

giving water to prevent the soil from becoming too dry. In the Spring repot, using a little larger pot, or if grown in a good-sized pot, use the same sized pot as before cutting the plant back slightly.

Mrs. T. H. W.—The *Maréchal* Nois rose is of delicate constitution, requires careful treatment and should be pruned but very little. I would advise using softwater in its place, or, for a non-climber, *perle des jardins*. Cold drafts cause the leaf to curl up and must be guarded against. Dust with flowers-of-sulphur occasionally. Only a

moderate temperature is required. Use liquid manure freely and after flowering give the plant a season of rest.

L. L.—*Begonias* like a light, rich soil, good, rich garden soil having a little sand mixed with it will answer. Put half a teaspoonful of ammonia in the water when you water your calla. For *hibiscus* use the soil recommended for *begonia*. A little charcoal added to potting soil is beneficial. A strong, moist heat and sunlight are required to bring them into flower.

TALKS ON HEALTH AND BEAUTY.—No. 4.

BY GRACE PECKHAM MURRAY, M. D.

CARE OF THE HANDS AND FEET.

His upright position, speech and the use of the hands for other purposes than those of locomotion, are the crowning characteristics of man as distinguished from the lower animals. The hand is the most useful and expressive member of the body. How much of character and feeling, mental and physical, it expresses, few realize. French savants, observing that certain muscles were called into play to express certain emotions, found the same emotions could be evoked by the contraction of these muscles irrespective of the will. The hands by their motions and attitudes display more frequently the condition of the mind than the face or even the voice. It is Maudsley, I believe, who speaks of the conditions of the hands as determining the possibilities of mental action. If the hands are hard and horny, their possessor is incapable of the delicacy of perception characterizing the individual whose hands are soft and well cared for. It is, therefore, not alone a proof of regard for appearance to keep the hands white and in good condition, but an evidence of mental and moral elevation. The most beautiful hands in the world are the most useful. The hand takes on the expression of its owner's power and capability.

ROUGH AND CHAPPED HANDS.

Either through the delicacy of the skin or the work to which the hands are put, they become red and rough if not properly cared for. If the sleeves or gloves are too tight, the circulation is impeded the hands grow red and their veins swell. This tendency of the veins to swell may be obviated not only by keeping the hands and the arms free from constriction, but by holding them up so that the blood will be returned to the body. The utility of this is easily demonstrated. Owing to the construction of the veins, the blood less readily flows through them than through the arteries. Hence the swollen and enlarged veins seen in so many people's hands. The trouble is far greater, however, in the lower extremities than in the upper. It can easily be obviated by bearing in mind the mechanics of the situation.

The hands become red, rough and chapped by exposure to cold, the use of hard soap and by carelessness in drying them after washing. Tight gloves, or those not thick enough to protect the hands in Winter, will cause redness and roughness. Some think that the unequal temperature occasioned by the use of a muff instead of keeping the hands from roughening causes them to chap. The selection of the soap used upon the hands is of the utmost importance. It will not do to recommend one soap to everybody. A proper selection must be a matter of experiment. The soap that will agree with one skin will not agree with another. Soaps which have no excess of alkali and are not perfumed are best, those made of pure olive oil being good examples of what is meant.

Frequently hands become rough and chapped because of carelessness in drying them. In the hurry to accomplish this task the hasty wipe with a harsh, unabsorbent towel is considered enough. Exposure to the air and frequent washing make the skin of the hands more liable to roughness and dryness than that of any other part of the body. For this reason oily preparations to soften the skin and replace the oil that has been lost should frequently be used. Various kinds of grease can be freely applied to the hands in a manner that would not do for the face for fear of starting a growth of hair. A wide-mouthed jar of vaseline or some other oily preparation should be on the

toilet stand for frequent use, and the hands, no matter how much employed or how often washed, will remain white and soft if this simple precaution is taken. White vaseline is as good an unguent as any. It should be applied while the hands are still wet, rubbed into the skin as one would soap and then wiped off as the hands are dried. Glycerine used in the same way agrees with some skins better than vaseline. The old-fashioned cold cream is also useful. It should be home-made from mutton tallow and camphor, melted together in the proportion of half an ounce of camphor gum to three ounces of tallow. If the hands have become rough and cracked almost to bleeding, cover them with this preparation and wear a pair of loose-fitting gloves at night, or as long as is convenient. They will be softened, whitened and healed in a manner truly pleasing. This is the way our grandmothers cared for their hands before the days of all the wonderful ointments made from petroleum. Almond oil preparations are also good for the hands, but it is not easy to procure them pure. The secret of white, soft hands is not, therefore, idleness, but the choice of a good soap, frequent oily inunctions and careful drying.

NAILS AND HANGNAILS.

If the hands are themselves an index to the condition of the person's health, the nails give an even more exact reading. If they are cracked, dry, broken and lacking the roseate tint, if they are filled with seams and ridges, the health is not as it should be, and the person is not eating the proper foods. Certain occupations will injure the nails. Improper manicuring will have the same effect. It is a question whether the manicure has not injured more nails than she has beautified. She has taught her clients something about trimming the nails, the use of the scissors and the file, and the pushing away from around the nail of the cuticle, the adherence of which is the cause of hangnails. The scissors should never be employed to trim away this rim of flesh, as that will cause hangnails and tend to make the flesh grow with greater rapidity, and to thicken more than if it is simply kept freed from the nail by raising it with the blunt point of scissors, nail file or orange stick. The use of polishing powder is a serious mistake of the manicure. It dries up the nail, causing it to become brittle and crack easily. The high polish and pointed nails beloved of the manicure are ostentatious and unrefined. The white spots which come on nails—spots to which the children have attached prophetic significance, "friends, foes, journeys, beaux and presents"—results from bruises which render the external layers of cells opaque instead of transparent. The careless use of the nail polisher will often produce this result. Some say that the nails should never be cut, but I do not agree with them. They may be easily trimmed with the small, sharp, curved nail scissors, and the edge made smooth with the file and emery paper. Grease is even more necessary for the nails than for the hands and should be rubbed into them daily.

CARE OF THE FEET.

As man is a peripatetic animal, the comfortable use of his feet is very essential to his well-being. This has not been considered of much importance to women, the greatest pedal deformities having been produced in the name of Fashion. Fortunately, deformities, either of waist or feet, are not now