
THE TOILET.—No. 10.

THE HANDS AND EYES.

A FINE hand in male or female is always pleasing; and next to the charms of a beautiful face, a woman has an undoubted right to be proud of a fine delicately tapered hand, and a symmetrical and elegant rounded arm. A handsome head may be appended to a very ordinary body, and a head without harmony may detract from the elegance of a well-shapen body; but a fine hand and arm scarcely ever accompany any other than a perfect figure.

The care requisite to preserve the complexion of

the hands and arms is to be deduced from the principles we have laid down, under the head of cosmetics, &c., in treating of the skin. Too great cold, or too great heat, produces roughness and wrinkles; consequently water too hot or too cold must produce these effects; and for the same reason exposure to the air will subject them to the same inconveniences, especially just after having been washed.

A variety of soaps are composed to give whiteness and suppleness to the skin. Every perfumer makes them his own particular way. Among these are soaps of various names, as seraglio wash balls, musk soaps, and soaps scented with every perfume of the East. These are more easily procured than made for private use.

TO IMPROVE THE SKIN.

Take two ounces of Venice soap, and dissolve it in two ounces of lemon juice. Add one ounce of the oil of bitter almonds, and a like quantity of the oil of tartar. Mix the whole and stir it well till it has acquired the consistence of soap; and use it as such for the hands.

The paste of sweet almonds, which contains an oil fit for keeping the skin soft and elastic, and removing indurations, may be beneficially applied to the hands and arms.

Some ladies assert that oil turns the hands brown; so much at least is certain, that oily applications do not produce the same good effects upon all females.

An excellent paste for the hands is made of horse-chestnuts; and this is not attended with any inconvenience. It is prepared as follows:—

Dry some horse-chestnuts and peel them—pound them in a covered mortar, and sift the powder through a fine sieve. Put a suitable quantity of this powder into water, and it will become white, saponaceous, and as soft as milk. Frequent use of this is highly salutary, and contributes greatly to the lustre and whiteness of the skin.

The Italian women use the flower of maize, or Turkey corn, and every one who has seen them, knows what fair skins they have; and Scotch ladies use oatmeal or cold porridge, which is little if at all inferior.

Various pomatums and ointments are used for the hands, not only to relieve their colour, but to prevent them from chapping, and curing them when thus afflicted, of these we shall now speak.

The most common accidents which are liable to interrupt the health, harmony, and appearance of the hands are chaps, chilblains, and warts. The perspiration of the hands is also at times very troublesome, especially to such as are employed in works which require great cleanliness.

FOR CHAPPED LIPS.

Take two tea-spoonsful of clarified honey, and a few drops of distilled lavender water, or any other agreeable scent.

Mix them together, and anoint the lips frequently. If the hands are affected, anoint them all over at going to bed, wearing gloves during the night. Wash them next morning with tepid milk and water. A night or two will effect a cure.

WARTS.

These unseemly exuberances may not unfrequently be removed by very simple means. Touching them gently with sulphuric acid, or with a strong solution of sal ammoniac in water, or touching them with lapis infernalis (blue stone) will remove them, if the milder applications fail, such as rubbing them with sprigs of purslain, or with the water which oozes out of the shells of snails by means of a little perforation expressly made. Some cut radishes in slices, place them between two pewter plates with some salt, and stir them well up together. These are used to rub the warts with. Sea-salt dissolved in vinegar, horse-radish pounded with salt, juice of marygold leaves, celandine, dandelion, wart-wort, and house-leek, are spoken of; also agrimony steeped in vinegar; these may all have their advantages, though when they fail, the first mentioned are the surest means of removing these superfluous appendages to the hands. Equal parts of rhubarb in powder, and ipecacuanha, form a good mild escharotic for them, also the powder of savine, having previously pared away the decayed or callous part. And if it can be conveniently done, tie a small silk thread or horse-hair round the base of them, and they will die away; or where the neck of them is small, it has been recommended to nip them off with a pair of sharp scissors, and afterward touch the place with blue vitriol. The lunar caustic is directed to be applied after nailing down the wart.

THERE is nothing in nature more worthy of our attention than the art of happiness. In the common occurrences of life, it often depends upon the slightest incidents. Taking notice of the bad weather, an easterly wind, the approach of winter, or the most trifling circumstance of the disagreeable kind, will insensibly rob a whole company of its good humour, and give every member of it the blues. If, therefore, we would be happy ourselves, and are desirous of communicating happiness to all around us, these disagreeable incidents, in conversation, ought always to be avoided. The brightness of the sky, the lengthening of the days, the increasing verdure of the spring, the arrival of any little piece of good news, or whatever carries with it the most distant glimpse of joy, frequently carries with it a turn of social and happy conversation. Good manners and regard for the happiness of others, always require of us this caution whenever we are in company. The clod may repine at the sunshine that ripens the harvest, because his turnips are burnt up by it; but the man of refinement will extract pleasure from the thunder-storm to which he is exposed, by remarking on the plenty and refreshment which may be expected from the succeeding shower. Thus does politeness as well as good sense, direct us to look at every object on the bright side; and by this practice, every person may arrive at that agreeableness of temper, of which the natural and never-failing fruit is happiness.

THE TOILET.—No. 14.

ABLUTION BY MEANS OF THE BATH.—THE WARM BATH.

THE use of the bath was general among the Greeks and among the Romans; and to this salutary habit Baglivi ascribes the long and vigorous lives of the ancients. If we compare the manner of living of the Romans with that of our own at the present day, it will be seen how much nearer theirs approached to nature, and how much more favourable it was to health. With the Romans, the afternoon was entirely devoted to corporeal exercise, to tennis ball, dancing, or walking. But at the hour of three, every one hastened to the bath; neither could a person neglect this practice without incurring the risk of being taxed with shameful negligence. It was at the bath where persons of all ranks met; it was here the poets recited their compositions; and here they laid the foundation of their fame.

Physicians, though universally agreed concerning the utility of the bath, are not unanimous as to the manner of using it. Some have cried up the warm, others the cold bath. The debilitating and relaxing nature of hot baths, and the bracing and strengthening effects of cold ones, were long maintained. A great revolution has, however, been most beneficially introduced into this theory: for it has been proved that hot baths, so far from debilitating, tend on the contrary, to brace the system, when the temperature of the water

is not higher than that of the body; and this opinion is admitted by most modern physicians; and, so far from being a new one, the ancient physicians held the same opinion relative to hot baths that we entertain at the present day. The hot baths were dedicated to Hercules, the god of strength, and the Romans made daily use of them. And experience has proved that the praises lavished upon the cold bath have been greatly exaggerated; though they unquestionably possess many advantages in peculiar cases and constitutions, and then only under certain prescribed restrictions. Ladies desirous of preserving their beauty, very seldom use the cold bath, unless it be directed by the physicians as a means of restoring health. And considered as a cosmetic, the cold bath possesses no virtue whatever; it renders the skin hard and scaly; and this induration of the skin may prove injurious to health, by checking too suddenly the insensible perspiration.

Warm baths contribute greatly to the preservation of the complexion, by giving freshness and an exquisite colour to the skin. Hippocrates recommends the washing of children with warm water, to protect them from convulsions, to facilitate their growth, and to heighten their colour.* Persons who are very weak,

and whose humours are agitated by fever or by passion, should not bathe; and when the body is too much heated, or covered with perspiration, the bath is not advisable.

Baths, if too hot, would produce an effect opposite to what is expected from them; and like such as are too cold, they would injure the texture of the skin, render it hard and dry, and impair the strength. The warm bath recruits the strength exhausted by fatigue, dilates the pores of the skin, and facilitates the circulation.*

Besides the simple baths, there are likewise compound and aromatic baths for the toilette—namely such to which certain substances are added to augment their energy, or to communicate new properties. A little soap may be added to the water; it then acts with more success, and more effectually purifies the skin.

On leaving the bath, females, more especially those who have delicate skins, should dry themselves with precaution, if they be at all desirous that it should preserve its softness and beauty. Some women have the skin covered with small tubercles; such ought to use a sponge in preference to a towel, for friction cannot fail to take off the epidermis at the top of these tubercles, which would render the skin still rougher, and more uneven. The use of oil after bathing, makes the skin more soft and supple, prevents the contact of the air, and thus protects it against the influence of that element, so destructive to the most perfect charms.

In England and many parts of Europe, the bath cannot be used so frequently as health, cleanliness, and the preservation of beauty might require. How many females are there, whose avocations would suffer by a daily absence of too great length! how many would find it difficult to make even the little pecuniary sacrifice which this part of the toilette demands!—such persons may make amends by particular ablutions, which require neither care nor expense, nor loss of time. Of these consist bathing the feet, washing the hands and face, and other parts of the body. We shall hereafter describe some of the principal toilette baths, that is, such as those into which emollient or aromatic herbs are introduced; and which perfume the skin and render it soft and more supple. The women of Egypt add borax to give it more lustre.

* “Bathing refreshes and invigorates the organs of the skin, which, by the common treatment of children, may soon cease to perform their offices, in consequence of becoming either too soft or too irritable. A child, therefore, will reap a benefit from regular bathing; which, at the present time, is by far too much overlooked. In fact, diseases of the skin arising from flaccidity, and many other causes, will be prevented by it; and those that are unavoidable, such as measles, small-pox, &c., considerably mitigated. The temperature of the bath most healthy for children is between 86 and 96 degrees of Fahrenheit (a little below blood warmth.) The effect of the tepid bath is an uniform circulation and distribution of the fluids, which indeed is exactly what is required. Children therefore should be bathed in tepid water; somewhat cooler for strong children, and warmer again for those that are of a weakly constitution; but in proportion to their increasing in strength, the degree of warmth should always be diminished. ‘In summer,’ says Hufeland, ‘the

MILK SOUPS, AS MADE AT PARIS.

Boil a quart of milk with a very little salt, and an ounce of loaf sugar. Cut some slices of French bread, and place them at the bottom of the dish in which the soup is intended to be served up; pour a little of the milk over, just to moisten the bread; and keep it hot, on warm ashes, without permitting it to boil. Having now covered it closely, when it is nearly wanted, beat up five yolks of eggs in the rest of the milk, put it on the fire, keep continually stirring it; and, as soon as the milk begins thickening, instantly take it off the fire, or it will immediately curdle. If a superior milk soup be required, boil in three pints of milk, a little fresh lemon peel, a pinch of coriander seeds, a bit of cinnamon, and very little salt, with about three ounces of sugar. Let it boil till the quantity be nearly half reduced; then strain it through a sieve; and finish, by mixing up the eggs in a similar manner, and pouring the hot soup on the slices of French bread.

RICH MEAD OR METHEGLIN, EQUAL TO FOREIGN WINE.

The following modern receipt will produce a mead or metheglin fully equal to most of the richest and best foreign wines:—Mix well the whites of six eggs in twelve gallons of water; and, to this mixture, when it has boiled half an hour, and been well scummed, add thirty-six pounds of the finest honey, with two dozen rinds of lemons. Let them boil together some little time; and, on the liquor's becoming sufficiently cool, work it with a little ale yeast. Put it, with the lemon peel, into a seasoned barrel, which is to be filled up, as it flows over, with some of the reserved liquor; and, when the hissing ceases, drive the bung close. After the wine has stood five or six months, bottle it off for use. If intended to be kept several years, put in a pound more honey for every gallon of water. This will produce a most luscious, rich, strong, and salubrious wine; possessing, largely, all the best medicinal virtues of honey.

The applause of the world may satisfy the ambition of man; but woman, pious and virtuous woman, can never be happy, unless she is herself satisfied that her conduct has been regulated by propriety and truth; unless her own heart whispers her cause is right.

There is sound philosophy in the position, that the more a man has the more he wants. It is our nature. But we need not have this propensity directed towards riches. Let the object of desire be liberty, knowledge, virtue, or religion, and then people may go on seeking, gaining, improving, and laying up treasure, as eagerly as they please.

"The most ignorant person knows that proper care of the skin is indispensably necessary to the well-being of horses. The groom often denies himself rest, that he may dress and curry his horses sufficiently. It is, therefore, wonderful, that the enlightened people of these days should neglect the care of their own skins so much, that I think I may, without exaggeration, assert, that among the greater part of men, the pores of the skin are half closed and unfit for use."—*Hufeland*.

"People, in years, should never give way to a remission of exercise. They generally require a considerable portion; but it should be of a temperate description, and such as does not occasion much fatigue, unless their habit of body be too full, when, in order to diminish its bulk, the exercise may be brisker."—*Anon.*

M. C.