit to London, and go to one of the great hospitals and obtain advice at the hours devoted to giving advice to out-patients?

HETTY.—There is no harm in your purchasing the needful house-linen at once for your new home if you wish to do so. May you be very happy in it!

SEA MAT.—All such associations and friendships are of very doubtful value, and are sometimes positively dangerous. Besides this, we are told to "avoid all appearance of evil," are we not?

VERENA.—The quotation you require is from Shakespeare's *King Richard III.*, who assumed a boar as one of his devices. See Act v., Scene 3—

"Sleep, Richmond, sleep in peace, and wake in joy.

Good angels guard thee from the Boar's annoy."

A. J. W.—The quotation you give is not from Longfellow, but from Sir Walter Scott's *Lord of the Isles*, v. 18, viz.—

"O! many a shaft, at random sent,
Finds mark the archer little meant;
And many a word at random spoken,
May soothe, or wound, a heart that's broken."

ANXIOUS BOY.—The letter "J" and the letter "I" were synonymous (although differently pronounced) in the English language up to the year 1600. The introduction of the letter was due to some Dutch printers. In medical prescriptions, when the symbol for unity ends a series of numerals they write "j" instead of "i," as "vj," "vij," and "viij."

A DAMASK ROSE.—We thank you for your kind offer to send us some flowers. See vol. xiii., April 2, 1892.

"THE LADY OF SHALOT."—The "Red Fisherman" mentioned in Braed's poem, is supposed to be the Evil One, who, according to the legend, fishes in the "River of Life" for all sorts of people with baits on his hook appropriate to each, respectively.

MORE POINTS OF FEMALE BEAUTY.

By "MEDICUS."



N my last paper, I gave the reader a good many useful hints concerning the care of the hands, and cure of their little ailments, such as chilblains, chaps, etc. I spoke also about

the nails, and how to make and keep them beautiful. I also mentioned that very special feature of beauty in a girl, the eyes.

I gave no hints however, concerning the conservation of sight. I must promise to do so however at an early date, because one half the cases of partial blindness, or dimness, or distress in seeing, might be avoided if we were only to take reasonable care of our optics. I must here give one hint, however, because it is not only a useful piece of advice but one that nobody seems to think of. The eyes then are acted on by muscles, which not only move them from side to side, lower and raise them, but even adjust the focus, just as you do when you pull out or in your field-glasses or binoculars when looking at scenery. Well, all muscles need exercise, and if the ciliary muscles that open or narrow the pupil are not kept constantly in use, they become weak. It is for this reason that dwellers in great cities lose their sight so much sooner than people who live in the country; for these are for ever using their eyes and focusing them, not only on things near, but things far away. Sailors and shepherds have the best sight of any, and it would be better were it not that they are so much exposed to the weather. By the way, talking about sailors, although this is a bit of a digression, let me tell you a little story that has never been in print before, and that is more than one can say about most of the little stories one comes across. A rosy-faced bluff old merchant skipper, that I knew, was prevailed upon once to visit an opera-house—he had never been at any opera before. He was told he had better take glasses with him.

"Glasses, eh?" he said. "Well, all right." He had one of the back seats in the stalls, and when the performance commenced, he considerably astonished the audience by producing and pulling into focus a huge ship's telescope nearly a fathom long. This would have been bad enough, had he not been heard to say in a kind of stage whisper to an old maiden-lady in front—

"Madam, would you mind me leaning my glass on your shoulder for half a minute, I just want to have one squint at the old girl squalling up yonder."

The story stops there. It is I who must move on.

Well, the next point of beauty I want to speak about is the figure.

I tell you what it is, girls—being a sailor myself, you'll pardon straight talking—if I weren't an author and making ten thousand a year (more or less) *plus* honour and glory, I'd be a corset-builder and make my twenty-thousand. Corsets are very popular articles of dress with many, and I know dozens of ladies, young and not quite so young, who turn to the advertising pages of their paper every week, first thing, just to see if there is

anything new in corsets. By the way these wonderful pieces of mechanism used to be called "stays," and far more natural because a more ship-shape name for them. Well, the dozens of ladies I mention above, spend a good deal of their precious time fighting their figures, if I presume so to term it. They are usually just a trifle—oh, very little—inclined to fatn—no I must not call it that—obes—nor that either—plumpness, that's better, still I don't like it, but obesity is even worse. Well a certain amount of rotundity is quite natural in girls; it is usually a sad day, however, for a bonnie lassie, when that tell-tale mirror of hers insists upon asserting, that she has gone a wee bit over the score.

"I won't believe it," says the bonnie lassie standing square up before the mirror.

"Believe what you like," retorts the mirror, "but here you are, and I never told a fib in my life."

The bonnie lassie wriggles herself into every conceivable attitude in front of that mirror, then she goes away with a sad sort of a look in her face, and heaving a sigh. She tries, however, to keep up her heart by observing, *sotto voce*, "No one would notice it but myself!"

This is very consoling for a time, till one evening in company that imp of an eight-year-old brother of hers draws everybody's attention to the fact, by blurting out, "Oh, Lizzie, how jolly fat you're getting!"

But about fighting the figure girls make great and egregious blunders. Just when you begin to tend to *embonpoint* is not the time to bank yourself up in a tight corset. You think it makes the waist look small, don't you? Well, it may a trifle, but it is questionable whether the figure is improved thereby, because the bust suffers in shape by being forced upwards.

No. I can assure you that corsagery (N.B.—This is a new word which I have just derived from the French—all rights reserved) corsagery is not the cure for over-roundity.

"What then," you ask, "must I take more exercise?" Exercise alone won't have the desired effect. I know a lady who invested in a tricycle, and rode ever so hard and ever such long journeys, but lo! the longer she rode the stouter she grew, and she parted with her cycle at last—cheap, and in disgust.

Then what is to be done? I'll tell you; in fighting a rather portly figure, if the size is caused by bigness of bone, as it sometimes is, nothing can be done except to dress for the figure. A man, of course—and I'm no more—doesn't know much about women's dress, but I should imagine, for instance, that the present ham-shaped style of sleeve was invented by some French *couturière* to suit the slim bust of some scraggy old princess or lady of rank. With sleeves of this size and shape, a young lady who is the reverse of slim looks—well, I won't say, but really style of dress has a deal to do with the production of a genteel figure.

So has diet. Ah! now we come more to the point. As soon as ever your mirror gives you warning, you must make some changes in your diet and mode of life.

If you leave this out of the question, if you do not at once try to mend matters, the task will be ten times more difficult after a year, or even six months; because by that time such changes will have taken place in or around internal vital organs, such as the heart and liver, as well as in external tissues, that you may find it in vain to battle against.

Most people think that all the adipose matter lies immediately under the skin, and our American cousins talk about some ladies being what they call "seal-fat," a term which is more expressive than polite. If the adiposity were only close under the skin it would be more easy to deal with; cycling exercise, Turkish baths and extra warmth at night might scare it away, but fat not only clogs the heart, but it is deposited between the muscles, thus pressing upon these and attenuating them.

Well, no doubt to some extent, each case of obesity requires different treatment; but as to food, the general principles may be easily laid down. First and foremost the diet must be reduced. Semi-starvation even won't hurt. But while lessening quantity is of the first importance, the kind of food partaken of must be well chosen.

A fat person must avoid bread, rice, or any cereal food, potatoes, milk, cream, fat, butter, sugar, puddings, and confectionery, beer and wine, and of course spirits. She must be even sparing in the use of tea and coffee. You see you must not only try to reduce adipose tissue, but make muscular at the same time.

What you may eat therefore is meat, eggs, cheese, venison, fish, a little toast, or a rusk or two, with plenty of fruit and green vegetables. For drink you may have whey, buttermilk—these if the value of them was only properly appreciated would be sold in all dairies—cider, and fruit syrups, such as lime-juice cordials, and last, but not least, good water.*

Eat little and more frequently, rather than heavy meals and long fasts. Take plenty of exercise and not too much sleep.

Wrinkles may appear on the face, as the lady becomes thinner, as she fines down let me say. They are not the wrinkles of premature age, and will disappear as she puts on wholesome red flesh in place of the now disappearing soft fat.

I promised to say a few words about the teeth. A good set of teeth is a great point of beauty, if they belong by gift of Nature to the person who wears them.

If a girl has good teeth to commence with, it is not difficult to retain the beauty thereof. But this beauty, remember, cannot be retained by means of the tooth-brush alone. If the health begins to deteriorate or get below par, ten to one the teeth will suffer, and if one little tick of *caries*, not bigger than a needle's point gets an opening through the enamel, it will soon hollow out and decay the whole. Then one bad tooth affects the others. Beware therefore of the first beginnings of decay. Find out a respectable dentist, and have it remedied. But see that you don't drop by accident into the shop of a dental quack. London and all our big cities swarm with these unqualified bunglers, and no class of men do more harm, not even *couturiers*.

Dyspepsia has much to do with the decay of teeth, so of course have a great many constitutional and inherited disorders. You must be in perfect health to have beautiful teeth, and no amount of brushing and cleaning will do any good if the blood be impure. Indigestion renders it acid and creates mischief, not in teeth and gums only, but all throughout the body.

One of the biggest mistakes anyone can make lies in imagining that external applications, or scrubbing with brush and powder,

* It is best to drink hardly anything with meals.

are all that is needed to preserve the appearance of the teeth.

If this brush is too hard and the powder of a gritty nature it may do much more harm than good. I remember we had in my father's house a fine old grandfather's clock that stood on the first landing. It had some very pretty gilded ornaments on its top. One day an officious but ignorant servant, noticing that these were a little soiled, started on them with bath-brick and oil. She cleaned them certainly, but all the gilding was gone for ever. It is the same with teeth, what the gilding was to the ornaments on that old clock, the white enamel is to the teeth. If you scour it off it won't come on again.

Ergo teeth should be cleaned but never scrubbed. How often? I know I have told you that before, but as we are constantly having fresh readers—though the old subscribers never leave us—I must tell you again. Well, Beauty should clean her teeth morning and night and after every meal. Too much trouble did you say? Very well, if it is nothing to you, it is infinitely less to me.

Beauty should have a disinfectant mouth-

wash as well as the best tooth-powder. If she has and uses it frequently, the microbes will have no chance.

But about the lips and gums. Well, the tooth-wash, if there be myrrh in it, and any intelligent chemist can make you such a lotion, will tend to harden the gums.

Gum-boils are very painful and distressing. As often as not they prove that the general system is out of order, so that must be seen to, and some saline medicine taken with a lowered diet, a poultice to the cheek, a big warm one will give great relief, so will washing out the mouth with hot water reddened with the permanganate of potash. That is the basis of *Condy's fluid*, you know. A bottle of this salt kept handy is useful in a variety of ways, as it is a wholesome and excellent disinfectant. It stains, that is the worst of it. If a gum-boil is very large and seems to have matter in it, a doctor should open it. The pain is but a momentary pang, and you will obtain almost instant relief.

If the gums are pale, and also the lips, especially if they get dry, and you feel inclined every minute to touch them with your tongue,

it is a sign your health needs seeing to. In nine cases out of ten your dietary will be at fault. You must change that, and use plenty of green vegetables and lots of ripe fruit, lime-juice syrup, etc. After the system is cooled down, take a mild preparation of iron. This will restore your strength and redden lips and gums as well. The best application to dry lips is cold-cream made from lanoline, now so much used in medicine.

Pimples or papular eruptions are of so many different kinds that I feel it is not safe to say much about them. Consult your family physician. But I may tell you that they are a symptom, very frequently, of blood that is too thin and watery.

Black-heads are very disagreeable and in many cases disfiguring. They can hardly be called a disease, but still they are most difficult to get rid of, because even after you have squeezed them out, a pit is left which fills up again with sebaceous matter and the head gets black with the contact of the air. They should be squeezed out, however, and a little benzoated oxide of zinc ointment well rubbed in.

VARIETIES.

THE KIND-HEARTED BRIDE.

Upon the conclusion of a marriage ceremony in a village church, the bridegroom signed the register with his X mark. The pretty young bride did the same; and then turning to a young lady, who had known her as the best scholar in the school, whispered to her, while love and admiration shone in her eyes—

"He is a dear fellow, miss, but he cannot write. He is going to learn from me, and I would not shame him for the world."

SWEET MANNERS.—"There are a thousand engaging ways, which every person may put on without running the risk of being deemed either affected or foppish. The sweet smile, the quiet cordial bow, the earnest movement in addressing a friend, or more especially a stranger who may be recommended to us, the graceful attention which is so captivating when united with self-possession—these will ensure us the good regards of all. There is a certain softness of manner which should be cultivated, and which, in either man or woman, adds a charm that is even more irresistible than beauty."—*W. Jones, F.S.A.*

"The society of a woman of virtue and understanding produces a polish more perfect and pleasing than that received from a general commerce with the world. The heart itself is moulded; habits of undissembled courtesy are formed; a certain flowing urbanity is acquired; violent passions, rash oaths, coarse jests, indelicate language of every kind, are precluded and disrelished. Understanding and virtue, by being often contemplated in the most engaging lights, have a sort of assimilating power."—*Rev. James Fordyce, D.D.*

SHARING HAPPINESS.—The essence of joy, as of all the great satisfactions of life, is in sharing it with others. The very fact that the owner of a great picture finds satisfaction in feeling that it belongs to him alone, and that he can keep the whole world from it, as a miser can keep the world from his gold, is evidence that he does not understand, and has not entered into, the real possession of the art which he owns. The first fruit of real possession of any noble or beautiful thing is the desire to divide our possession with others.

NOT NECESSARY BETWEEN LADIES.

"You ask high wages," said the mistress of the house; "but I am willing to pay good wages to a good girl. You are prepared to give satisfaction, I suppose, in the matter of references?"

"As to references, mum," replied the young woman in the gay bonnet, haughtily, "I don't require 'em. References is out of place between ladies."

ROUND CHURCHES.—We have in England four ancient round churches, and the ruins of a fifth. The four are in different parts of the kingdom—London, Cambridge, Northampton, and Little Maplestead, in Essex. All the four are dedicated to the Holy Sepulchre, and consist of a circular building from which a rectangular chancel departs eastwards. They are supposed to reproduce the distinctive outlines of the church built over the Holy Sepulchre at Jerusalem. The finest of the four round churches is that in the metropolis, known as the Temple Church. The ruins of the fifth round church are at Temple Bruern in Lincolnshire.

MUSIC IN CHINA.—The Chinese have extraordinary superstitions relating to music. According to them, the Creator of the universe hid eight sounds in the earth, for the express purpose of impelling mortal man to find them out, "on the same principle, we presume," says one writer, "that Jupiter in *Virgil* hides fire in flint and honey in trees, in order to whet the ardour of man's industry in re-discovering the treasures." In stone, in metal, in silk, in wood, in bamboo, in pumpkins, in the skins of animals, and in certain earths, these sounds, according to the Chinese, are hidden. The musical instruments of their orchestra are all made of one or other of these substances, and the naïve credulity of the people hears in the thuds of the gongs and the whisking of the pipes, the tones of the eternal sounds of Nature and the universe, as deposited in the strata of the earth by the Almighty Father.

DOUBLE ACROSTIC I.

Two famous champions, centuries ago,
The flower of chivalry, who feared no foe:
Together were their names for valour classed,
Becoming now proverbial at last.

- In Persia or Ceylon a source of wealth I bring
To grace a lovely queen or deck an eastern king;
In Roman times I, fair and soft, made Britain's fame,
Now every European nation knows my name,
And although feminine where'er that name is heard,
A coat of mail surrounds me, and I wear a beard.
- Soldier of fortune, Asian-born and poor;
From driving swine in boyhood's days obscure,
He rose to ruling armies; then to be
The arbiter of nations bond and free.
Burning with zeal the Church to purify
From images of saints there reared on high,
He issued edicts from the imperial crown
That they should be removed or broken down.
The priests and people all, with wrath inflamed,
Gave him a sobriquet, by which he's famed,
And ever since has been in history named.
- Man seeks to give a form to the Unseen,
And this result is what has always been:
Shapeless, rough-hewn, artistic, statuesque,
Splendid sometimes, more frequently grotesque.
- My lady scarce my tiny flower perceives,
But loves the fragrance of my scented leaves.
- Charming idea when shown in black and white:
Alas! reality dispelled it quite!
All was fictitious, naught of truth was there,
And the duped victim gazed in blank despair.
- Two pleasant towns in England of this name,
Another in the United States the same;
Although so far apart, in different ways
Each one recalls the good old Tudor days.

XIMENA.

ANSWER TO ENIGMA II. (p. 223).

Nail.