

TRY THE SOAP CURE.



HOSE who take care of health do not need medicine. Many women are much troubled by little black specks about the mouth and nose called "blackheads." Some ascribe to them the romanticism of ill health. I regret to say that they are simply dirt—the result of soft coal and waste impregnated by black soil, aided by the wearing of little nose veils, which, were they white, would by their looks give some warning of their condition.

The best way to get rid of them is to make a stiff lather of some clean, honest soap and water, but so ever you can bear it. With a toothbrush rub gently (in a rotary manner) the parts affected once a day for three or four days, then less and less often till they disappear. The soap should be left on all night. The treatment will redden the skin naturally, but that disappears in a few moments. For the persistent ones, rub well in a little Holland gin with a soft white cloth. On no account squeeze out a blackhead. This but makes the pore larger for a larger speck next time. Those who are subject to blackheads must use soap.

Those little impish pimples that usually pop up the day of the party or when one's best fellow is coming to town may be stopped (for the time) by a little alum dissolved in water applied through the day. Sulphur applied in the same way and camphorated vaseline are also prompt cures. As pimples, however, are an indication that the blood is not in good condition, that should be attended to at once. As camphorated vaseline is conductive to superfluous hair, it must be used as sparingly as possible.

The more difficult pimples should be allowed to ripen perfectly, then squeezed till bright, fresh blood comes, showing that all bad matter has been drawn off. When squeezed too soon the skin is marked and the pimples soon reappear.

The most commonly seen form of pimple and blotch is a form of acne. It is caused by imperfect circulation and digestion. It can be almost wholly cured in a few weeks even after several years' standing by persistent steaming, hard rubbing with a coarse crash towel and the application of a good facial soap at night. Rub the soaps in with a stiff shaving brush, leave on all night and wash off in the morning with very hot water and rough towel. Alcohol and camphor, once a day perhaps, also aid in the cure. No creams or oily substances should be used.

Regular daily gymnastic exercises should be pursued, with special motions to strengthen the stomach and abdomen, here being the seat of the trouble. If neglected, acne becomes chronic and incurable. I know a lady of fifty who has been steadily treated for six years, while a girl of seventeen who has had it in its worst form for four years was almost wholly cured in six weeks by the use of facial soap, Turkish baths, local steam baths and regular gymnastic and swimming lessons.

Freckles can be made to disappear permanently. The old treatment of freckles consisted in peeling off the skin. This made a babylike complexion for a week or two, but the skin being made by this means superfine, the enemy returned with increased strength in color and number.

A modern method treats freckles as being little clots of iron settled under the skin which the sun draws to the surface. By the use of tonics and skin foods the clots are dispersed and driven back into the system to join with the other red corpuscles. This I have seen successfully done a score of times. (May Heaven bless the inventor!) By the use of a tonic occasionally, once dispersed the freckles will not reappear.

Women like the idea of steaming. It is heroic and quick; but it does not act equally with all, and must be used in moderation or it dries the skin. For extremely oily skins or to give a thoroughly clogged skin a heroic start it is beneficial. The best way to accomplish it is to hold the face over a deep, narrow pan of very hot water, with a towel over all to keep in the steam. Fifteen minutes is sufficiently long.

Some are benefited by dashing the face with very hot and very cold water alternately. For some this is but a temporary excitement and deadens the skin.

It is well to avoid a constant and careless washing with soap and water. Here again individual experience must be had. A coarse, greasy skin may be washed once a day; once a week is sufficient for others. Great care should be used in the choice of soaps. Any kind that bites the tongue is harmful to the complexion. The best kind bases like olive oil—sweet and smooth. Spanish olive oil or pure white castile from some reliable house are both good. One rub of the soap over the cloth is sufficient. Even then water should be shaken over it to prevent its direct contact with the skin. The face cannot be too well washed off after soap. Most of the roughing, chapping and other damage, especially to hands frequently washed, is the result of imperfect rinsing and drying.

Most women wash the neck and hands too much in lathers of soap. They may find these parts to have become aged much more than the face in consequence. Plain water often is sufficient to rinse off the hands, and cocoa butter will find a good cleanser of those dark grime made around the neck by furs and ribbons. FANNIE EDGAR THOMAS.

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