

the health, and in cases of its falling off it would often be better to improve the general condition of the body than to use local treatment. It would be well to cut short, or even to shave, if the hair seems inclined to come out very much, and if a hair tonic is necessary, it would be better to get one from your doctor than to experiment with washes, which, according to advertisements, are intended to cultivate enough hair for three heads instead of one.

With regard to the nails there is little to say, save to keep them clean and short. Infection has often been carried under the nails by doctors in the times before the deadliness and ubiquity of the bacteria were realized, and antiseptics brought into such general use.

The mouth and all mucous orifices should be kept most scrupulously clean. The teeth should be cleaned twice a day, and no matter allowed to collect in or between

them. Pins and needles are not good implements to remove bits of food, and if teeth have holes in which food collects, no time should be lost in getting them stopped. The ears should be well cared for, and no implements used to get out wax. If this collects, pour in a little warm glycerine and water, and let it soak for a few minutes. Many cases of deafness are only due to an obstruction of wax, and many more are due to the dreadful habit of picking the ears with hair-pins, etc. In this latter case the ear is often permanently injured.

In conclusion, allow me to say that the body responds well to such little careful attentions with regard to cleanliness; that they take little time, and are no trouble if habitual. We reap the results in a nice soft skin, a good head of hair, which will render expensive hats quite needless, and a general sense of well-being coupled with a pleasing and refined personality.

CONCERNING GROWING OLD

Constance Plumtre.

Among the many admirable essays written by Lord Bacon there is one—not quite to be reckoned of the best, perhaps, since it errs a little on the side of over-brevity—called “On Youth and Age,” in which the author summarises, in the pithy manner characteristic of him, the distinctive marks of these two periods of life. Like Shakespeare, Bacon had the gift of discerning the essential, rather than the accidental, qualities of human nature; so that the comparison he draws between the two applies as fully to the young and old of our generation as of his own.

“A man that is young in years,” he says, “may be old in hours if he have lost no time, but that happeneth rarely. Generally, youth is like the first cogitations—not so wise as the second. For there is a youth in thoughts as well as in ages; and yet the invention of young men is more lively than that of old, and imaginations stream into their minds better and, as it were, more divinely.” Again he says: “Young men are fitter to invent than to judge; fitter for execution than for counsel; and fitter for new projects than for settled business. The errors of young men are the ruin of