

# HYGIENE.

## Nerves and Nervousness.

Margaret Sangster in a talk to nervous women speaks some pertinent truths. She tells us:

"Half our worries spring from some occult occasion, which we may overcome, and much of our so-called nervousness, it is acknowledged, is born in worry. Some of it comes from subtle springs which are located deep in the fountain of our being, and these are often so uncomprehensible to our friends that they never survey our weakness with little patience.

"Generations of us, from Mother Eve down, have shrieked in every note of the gamut at such of our pet aversions as have crossed our pathway, and the woman of the twentieth century has in her brain the wayworn tracks made for her by her forebears.

"From knowing that a course of action is unwise and inconsiderate to seeing what may be done to rectify it is often the step that costs most and counts for most. Every time when we remain silent, though the desire to speak beats insistently at the door of our lips, every time when, though ready to rush or fly or exclaim with vehemence we are simply quiet, holding ourselves in with bit and rein, we make a real gain in self-restraint. And self-restraint in women marks the line of divergence between the untrained person and the thoroughbred, between the gentlewoman and her of low estate. Voluble self-pity, emphasized dislike, exaggerated statements of emotion, unreasoning terror, all help to demoralize the nerves and make the woman a sort of nervous degenerate, and her power to control herself—her power to shut off steam, to sidetrack an annoyance or conquer a fright—grows as she practices it. By every act of calmness she gains in the essentials which keep her spirit calm and free from agitation.

"To sum up, if we are at the head of a household is it not wise to set its machinery in operation as smoothly and as judiciously and as early as possible every day and then to let it alone? Is it not wise to allow others to carry their own burden and not force upon them, with even gentle despotism, submission to our will in matters involving no principle? And is not self-control, after all, the most winsome and beautiful accomplishment which can ever be attained by a human being?"

## Exercise and Beauty.

The greatest impediment to beauty and the one most constantly met with is a tendency to embonpoint.

The luxury and ease of the lives they lead, the small amount of exercise, either physical or mental, which they take, the quantity of rich, indigestible food which they habitually consume, all these things and many more, gradually tend to spoil the figure and features of women by burying them in layers of superfluous flesh. Yet it is comparatively easy for a woman of correct and wholesome proportions to retain them. But she must not be lazy. She must sacrifice some trifles to the preservation of her good looks.

It is no easy thing to diet off some

of this "too, too solid flesh" when once it gets a headway in one's system. However, it can be done. Embonpoint can be treated successfully and healthfully in but one way, all vaunted "reducers" and patent medicines to the contrary notwithstanding.

That way is to adopt a correct system of diet and to take a reasonable and adequate amount of natural, wholesome exercise. Any drastic and sudden treatment should, however, be carefully avoided.

One of the greatest magnates for attracting health is diet. But here it must be admitted that "what is one man's meat is another man's poison." The fat woman and the lean woman, the rosy woman and the anaemic woman, the robust woman and the weak woman—each one must adopt a different regimen. The woman inclined to embonpoint must eschew such fattening food as breakfast cereals, wheat, corn and graham breads; meats, soups and gravies containing a superabundance of fat; fish preserved in oil, such as salmon, sardines, anchovies, &c.; vegetables containing starch or sugar, such as peas, beans, beets, oyster plant, egg plant, potatoes, turnips, and carrots; sweets, pies, puddings, candies and all farinaceous foods, such as barley, macaroni, spaghetti, noodles, vermicelli, &c. She should never drink liquors, wines, milk or malt beverages.

It is not necessary to enumerate here the things she may and ought to eat. They are suggested by the very things she must avoid, being their diametric opposites.

Now, the lean woman can and ought to revel in all these fat producing dishes, always remembering, however, that she must never indulge in anything that taxes her indigestion, no matter how flesh producing and tempting it may be.

## The Arm and Hand.

Many men declare that nothing fascinates them so much in woman as a beautiful hand.

However, a well kept hand can scarcely be considered a merit in anybody, man or woman. It is a matter of course. There is no readier way to gauge the breeding of an individual than by a study of his hands and nails. Not every one has beautiful hands. But, no matter how badly shaped the hand may be, one can always have a well groomed finger nail, and soft, clean skin.

This may not constitute beauty, but it is a very good substitute.

Many women neglect their hands for six days of the week, and spend an hour on the seventh at their manicure's. They wonder why it is that their hands are never fit to be seen. It is with the hands as with the hair, and complexion, and everything else pertaining to beauty or health. The care must be constant. Every day must contribute its mite.

The requisites for the finger nails are few. A nail brush, an emery file, a nail scissors, a cuticle knife, a polisher and an orange stick, some hot water, a little paste and a pink nail powder comprises the outfit. The woman who does not know how to use these things could not spend fifty cents or a dollar more profitably than by going to a manicure and having her nails attended to.

She can thus learn from observation to perform the manicure's office for herself.

At first it may not be easy to manicure the fingers of the right hand,

but with practice that difficulty can be overcome. A few minutes every morning devoted to the care of the hands will make and keep them soft, white and pretty. If the hands be red and rough the following preparation will improve them:—

White almonds, three ounces; cold cream, four ounces; honey, two ounces; orange flower water, five ounces. Pound the almonds in a mortar to a paste add the cold cream and mix with the other ingredients. Apply at night. Washing the hands and arms in oatmeal water is another means of whitening them and improving their texture. The oatmeal should be boiled in water, a cupful to the gallon, and the hands and arms bathed often in the strained water.

Young girls are often troubled with red hands and red arms. These defects are usually caused by poor circulation or by tight lacing. Then, of course, no amount of "local treatment" can have any beneficial result. Remove the cause. Others are annoyed by perspiring hands. The malady can be checked to a certain extent by washing the hands in hot water and powdering them with fuller's earth.

## Care of the Hair.

No woman who has a scant, frowsy, ill groomed head of hair can possibly be beautiful. On the other hand, a woman, however homely her features, if possessed of a luxuriant growth of soft, glossy, beautifully dressed hair may be very good to look at.

There are women who think because their hair is thin and poor that it is not worth "fussing over." But it is the thin and poor hair that must be cared for. Otherwise its possessor will be bald long before middle life.

The sooner the hair the more liable the scalp to disease. Germs, microbes and dust find room in which to lodge and in which to accomplish their root destroying work. Hair should never be washed oftener than once in four or six weeks. Constant washing ruins the hair. It deprives it of its natural oil, makes it liable to fall out and break and hastens a tendency to grayness. Very hot water and strong soaps should never be used. The yolk of the egg makes the very best shampoo. Beat the yolk up, mix it with a little tepid water and rub it thoroughly into the roots all over the scalp. Then rinse the hair in two or three tepid waters. This method of washing the hair renders it beautifully soft and glossy and gives the pretty fluffy effect which most women think can only be obtained with soda, ammonia or strong kitchen soap, all of which are absolutely fatal to the hair.

One's method of dressing the hair has much to do with its general condition and wellbeing. Twisting and pulling the hair tightly from the scalp are most injurious. The hair should be arranged as loosely as fashion and beauty will permit.

Never, under any circumstances, use or permit any one else to use, hot irons to wave or curl your hair. Irons may beautify the appearance of the hair for a few hours, but they quickly ruin and destroy its beauty. They burn away all the natural oil which is the source of the soft sheen and glossy surface so alluring in the hair.

## Toothache.

There are several kinds of toothache, due to very different causes, and as not all sorts are capable of relief by the same means, it is useful to be able to distinguish among them.

One form of toothache is due to dis-

ease of the tooth itself, another to disease of the parts about the tooth, and still another to neuralgia of the nerves, the teeth themselves being perhaps perfectly sound.

The most common toothache is caused by congestion or inflammation of the pulp of a tooth. The pulp is a soft material filling the centre of the tooth and serving as a bed for the nerve and the blood-vessels. When the blood-vessels are enlarged, as they are in case of congestion or inflammation, the pulp is compressed, since the hard walls of the tooth prevent expansion, and so the nerve is pressed upon and becomes painful.

The ache so caused is fierce and throbbing, a jumping toothache. It is worse when the sufferer stoops or lies down, and is increased by contact with cold or hot water or food, with sugar or salt, or with the air. The only difference between the pain of a congested tooth-pulp and that of an inflamed pulp is that the latter is worse.

If in a case of toothache of this kind there is a cavity resulting from decay of the tooth, the pain can usually be relieved by the insertion of a little pledget of cotton soaked in oil of cloves.

Severe toothache may be caused by inflammation of the socket of the tooth, which may go on to an abscess, with swelling of the face and great distress. In this case the tooth is sore when tapped or pressed upon. The pain is severe and continuous,—not intermittent, as in inflammation of the pulp,—and is usually relieved a little by cold, but aggravated by heat.

Sometimes relief is afforded by cold applications to the cheek; but of course a dentist should be consulted as early as possible in order that the inflammation may be controlled before it results in the formation of an abscess.

The worst form of toothache, or at least the most obstinate, is usually a neuralgia. In this case there is not apt to be swelling, the teeth are sound, and the pain is not increased by sweets or salt, or by moderately cool or warm food.

## Hints for Improving the Carriage.

There are comparatively few women who are really graceful in movement, as one easily notes by observing the passers-by in any street, even where beauty and fashion are largely in evidence. Most people either "slouch" along, or they "travel" or "tramp," or perhaps even "prance," so that the few who have learned to walk are a real refreshment for the eye to rest upon.

Grace is not by any means most often seen among fashionable folk, for it consists in ease of motion, and fashionable people are often cramped by garments and conventions into most awkward stiffness. For gracefulness of carriage French peasant women, who are accustomed to carrying weights on their heads are deservedly noted. In the effort to keep the balance of the burden they are carrying these women add Hygiene men train all the muscles of the body in order that they may walk smoothly and steadily, and the result is a queenly carriage which many a great lady might envy.

To attain a graceful carriage, much may be done by practicing walking with some object on the head—a little cushion, a book, or even a light board would do—and certainly all young people should learn dancing, and, if possible, fencing. These exercises produce firmness and flexibility in the limbs, and the power of sustaining balance.