



BEAUTY WITHOUT ITS MASK



As a rule, women are neglectful in the care of the skin of the face. To this must be attributed the very few fresh and healthful complexions that are to be seen at the present time. It is my purpose here, however, to refer to but one subject, viz.:

Oily skin is hereditary and usually thick and heavy, and should be treated with great care, as it is a disease. If the pores be kept well opened and the skin clean, the possessor of this complexion need not fear unpleasant effects. The difficulty in the case of most women who have oily skins is that they do not take proper precautions to keep them clean, and the pores become

clogged with impurities. Redness, which usually accompanies an oily skin, is caused by the poisons from the blood which enters the sebaceous glands and diffuse themselves with the oil.

A woman recently came to me for advice whose oil ducts were so enlarged that at times the oil would stand on her face in drops, and whenever powder was applied it formed a paste. She followed this mode of treatment, which effected a complete cure:

HOW TO TREAT AND BEAUTIFY THE SKIN.

By Mary Scott Rowland.

The Treatment.

Every night she washed her face in lukewarm water, using a pure olive oil soap of Spanish make; then followed by bathing the face thoroughly for ten minutes with a lotion made of one pint of distilled water, as hot as the face could bear, into which was put one dram of concentrated ammonia. She then thoroughly rinsed the face with very cold water, afterward applying the following lotion with a fine sponge, bathing the face, and allowing it to remain during the hours of repose:

One drachm of boracic acid, one ounce of powdered alum, to be dissolved in one pint of boiling, distilled water, allowing it to cool before using.

The scheme of this treatment is that the hot ammonia lotion extracts the excess of oil from the skin; the cold douche stimulates the nerves of the ducts, and the boracic acid and alum lotion is an astringent to contract the ducts and sebaceous glands.

Baths and Exercise.

A warm soap bath should be taken every day, as soap dissolves oil. Plenty of exercise in the open air is most beneficial, as it has a tendency to relieve the oil ducts of the face. Care should be taken not to become overheated when exercising, as the oil is thereby caused to flow too freely.

Diet to Correct an Oily Skin.

Lean roasted or broiled meats and fowl; no pork or greasy food of any kind. Raw oysters and boiled fish, vegetables in season. Grape fruit, oranges, grapes, stewed prunes and baked apples. Fried meats, pastry and sweets should be avoided. Stimulants and narcotics, like coffee, affect the liver (which is generally torpid with an oily skin), and should be abstained from.

For a skin which is not excessively oily, a saturated solution of borax applied with a fine sponge is recommended. The oil or sebaceous glands could not be wholly dispensed with, as they are necessary to keep the skin soft and pliable, and nature has placed them there to oil the skin. The matter that the oil glands secrete is called sebum and sebaceous matter.

After the oily skin has been corrected, a good retiring cream and a pure soap should be used on the face regularly, together with an astringent lotion, in order to prevent a recurrence of the condition of excessive oiliness. A woman having a particularly oily skin should be careful to take frequent baths, with changes of linen, as from this condition a peculiar and disagreeable odor is invariably thrown off by the body. In extreme cases constitutional as well as local treatment is necessary.

MARY SCOTT ROWLAND.

DON'T GUT YOUR EYELASHES.

Treating Blackheads.

Blackheads are an evidence of a clogged condition of the pores of the skin, and some penetrating cream must be used. As, however, there are many sorts of blackheads, the exact preparation for each case can only be determined by an examination by a competent person.

Finger Nails in Cold Weather.

If the condition is not due to constitutional causes, finger nails may be kept from getting brittle in cold weather by wearing during the hours of sleep a pair of kid gloves saturated with some simple, but pure emollient. The nails should also be rubbed with this emollient night and morning.

Cutting the Eyelashes.

Sometimes cutting the eyelashes to make them grow may be successful, but in most cases it is not. For this reason I should discourage the practice, as in some cases which have come under my knowledge eyelashes which have been cut have never grown out fully. Besides, even when they do, they are too frequently bristly and rough, and therefore unsightly.

Hot Water and the Skin.

Is hot water injurious to a delicate skin? Yes; a delicate skin should never be bathed in water of a higher temperature than the skin itself.

Yes, most emphatically, veils are injurious to the complexion.

Care of the Complexion.

No woman, busy or otherwise, can hope to benefit her complexion unless she gives it systematic attention. About fifteen minutes in the morning and the same in the evening is about as little as one can get along with, with any prospect of considerable benefit.

A Skin Injured by Exposure.

Most women seem to regard the complexion as of little account. The complexion is to the face what the vital organs are to the body. If the skin of the face has been injured from any cause whatever, it is a serious matter, with which no ordinary person should attempt to experiment. The one and only thing to do in such a contingency is to consult a specialist on the care of the complexion. But, above all, do not go into a drug store and buy something which, while perhaps of itself good, may prove to be the most harmful preparation in the world for your individual trouble.

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WALTER BESANT'S OPINION OF THE COMING DOCTOR.

I HAVE at last made up my mind as to the future of medical science, writes Walter Besant. As doctors are beginning to understand that they are totally unable to prevent or to drive away certain diseases, they will presently pass on to adopt for all diseases what has hitherto proved useful for one. They will resolve upon inoculating or vaccinating for them in early life.

All of us, especially those of us who are graybeards, are agreed that old age ought to be a time full of peace, serene and tranquil. A sunset in July, after a day of clear sky and hot sunshine, should represent old age. Too often, under existing arrangements, a sunset in November, with no sun visible, but only a deepening gloom, represents old age. Since, then, there is no difference of opinion on the subject, all we have to do is to arrange the most scientific way of taking our diseases early. We shall vaccinate, in a word, for all possible diseases in classes and groups. Thus some unfortunates become gouty, asthmatic, rheumatic, and other adjectives as the clock goes round. We shall be vaccinated for this class of disease if our ancestors or parents have had any of them, if there appears to be any danger or any tendency.

Consider what a huge amount of suffering will be alleviated by vaccinating the babies for this class of disease alone. Physicians will, of course, easily classify the various ailments that are now "helped" so freely—indeed, I am quite certain that in the long run science will discover one universal vaccinating stuff which will enable the infant to have and to enjoy in the mildest form possible every disease under the sun all at once. What will happen afterward? He will in after life only suffer from those diseases which he has brought upon himself by his own follies and excesses. These, of course, thanks to the vaccination, will be of a much milder type. If he leads a moderate life, taking everything that belongs to life with prudence, he will actually "get" nothing as he grows old. He will then sit and bask in the sun; or he will sit by the fire; his hands folded; his work done; no longer anxious for his own reputation; no longer worrying about his last book; no longer jealous or angry or sorry; he will look on, curious and interested. It will be the most delightful time possible.

At the close of it he will be found sleeping in his bed, his face calm and peaceful as the thoughts which filled his brain. I fear that I cannot, by any efforts of my own, hope to discover the Universal Vaccinator; but it will be discovered; the basis of it probably grows in the hedge. I am sure that it will come if only because the fortunate discoverer will be able to pile up a more colossal fortune than the brain of man has ever yet imagined. From every class and every rank the money will pour in. No millionaire of America will be comparable for wealth with the Discoverer of the Universal Vaccinator. And this consideration will stimulate research.

As skating produces humidity, flannel next the chest and shoulders is necessary to avoid the evils produced by sudden chills in cold weather. When the chest is delicate it is neither salutary nor easy to skate against the wind. Lace boots are better than button ones for skating purposes, as they give more equal support to the ankle. If a skater fall into a hole, the arms should be extended horizontally over the edges of the unbroken ice till a ladder or plank is brought to the rescue.

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