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H E B E;

OR,

THE ART OF

PRESERVING BEAUTY,

AND

CORRECTING DEFORMITY;

BEING

A COMPLETE TREATISE

ON THE

Various Defects of the human Body, with the most approved Methods of Prevention and Cure; and the Preservation of Health and Beauty in general.

INCLUDING AN EXTENSIVE COLLECTION OF SIMPLE YET EFFICACIOUS.

COSMETIC AND MEDICAL RECIPES,

FOR

Essences, Pomatums, and Washes for the Complexion; Liniments for thickening, strengthening, and preserving the Hair, and changing its Colour; Dentrifices for cleansing and whitening the Teeth, preserving the Gums; sweetening the Breath; and curing the Tooth-ach: Remedies for Pimples, Freckles, Warts, Corns, Chilblains, and every blemish injurious to Beauty.

LONDON:

Printed for J. WALKER, No. 44, in PATER-NOSTER-ROW.

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WORMSER. 8 Sept. 1752

P R E F A C E.

THE design of the following work is to exhibit a rational method of preventing and correcting the natural or accidental deformities and blemishes of the human body, and of improving and heightening natural beauty.—Such a work, founded upon just principles, will, it is hoped, prove of general utility.

Physicians seem hitherto to have considered whatever relates to *Cosmetics*, or the preservation of beauty, as a subject beneath the dignity of their pen: hence it has been confined chiefly to miscellaneous collections of *Recipes*, often dangerous, often absurd in their composition, and generally useless from the want of discriminating their application; as we shall presently shew.

It is not from the *novelty* of the subject, therefore, but from the comprehensive and

connect manner of treating it, that the writer hopes for approbation. Such is the natural love of mankind for the embellishment of their persons, that above two thousand years ago they had begun to cultivate this art. — *Heraclides*, of *Tarentum*, dedicated a treatise on Cosmetics to *Antiochis*, with whom he had fallen in love. *Mosbion* and *Mercurialis* wrote on the blemishes of the complexion. *Artemisia*, queen of *Caria*, (who, for affection to her husband, will ever remain the admiration of future ages) very much cultivated this subject. *Arpasia*, the beautiful Persian lady, who captivated the hearts of all the neighbouring monarchs, has left to the fair sex a collection of precepts for the preservation of health and beauty, of which we find several fragments in the works of *Ætius*. We have likewise a book on the same subject, entitled, *Cleopatræ Græcorum Libri*, attributed to the famous Egyptian queen, of amorous memory, from whom succeeding writers have borrowed

rowed many of their compositions. Thus, though we have not the merit of being the first who have written upon the subject, yet there is a circumstance in our favour that is often decisive of an author's success,—that of being the latest.

It is certainly not only excuseable, but highly commendable to pay attention to personal accomplishments, and the gracefulness of the body, while such attention is confined within certain bounds, the extent of which reason will dictate, though custom may greatly influence. We are born for each other; and therefore it is a duty we owe to society, as well as ourselves, to endeavour to be mutually agreeable; and to prevent or correct every thing shocking and disgusting. Indeed, a regard to personal decency should never be neglected, even in a state of perfect solitude: it would be an insult to ourselves, and derogatory to the respect we owe to our Creator. Personal negligence

not only implies an insufferable indolence, but an indifference whether we please or not. It often, too, betrays an insolence and affectation, arising from a presumption of being sure to please, without having recourse to the means which others are obliged to use.—Such are the principles upon which the following treatise is founded.

The FIRST BOOK is an introduction to the others, and contains a general description of the external parts of the human body; examining, indeed, those parts only which are most liable to deformity by nature or accident; and delineating the proportions of the human fabric, the variety observable in the formation of some of them, and the taste of different nations in their ideas of personal beauty. In this part the author has consulted the most eminent anatomical writers and lecturers whom he has read and attended, particularly the late justly admired Dr. *Hunter*.

The SECOND has for its object the art of preventing and correcting the natural deformities of the *head*; beginning with those of the skull, and parts most obvious to sight: the hair, and its defects, in respect of colour, quantity, strength, &c. Then the face in general, in regard of air and mien; the forehead, eye-brows, eyes, nose, cheeks, ears, mouth; the skin, and complexion, as subject to pimples, freckles, marks, and other accidental blemishes.

We then treat of those parts that are less apparent, as the gums, teeth, and tongue, which closes our review of the head.

In this part we have been somewhat diffuse; induced thereto as well by professional knowledge, as by the nature of the subject; prescribing a very easy and innocent method of preserving the teeth, and offering no recipes for their complaints but such as we are experimentally convinced are equally simple and efficacious.

Some observations on the tongue, loss of voice, dumbness, and other relative articles, conclude the second book.

The THIRD has for its subject the correction and prevention of bodily deformities :— We first consider particularly the deformities of the shape, with respect to the trunk of the body, and the modes of relief. And secondly, take a view of the extremities, the arms, hands, legs, and feet, with their various blemishes, pointing out the most approved and certain remedies, and extending the view to the minuter accidents of corns, warts, chilblains,—the nails, &c.

We first consider the parts in their natural perfection, and teach the method of keeping them in that perfect state ; afterwards point out the deformities to which they are subject, and lay down the means of correcting them, from those which affect the body and face, to those which the nails and hair are liable to :

In

In all which the precepts of HEBE will be found singularly efficacious.

It may be necessary to observe, however, that we mean only such defects as cannot be concealed, and which it is in the power of the parties themselves, or the parents of children, to prevent and correct. When, for example, we treat of the disorders of the *eye*, we do not pretend to say in what manner a *gutta serena* may be cured; or how a *cataract* is to be couched: these require the knowledge of medicine, and the dexterity of chirology to manage them: and this remark must be extended to all similar cases.

The FOURTH BOOK considers the subject of Beauty in a new light. It points to the preservation of that desirable quality by an attention to natural methods; (namely, by exercise, diet, personal cleanliness, regulation of the passions, amusements, &c.) founded on the invariable connection between perfect health and personal loveliness; an
idea

idea which we have first endeavoured to establish upon just grounds, before we draw any consequences from it. And as we have had a particular view to the service of the ladies in every part of this work, it is concluded by some medical precepts, for their sole use and attention: they arise, indeed, from the foregoing considerations, and will, it is presumed, be found of singular utility to those who reside at a distance from the capital, or are otherwise out of the reach of physical advice; besides offering the means of restoration to health, without injuring their delicacy by a communication of their feelings to any person living, or even mentioning the nature or cause of their disease.

The ingredients of the many useful recipes, which are dispersed throughout the work, are all innocent and simple, can be purchased at much less expence than what is paid for a single ready-made composition; the effects whereof at best are uncertain, and often destructive;

fructivè ; while ours are uniformly rendered subservient to the preservation and improvement of *health* as well as *beauty*.

We have, indeed, been particularly solicitous to give such preparations as are at least totally devoid of every pernicious quality, and of directing the most effectual means for improving and preserving the complexion, without having recourse to any baneful methods of disguising it : for with respect to *paints* and *rouges*, we can justly say, after having carefully analysed all the cosmetics which have been imposed upon the world under that denomination, that there is not one to be found, which is not absolutely incapable, either from the texture, or the quality of its ingredients, to answer safely or effectually, the purpose for which it was intended.

If the substance is a powder, and dry, it may exhibit a higher complexion, but can never reflect that polished clearness attendant on a delicate skin. If, on the other hand, it

is plastic and adhesive, it affords a more shining varnish, but totally stops the perspiration; and if spread over a considerable surface, may, in time, produce such disorders as it is impossible to extirpate. The indispensable exhalations of the vital fluid are detained; and let the ladies beware, lest in the triumph of superlative beauty, they fall a sacrifice to the ambition of futile allurements. Let not false refinement induce them to destroy that inestimable blessing, *Health*, which alone can give fragrance to the lip, bloom to the countenance, and lustre to the eye.

But could this treacherous art even be practised with impunity, what pleasure can it possibly yield?—Can it ever inspire the soul with that conscious delight which results from the possession of native charms?—Can it ever elude the keen, the penetrating gaze of lovers?—It may;—but short will be the triumph of imposture;—and when detected, —adieu to love and happiness. Never, therefore,

therefore, attempt to increase the bloom of youth, by methods so inadequate and destructive to all gratification.

If any thing we can say on this subject shall have a happy tendency to rescue beauty from the hands of empiricism, and mark the nice distinction by which its charms may be either improved or fatally diminished; our labour will be well rewarded.

There will be little need to urge the cultivation of personal charms upon the principle of a duty. Beauty is so amiable a personal endowment, and so principal an object in attracting the affection of both sexes, that the improvement and preservation of it will always command the attention of the elegant and refined part of mankind.

In proportion as the effects of beauty are felt and experienced, the cultivation of it has been attended to. And in most parts of Greece, in Turkey, and in Circassia, where the exquisite beauty of the women even sur-
 passes

passes the most luxuriant imagination, the preservation of their charms has always been the chief object of their regard; and certainly in no parts of the world is the cosmetic art either so well known, or so carefully practised, as in those countries; where it is much more the care of the parents to model the faces of their children to the standard of perfection, than to polish their minds, or cultivate their morals.

In those fertile and happy regions of the earth, the delighted mothers * may be seen daily bending the eye-brows of their little offspring into a beautiful arch, while, during the task of maternal fondness, the smiling prattlers exult at the prospect of their future charms, and kiss with filial ardour the hands that form them for transport.

Though the arts of embellishing the person, and the desire of engaging the admiration of the men, have in fact been pretty similar

* Vide Dr. Chandler's Travels through Greece, &c.

similar among the ladies in all ages and countries ; yet we have a peculiar *penchant* for tracing such customs among a people to whom we have been so much indebted for our arts, sciences, and our best notions of polished life. Under this idea, therefore, it may not be a disagreeable prospect to take a view, *en passant*, of the toilette of the Grecian dames.

Some writers have been very diligent in collecting the articles which administer to the adjustment of a lady's dress—and behold the list !

“ The razor, sciffars, wax, nitre, false hair, fringes, lace, mitres, (a sort of scarf or sash) ribbands, and the pumice stone, (formerly used to polish the skin, now for the feet only) white lead, pomatum, the crown, paints of various colours, the necklace, the smart undress, hellebore, fillets, bands, the girdle, buckle, tunic, the hoop-petticoat, ear-rings, trinkets, the fly-cap, little roses, clasps, gold

chains, the seal, scarf, tippet, veil, rings, smelling-bottles, with a thousand other particulars, which it is impossible for the most exact memory to retain."

However long the catalogue, the modern dames of Greece have not suffered one *item* to be struck out of it.

It must be confessed, that the very minute researches into coquetry is chiefly to be attributed to those whose occupation makes it necessary for them to dress with all possible excitements to captivate the men; and that women of this class have peculiar allurements of dress to excite loose ideas. But it must be owned also, that women of character in modern Greece, as well as in modern Britain, follow their example in that particular but too often. In one respect, however, the married ladies differ materially from many of our fair countrywomen,—that the former very commonly exert their utmost skill in dress, without the least intention of going abroad,

or

or even being seen by any stranger, but solely to indulge their own, and their husband's fancy; in whose absence the generality of Grecian wives constantly neglect every kind of ornament in dress.

The extravagance of female ornaments often excited the resentment of the holy fathers of the church; and to have a complete idea of the excess to which the women of Greece formerly carried their luxury, it will be necessary to read the declamations of St. John Chrysoftom against the women of his times:—declamations, however, which were imitated, and poured forth with equal resentment against the ladies of Britain by our own clergy not a century and a half ago.

“ Besides their ear-rings, says he, they
 “ have other ornaments for the extremity of
 “ the cheek: their faces besmeared with
 “ paint, and even their eye-lids not exempt
 “ from it. They wear petticoats netted with
 “ gold, and their necklaces are likewise all

“ gold :—upon their hands they wear plates
 “ of the same metal. Their shoes are of
 “ silk or velvet, glittering with embroidery,
 “ and terminate in a point. They ride in
 “ chariots, drawn by white mules, and are
 “ followed by a troop of maidens and ser-
 “ vants.”

We conclude these remarks on the dress and arts of the Grecian dames, with observing their enthusiastic passion for *black-eyes*,* in this partiality they are followed by the Parisian ladies, who, perhaps, have borrowed from the Greeks the custom of painting the eye-brows and the hairs of the eye-lids of a black colour; for which they use a preparation of antimony and gall-nut.

Nor were ever female arts carried to a greater height among the Grecian dames than among the Parisian ladies, who certainly have a much better apology, as being the least favoured

* Homer characterizes a fine girl to be, “ a beauty
 “ with languishing black eyes.”

favoured by nature of any women on the European continent. But as Pope justly observes, that a deficiency of understanding is usually supplied by an ample portion of pride, so the little share of personal charms possessed by the French ladies, is recompensed to them by an unparalleled degree of *vanity*; and they are fully persuaded, that the genius of taste and elegance in *dress*, and every ornament wherewith invention continues to grace the human frame, belongs to them with an exclusive right: and *that* vanity would be highly offended, were a foreigner to dispute their supremacy on this point. And though they make a virtue of necessity, by yielding the palm of beauty and comeliness to the British fair; yet they still tenaciously challenge the superiority in all other endowments: to support which, they alledge the universal consent of other nations, in adopting their example in the above respects; yet the imitation of any mode is no more a proof of
the

the imitator's approbation, than of the propriety of the mode itself.

The discussion of this point would carry us much beyond the bounds of a preface; which we cannot however close, without acknowledging our obligations to many medical writers, who have occasionally condescended to drop hints on the subject—but to no one particularly so much as *Monf. Andry*, late professor of medicine in the Royal College, and senior Dean of the Faculty at Paris.

LONDON,
MARCH, 1784.

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T A B L E
O F

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H E B E ;

H E B E.

B O O K I.

*A general Description of the external Parts of
the HUMAN BODY.*

ANATOMISTS have usually divided the body into the trunk, and extremities: the trunk is supported by the spine or back-bone, and comprehends three cavities: *viz.* the *head*, called the upper cavity, which is supported by the neck; the *thorax*, or chest, called the middle cavity; and the *belly*, properly so called, but generally denominated the lower cavity.

The extremities are the *arms* and *legs*. Each of these is divided into a great many other parts, which we shall name and describe in order, in respect of their external appearance.

The **HEAD** or upper cavity, which is the first part of the trunk, comprehends, externally, the *cranium* or skull; the *hairy scalp*, or covering of the skull; and the *face*.

The *cranium* is that bony case in which the brain is inclosed.

The *hairy scalp* includes all that part of the head upon which the hair grows: that is to say, the upper and hind parts of it, and the sides. The upper part of the head begins at the top of the forehead, and is called the *synciput*; the hinder part begins at the crown of the head, and is called the *occiput*. On the sides of the head, between the eyes and the ears, are the two temples, which make a part of the *occiput*. The temporal bone is the weakest of all the others in the head; and hence it is, that wounds in that part are so frequently mortal. Here, too, the first indications of old age appear, by the hair on this part becoming grey or white.

The *face* is composed of those parts which make the fore part of the head, as the brow, the eye-brows, the eye-lids, the eyes, the nose, the ears, the cheeks, the lips, and the chin; to which may be added the skin, the covering of the whole; the colour, texture, and delicacy whereof is an essential ingredient in the composition of beauty.

That space from the eye-brows, upward, to the beginning of the *synciput*, is called the *front*; which name, anatomists tell us, it has obtained from a Greek word which signifies to reason, or to have reason: it being chiefly by the brows that one knows when the mind is deeply employed in thinking.

At the lowest extremity of the forehead there arises on each side a small heap of hairs, ranged in form of an arch, called the *eye-brows* or *supercilia*, because they are placed immediately above that part of the eye which is called the *cilium*.

That part of the eye-brow which is nearest the nose, is called the *head* of the eye-brow, the other

is the *tail*. The space between the two eye-brows is named the *intercilium*.

The *eyes* considered externally, are composed of a great many parts;—the two little curtains which are placed above and below them, are called the *eye-lids*; the upper one is moveable, the other almost, though not absolutely fixed. They have each a small border planted with hair; which is called the *tarsus*, and the hair the *cilia*.

Each *tarsus* has a little opening at the side of the nose, through which the tears pass; these openings are called the *puncta lachrymalia*, and are the seat of that disorder in the eye called the *fistula lachrymalis*. The *eye-lids* join with each other towards the nose, and on the opposite side; by which union there is an angle formed on each side. The angle towards the nose is called the great angle of the eye, and the other is the lesser angle.

Within the *eye-lids* is inclosed a round polished body, called the *eye*, or the ball of the eye; a kind of telescope of infinite perfection, which transmits images in an exact and complete manner even to the bottom of it. This bottom is invested by textures of nerves, on which the image is imprinted, and by that means the sensation is produced, of which one of these textures is the immediate organ. What appears of this ball or globe, is white, with a point in the middle: the white part is called the white of the eye; and is composed of a coat, named the *tunica conjunctiva*, because it connects all the parts of the eye together. In the point in the middle of the eye, is a circle called the *iris*, from its variety of colours: and is furnished with muscular fibres, in the form of rays and cir-

cles, by means of which the *pupil* dilates and contracts itself. It dilates in the shade, and contracts when affected by a strong light. In the centre of this circle is that opening in the coats of the eye which we have just called the *pupil*.

The nose is that fleshy eminence or projection in the middle of the face, and is the external organ of smelling. The nose is divided into several parts.—The upper part between the eyes, or rather a little higher, is called the root of the nose; immediately below which is the spine or ridge; this part of the nose is all bony. To the spine is joined a gristly substance, which reaches to the end, and is called the globe of the nose; at the sides of which are two other cartilages or gristles, called the *perinæ*, or nostrils—The nostrils are separated by a small fleshy partition, called the *columna*; and underneath is the *philtrum*, a sort of furrow that divides the upper lip.

The sense of hearing is situate in the ear. The greatest external part of this organ consists of a large cartilage, which is the basis of the others. There are two portions, the one large and solid, called *pinna*, which is the upper part, the other small and soft, called the *lobe*, which makes the lower part. A full description of this member would lead us beyond our purposed limits; suffice it therefore to say, that the outward circle which touches the hair, is called the *helix*; and the other circle towards the face is called the *antihelix*: between these two circles is a cavity named the *boat*.

In the *helix* there is a semicircle called the *sickle*; and next to this a concavity named the *concha* or *shell*: under the *concha* is another cavity situated in the middle of the ear, which goes to the *tympanum*, and is called the *bole* or *bive*. The *lobe*
is

is divided into the upper and lower part ; to the latter of which pendants and ear-rings are fastened : near the cheek is a flat semi-circular eminence, called the *bircus*, which when pressed against the ear serves as a cover to shut it exactly up.

Between the two cheeks is the cavity of the MOUTH, composed externally of the lips, which are the entrance into it ; and consisting internally of the jaws, gums, teeth, and tongue. The lips are partly composed of a soft spongy substance, which swells and subsides on certain occasions, independant of the muscular action, and is mixed with fat. The substance that forms the red borders of them, and which is extremely sensible, is a collection of fine long villous papillæ, closely connected together, and covered by a fine membrane.

The CHIN is the anterior part of the lower face : it has underneath it a fleshy part coming from the neck, called the *buccula*, or little gorge.

Along the gums of the upper and lower jaw there is a row of small white hard bones, which not only serve as an ornament to the mouth, but are also of great use in chewing our food, and assisting our pronunciation :—these are the *teeth*. In adults, or grown-up persons, they are generally thirty six in number, *viz.* sixteen in each jaw. Of these there are two fore-teeth in the front of the upper, and the same number in the front of the lower jaw ; these are called *incisores*, or cutters, from their employment, which is to cut or break the solid food.

Next to the *incisores* are two very sharp teeth, one adjoining each of the above, called the *caninæ*, because they are pointed like dogs teeth.—The two next, one adjoining each of the former, are the *eye-teeth*. The eye-teeth are succeeded by the

four *small double teeth*, or *small molares* or *grinders*; two on each side behind each of the eye-teeth; with two roots, though frequently so connected as to seem but one. Adjoining to these, are the four *large double teeth*, two on each side, having three roots. Lastly, the *dentes sapientiæ*, or teeth of wisdom, which seldom push out till about one-and-twenty; they have three roots, which are shorter than any other, and generally connected through their whole substance. The teeth in each jaw correspond in shape and number, and are distinguished by the same titles; except that the large double teeth, and the *dentes sapientiæ* in the under jaw, have only two roots; and the four front teeth in the under jaw being all of a size or nearly so, and smaller than the four front teeth in the upper jaw.

The next division of the subject leads us to delineate the external parts of the chest.

The *neck* is commonly looked upon as a part of the chest, being that pillar which supports the head, and the principal parts which it contains depend upon the chest. The lowest part of the neck in front is called the throat or gullet. In the upper part of the front of the neck is a protuberance called *Adam's apple*; this prominence is a part of the larynx or wind-pipe, (the instrument of the voice) and by its advancing forward, forms this lump, which appears much more plainly in men than in women; the latter having large glands in this place, that make their necks rounder, and the gullet more full. In the action of swallowing, this protuberance rises up, and afterwards descends; occasioned by the descent of the aliment forcing the
la-

larynx to ascend while the food obtains a passage into the stomach.

At the fore part of the bottom of the neck, are two semicircles joined together, one on the right side, the other on the left; these are the *clavicles*; two little bones that form the upper part of the vault of the chest, which begins here, and terminates behind the false ribs.

The *sternum* or breast-bone, is a flat bone placed in the middle of the breast, filling up the space between the extremities of the ribs on each side; and is that part which in animals is called the *brisket*. The fore-part of the chest or thorax is properly denominated the breast; the hinder part is called the back; the bone which divides it in the middle is composed of twelve vertebræ or joints, and the two scapulæ or shoulder blades: the use of the parts of the thorax in general is to assist respiration and the circulation of the blood, in both sexes; and in women to the producing of milk.

In the middle and fore part of each side of the chest, there rise two round tumours or eminences, called the *breasts*, which are a good deal larger in women than in men. The breasts of the former are composed of glandular bodies, interspersed with an infinite number of vessels, which serve for the secretion of milk; while those of the latter are nothing more than skin, flesh and fat. In general, the breasts of men ought to be small, and a little plain: in women, round, high, and have the appearance of two globes, separated from each other by the middle interspace. On their center stands a little protuberance, called *papillæ* or nipple; it is encompassed by a reddish circle, called the *ray*, or *areola*, which is pale in young women, brownish

ish in women with child and nurses, and black in old age. In females, the handsomest breasts are round, and of the form of a hemisphere; but the best for giving suck are those that hang down a little.

The size of the female breast varies in different countries, and different periods of life. In youth there is scarce any further appearance than the nipples; but they increase insensibly, and are usually formed about the age of fifteen or sixteen: they continue growing till about twenty, and remain firm till after thirty; but at about forty-five or fifty, become quite withered, and in old age there remains nothing but the teguments.

In regard of the third cavity into which the body is divided, we shall have little more to say here, than that from the inferior extremity of the sternum down to the thighs, is the *lower belly*, the fore part of which is named the *abdomen*.—Any further enumeration of these parts, would be unnecessary, and inconsistent with the plan of this work.

Having finished the trunk of the body, we come now to consider the extremities, which are the *hands* and *arms*, the *thighs* and *legs*. And indeed these parts themselves, as well as their names and uses, are so well known and understood as to render description unnecessary; and their respective beauties and proportions will be sufficiently pointed out when we come to treat of the means of preventing or rectifying their deformities.

The *nails* are a horny substance growing over the ends of the fingers and toes, serving to defend them against injury. Three parts are to be distinguished in them; *viz.* the root, body, and

and extremity :—the root is white, and like a crescent, the greatest part of it being hid under the semi-lunar fold; the body of the nail is naturally arched, transparent, and of the colour of the skin underneath. The extremity of the nail does not adhere to any thing, and grows as often as it is cut, in a similar manner with the hair; not from the extremity, but pushing forward from the root.

All the external parts of the body are wrapped up in one common covering, the *skin*, which is composed of two parts : the first is very thin, and is called the *epidermis*, *cuticula*, or *scarf skin*; the other is thicker, lies under the cuticula, and is the *cutis*, or skin properly so called.

The *cuticula* is a compact membrane somewhat transparent, and void of feeling; it covers all the true skin, and adheres very closely to it : This is the skin which forms the bladders or blisters occasioned by burning. It is the colour of the cuticula which denominates the complexion.

In the sanguine disposition the cuticula is of a vermilion colour, or a mixture of red and white; in the bilious temperament, this skin is dry, and of a yellow cast; the flegmatic, again, have it soft and white, while the melancholic is rough, brown, and of a leaden colour :—not that we are to imagine these colours belong really to the epidermis; but only as this membrane is very thin and transparent, it allows the colour of the true skin to appear through it, in the same manner as objects appear through a glass.—The use of this skin is to cover the true one, and render it smooth; to hinder too great a dissipation of the humours, by the extremities of the vessels which terminate there; but chiefly to blunt the sense of touch,
which

which would otherwise be too acute, and attended with pain, if the impression of objects was immediately made upon the fibres and nerves which terminate therein. We should truly then, in Pope's language,

“Smart and agonize at every pore.”

When the epidermis becomes thick and callous, the sense of touch is not so lively, and the perspiration is less free. This skin is very thick upon the loins, back, and extremities; but thinner upon the face, and still more so on the lips: It is generally more difficult to be pierced by pointed instruments in the belly, than in the back.

The *cutis* or true skin is a kind of net, composed of fibres, veins, arteries and nerves. Its uses are various;—it surrounds, covers, and defends the parts that lie underneath; it is the organ of feeling; and is an universal emunctory to the body, cleansing the blood of redundancies by the means of sweat and perspiration; while these in return help to prevent the acidity or crininess of the *cutis* itself. Its pores are a great deal more open and lax in summer than in winter; and this is the reason that the furs of animals which have been flea'd in winter are much better than others, because the hairs are more firmly rooted in the skin at that time.

The foregoing observations will be sufficient to give an idea of the external parts of the human body; we shall therefore conclude the subject with a few general remarks on personal beauty.

It will be readily allowed, that many objects may please the understanding without interesting the senses; and on the other hand, agreeable sensations

tions may be excited by objects that have no claim to the approbation of our judgment. Hence, the impossibility of fixing a general characteristic of beauty; for the ideas and sensations of different persons vary according to their different turns of mind, and habitudes of body; and the effect of objects upon these ideas and sensations, vary in the same manner: and thus arise the different opinions respecting, not only personal beauty, but painting, statuary, and literary composition. The best definition we can attempt of this vague idea, is to say, That beauty is that pleasing effect which arises from the harmony and justness of the whole composition.

In vain do painters and anatomists lay down rules and proportions for beauty: the most charming faces, and most elegant forms frequently, nay generally deviate from these established proportions; while many, in whom such proportions may be most accurately observed, are far from being agreeable, much less beautiful. Instead therefore of telling the reader, that the head with the neck make a sixth part of the body,—that the measure of the face is the length of the palm of the hand, &c. we shall point out the conformation of the parts of the body, considered separately, in such objects as are generally allowed to be beautiful.

The head, then, ought to be rather large than otherwise; of an oval figure, flat on the sides, and moderately prominent both before and behind.

The face should be longer than it is broad, and have something of a *relievo* or projection. Among the ancients, long faces were esteemed the most beautiful, as is evident from their statues; and the face of our Saviour is represented very long in all the ancient pictures.

The forehead ought to be somewhat high and prominent, but very gently so.

Each eye-brow should form an arch, and be sufficiently adorned with hair.

The eyelids to be bordered with hair of a graceful length.

The eyes large, and well set; the nose pretty long, with nostrils of a middling wideness; the cheeks, full, firm, and roundish.

The mouth ought to be small.

The lips moderately pouting, and their borders of a delicate vermilion tincture.

The ears ought to be small, and neatly joined to the head.

The chin a little roundish.

The teeth, which (when exposed to view) adds much to the agreeableness of the countenance, should be close set, firm, white, and rather broad than otherwise; which I think adds to the dignity and expression of a countenance; while long narrow teeth have a very unmeaning appearance.

The neck disengaged from the shoulders.

The shoulders should be plain, and without any jutting out of the scapulæ or shoulder blade.

The chest, large, full, and rising.

The arms round and fleshy, a little flat inwards, and growing gradually thicker from the wrist to the joint of the elbow.

The hands somewhat plump and long, the fingers slender, and detached from one another, with little dimples below each joint upon the back of the hand when it is open, and little risings within the hand.

The belly ought to be higher or more raised in women than in men: and the same may be said
of

of the hips — The thighs and legs are generally thicker in women than in men, though we cannot consider this as a perfection.

The waist is more slender in women, and the haunches stand more out ; but in men the waist is longer than in women.

The calfs of the legs should protrude gently ; — the feet be slender, and of a middling length.

Such are the parts of the human body in objects generally reputed handsome ; and though nature varies very much in the conformation of all these parts, yet still there appears an agreement among themselves, and an evident justness and perfection in their union. Thus, should the waist be thick and short, the same shape will obtain in the other parts of the body ; the arms will be short and thick, the hands broad, and the fingers thick. A person whose waist is long and slender will have the limbs so likewise. This is undoubtedly *proportion*, but not the proportion of the rule and compass. — For a statue, or a human form, may be constructed in the most exact proportions, and by the nicest rules of art, and yet be perfectly disagreeable.

Deformity is to be considered, not as a total privation of beauty, but as a want of congruity in the parts, or rather an inability in them to answer their natural design ; as when one arm or leg is longer than the other ; when the back is hunched, when the eyes squint, and such similar defects : which, however, are not to be opposed as a contrast to beauty ; for the unfortunate object may, in every other part of his body, be exactly well-made, and perfectly agreeable : whereas *ug-*
C *liness,*

linefs, which I look upon to be the proper contrast to beauty, may exist in the human form without deformity; nor can I think the ideas necessarily connected. Ugliness always excites our aversion to the object in which it resides; deformity as generally calls up our commiseration. Ugliness seems to consist in the appearance of something malevolent to human nature. The picture of the devil always creates horror and disgust; not from the *deformity* of either his person or countenance, but from the *expression* of malice in the latter. It is from the countenance that an object is pronounced ugly, though without the least deformity, or even while an exact symmetry is preserved; for it is the expression of the soul that gives the disgust. If this opinion be well founded, it is easier to become beautiful than even to correct deformity, as we shall presently consider.

There can be no doubt but, were we able to trace things to their first principles, we should find that there are different *orders of beauty*, as well as of *architecture*; and it may be truly affirmed, that nature having observed these rules, the most unhandsome face in the world in our eyes, is as perfect and regular as that which we think the best proportioned and most beautiful. The *volute*, and other ornaments of the *Ionic* order, are beautiful in themselves, and at the top of an *Ionic* pillar; but would be a monstrous irregularity in the *Tuscan*: the flat nose and little eyes of a Chinese, may doubtless be handsome on a Chinese countenance; but transplant them to the face of an English woman, and they instantly become a deformity.

I cannot avoid one remark more on this subject, which is not unworthy of attention; namely, that
every

every face is formed in such a manner, that however disagreeable it may appear, (provided it has not been disfigured by accident) it is impossible to make any alteration in it, or to make any single part more beautiful, without rendering the whole still more unhandfome.—For example, he who should attempt to lengthen the nose of a person, naturally short, would only introduce a real deformity; the feature thus lengthened would no longer be proportioned to the other parts of the face, which being of a certain largeness, and having certain elevations or depressions, require that the nose should be proportioned to them, however it may deviate from the painter's standard of ideal beauty. Hence we may learn, not to regard many things as deformities, because differing from our taste and habit, when they may, in reality, be perfections, though in an order, or a class of beauty, we are not sufficiently acquainted with.

We shall take no farther notice of the different tastes which influence mankind in different regions of the world, but without condemning any of them, proceed, and confine ourselves to the consideration of those forms which are generally looked upon as essentia's of beauty in our own country.

H E B E.

B O O K II.

Of the Deformities of the Head.

THE head, as already observed in Book I. includes the skull, the hair, and the face: the skull is the case of the brain; the hair is the covering of this case; and the face is a composition of those parts which constitute the whole fore-part of the head.

Hence we have the deformities of three parts to treat of;—first, those which affect the head, with respect to the *cranium* or skull; secondly, those with respect to the hair; and thirdly, those of the face.

Deformities of the Head with respect to the Skull.

The head, to be well-shaped, ought to be roundish; and, when measured, somewhat horizontally long; swelling out a little both before and behind, and pretty flat on the sides. This is the natural figure of the skull; though it is frequently spoiled by the manner in which children are treated. The best method to preserve the heads of children well shaped, is to make use of nothing that may constrain that shape; but leave it entirely to the disposition of nature. By striving to mould the head into any certain figure, we confine the brain, and

run

run the risk of displacing the organs of sensation, which may produce very fatal effects upon the mind. Let the head, then, be left entirely to its natural figure; unless, by some accident it has been deformed; in which case it may be remedied by the application of soft bandages, without any other force.

The head of an infant will take almost any shape, according to the pressure it suffers; and from thence proceeds the difference which is found among people of different countries, with respect to the figure of the head. In France and England, children are generally laid to sleep upon their sides, whereby the temples are compressed, and the head assumes a form somewhat long. In Germany again, the heads of their children are broad behind; as they are commonly laid to sleep upon their backs, with their hands tied to the sides of the cradle. And indeed almost every nation has peculiar modes of forming this part.

Care should be taken of the manner of combing the heads of children; as by neglecting to comb them equally and gently, they frequently assume a wrong shape.

The varieties of size in the head, proceeds from the stronger or weaker efforts which the blood, contained in the vessels of the brain, makes to expand itself, while the child is yet in the womb, and the *cranium* very tender. And though a head uncommonly large, or diminutively small, is doubtless a deformity, yet it is an irremediable one; unless attended to during the time of pregnancy. For women with child, who live high, and drink much wine, render the blood of the fœtus too active, and thereby may occasion the first of these defects. While others, who drink only water, or

weak liquors, and live poorly and low, by diminishing the force of circulation in the blood, give rise to the other deformity.

A conclusion in favour of a person's judgment is frequently drawn from the size of his head, but with what justice we pretend not to determine: though, as we have observed the smallness of the head to be occasioned by the weak impulse of the blood, it may not be an unfair surmise, that such whose heads are remarkably small, are likewise incapable of that strong application, and intense thought, which are the usual characteristics of genius.

As it is in the state of pregnancy alone that such imperfections can be remedied, women in that condition ought to be particularly attentive to their diet, observing a due medium in the quality of their food, and guarding themselves against inordinate passions, which agitate the blood and spirits; and no less so from too great indolence and inactivity.

Of the Hair.

The hair is a sort of tegument or covering for the greatest part of animals; it is found all over the human body, except the soles of the feet, and the palms of the hands. It properly lives, and receives nutriment to distend it, like the other parts of the body; though its growth is somewhat of a different kind, and not immediately derived therefrom; but growing like plants out of the earth; or as some plants shoot from the parts of others, from which, though they draw nutriment, each has its distinct life and œconomy.

Viewed through a microscope, hairs appear to be hollow, and furnished with a multitude of vessels; and however smooth they may seem to the naked
eye,

eye, yet the microscope shews them knotted like some sorts of grass, or like a stalk of oats, and sending out branches from their joints.

The branching of the hair is particularly visible at the extremities, by the help of a glass; for it is very apt to split, especially if worn too long, or kept too dry, and appear like a brush.

The size of the hairs depends upon the pores they issue from; if these be fine, those are small; if the pores are straight, the hairs are so too; and if they are oblique, the hair is curled.

The length of the hair depends upon the quantity of the humour that feeds it; (which is certainly of a more simple kind than any of the other humours of the body, for hair will vegetate long after death, when all the other parts and humours are corrupted;) and the colour, on the quality of that humour; whence at different periods of life the colour usually varies.

The merit of good hair consists in its being well fed, and neither too coarse, nor too slender.

A fine head of hair is generally considered as a necessary appendage, or indeed as an essential part of beauty, especially in the ladies; and though this depends very much upon the natural temperament of the body, yet it may be certainly improved by the assistance of art. Daily combing, frequent dressing, and the use of plain, *unadulterated* starch powder, with simple pomatum, will contribute more to its nourishment and preservation, than all the boasted preparations of perfumery. Application of hot irons is always prejudicial; and much frizzing will finally tear it all from the head.

Pomatums and powders for the hair may generally be purchased cheaper, at least more conveniently,

ently, than they can be made; but as many readers might think a treatise of this kind deficient, that did not give recipes for such compositions, we offer the following as some of the best that can be prepared.

Pomatum for the Hair.

Cut a sufficient quantity of hog's cheek into small pieces, steep it six or eight days in clean water, which must be changed three times a-day; and every time the water is changed, let the flesh be stirred with a spatula, or the Shank of a silver table-spoon;—drain the flesh dry, and putting it into a clean earthen pipkin, with a pint of rose water, and a lemon stuck with cloves, simmer them over the fire till the skim looks reddish, which take off; remove the pipkin from the fire, and strain the liquor. When it has cooled, take off the fat, beat it several times well with cold water, till thoroughly purified, using rose-water the last time instead of common; drain the pomatum from the water, and scent it with any perfume to your choice, as essence of bergamot, lemon, &c.

This is an elegant and excellent composition for almost every cosmetic purpose; but particularly for the hair, which it nourishes, strengthens, preserves, and thickens, and in that respect seems a natural pabulum or food.

The best starch dried is the basis of all hair powders, and in this simple state is doubtless nourishing to the hair; but it is too generally adulterated with pernicious ingredients, such as unslaked lime, dried bones, or bones calcined to whiteness, shells of fish calcined, and worm-eaten, or rotten wood, which are sifted through a fine hair sieve, after they have been beaten to powder. The following is

is the method of preparing *The common white powder.*

Take four pounds of starch, half a pound of Florentine orrice root, six cuttle-fish bones, ox and sheep bones, calcined to whiteness, of each a handful ;—beat them into powder, and sift it for use.

The Florentine orrice root is the usual perfume, which naturally possesses a violet smell. The whitest and soundest roots must be made choice of ; and are to be powdered as fine as possible, which can only be done during the summer.

The following powder stands highly recommended for promoting the regeneration of the hair, and strengthening and nourishing its roots.

Take roots of calamus aromaticus, (or sweet flag) and red roses dried, of each an ounce and a half ; gum Benjamin, an ounce ; aloes wood, three quarters of an ounce ; bean flour, and Florentine orrice root, of each half a pound ; mix them all together, and reduce them to a fine powder.—You may add, if agreeable, a few grains of musk or civet.

Though every person does not possess a *fine head of hair*, yet there are very few who, by taking a little pains, may not preserve it from certain defects, that are very observable, such as, 1. the hair falling off ; 2. becoming forked and splitting ; 3. being eat away by rust.

The falling off of the hair is generally the consequence of the cavities in which the roots are lodged becoming too large. This is the reason that
 most

most old people are bald; for in old age, the cavities thro' which the roots of the hair issue, (as well as those which receive the roots of the teeth) acquire a larger diameter, whence being at too much liberty, the hair sheds, or falls off. It is remarked also, that the hair frequently falls off after certain diseases, as fevers, small-pox, &c. these diseases being accompanied with profuse sweats, or other symptoms, which enlarge the cavities of the hair. This cause being explained, it follows, that there can be no better method employed to prevent the hair falling off, than having recourse to such things as straiten the pores whence they issue. It has been recommended to wash the head at times with a little verjuice. The juice of onions produce the same effect: and in Denmark, 'tis said, they make their horses tails grow very long, by using combs soaked in a decoction of onions.

We may here observe, that as no medicine will produce the same effect upon every constitution, so in the cosmetic art, it may be sometimes necessary to try various methods to obtain our desire. The following preparations, however, all stand recommended upon the basis of experience.

1. Powder your head with bruised parsley-seed, at night, once in two or three months, and the hair will never fall off.

2. To quicken the growth of your hair, dip your comb every morning in the expressed juice of nettles, and comb the hair the wrong way. This expedient will surprisngly quicken its growth.

3. After shaving the head, foment it frequently with a decoction of wormwood, southern-wood, sage, betony, vervain, marjoram, myrtle, roses, dill, and rosemary.

4. Take

4. Take the tops of hemp as soon as the plants appear above ground, and infuse them in water twenty-four hours. Dip the teeth of your comb in this fluid every morning when combing the head, and it will certainly quicken the growth of the hair.

5. The following liniment is well calculated to answer the same intention.

Take six drams of labdanum, two ounces of bear's greafe, half an ounce of honey, three drams of powdered southern-wood, a dram and a half of the ashes of calamus aromaticus, with a sufficient quantity of the oil of sweet almonds to make it into a liniment, nearly of the consistence of pomatum.

6. We shall conclude with the following compound oil for the same intention; which very quickly makes the hair shoot out.

Take half a pound of green southern-wood bruised, boil it in a pint and a half of sweet oil, and half a pint of red wine; when sufficiently boiled, remove it from the fire, and strain the liquor through a linen bag; repeat this operation three times with fresh southern-wood; the last time add to the strained liquor two ounces of bear's greafe.

The hairs are apt to split in the end into two or three fibres, which may be separated by a dextrous hand into as many small hairs, from the end to the root. This forkedness of the hairs proceeds most commonly from negligence, and want of cutting; though it may sometimes be caused by an acrid, corrosive humour, furnished by the blood; as is particularly observable in scorbutic, and other acrimonious disorders.

To correct and prevent this deformity, it is necessary, first, to have the ends of the hair frequently cut; secondly, to wash it with a little ox-gall diluted with water. But if proceeding from any distemperature in the blood, such internal medicines must be had recourse to, as are adapted to purify and sweeten the humours: for example, decoctions of saffraſas, ſarſaparilla, and eſpecially China root; a tea of which is prepared by infuſing two drams of the root in about a quart of cold water, and leaving it to ſoak four or five hours, when it may be uſed as a common drink, alone, or mixed with a little wine. It has no taſte, and is very effectual for blunting that acrimony of the blood which is tranſmitted to the hair.

The colour of the hair proceeds, as was before obſerved, from the predominant humour which nourishes it: when nourished by the red parts of the blood, the hair inclines to a red glowing colour; when fed by a thin bile, it is flaxen; if the bile is pretty rich, the hair is generally black, or of a cheſnut colour; and when a phlegmatic humour is predominant, the hair uſually is white.

As the proportion of theſe humours are various in human bodies, the diverſity of colours occaſioned thereby, from white to flaxen, red, cheſnut, and black, will vary accordingly. Phyſical writers ſeem in general of opinion, that in infancy the hair is nourished with a thin bile, whence it is for the moſt part of a flaxen colour. In youth, or in proportion as children advance to years of puberty, the hair derives its nutriment from a richer bile, and gradually becomes darker: while in old age, its ſupply of food is chiefly drawn from phlegmatic humours, or that thin, pituitous part
of

of the blood called the lymph, and thence becomes white. Though this whiteness may be ascribed to another cause; namely, that, as age advances, and the juices are nearly exhausted, it may happen to the hair from not receiving sufficient support, as to corn, which becomes white when the roots no longer convey the accustomed juices and nourishment.

Close application to study, and very intense thinking, or a melancholic and gloomy habit of mind, either natural or acquired, will produce the same effects upon the hair as old age; great anxiety, and excessive grief, which, as well as the foregoing causes, consume the strength and exhaust the spirits, are attended with the same consequences; and history is not wanting in examples of people, who have become suddenly grey-haired, when under the impression of great impending danger, or under the influence of violent grief.

It is usual, in speaking of people of a grave, thoughtful disposition, (which is ordinarily the companion of dark hair and complexion) to say that they are melancholy; or that their *bile is black*; anatomy, however, has not confirmed the fact. On the contrary it may be affirmed, that when the bile is of a pretty dark colour, the person has a better temperament than ordinary. This is the reason that in the choice of a nurse, we always prefer those who have dark-coloured hair. Besides, it is a very common opinion among physicians, that the milk of black cows is wholesomer than that of others.

To change the colour of the hair is certainly difficult, though by no means impossible. When the hair is white from old age, it is common to

use a leaden comb, to make it darker; and the same expedient is often practised with red hair. This method, however, makes no radical change of the colour, and only disguises it for some time; the true colour always returning, unless perpetual recourse is had to the lead.

When the hair is grey in young people, or indeed of any disagreeable colour, it may be corrected, or changed, though not without much trouble and patience. The most certain way of accomplishing this end, is by cutting off the hair as close to the skin as possible, and then washing the head with any of the following decoctions, so that the remedy may penetrate the deeper into the roots of the hair; and afterwards, in proportion as the hair grows, more care ought to be taken in washing the head, which method must be continued for several weeks. — If these do not absolutely change the colour, they will at least do much better than a leaden comb.

Decoctions of night-shade, mugwort, arse-smart, germander, colombine, penny-royal, or the root of turmerick; the leaves of the wild vine change the hairs black, and prevent their falling off; burnt cork, roots of the holm-oak, and caper tree, barks of willow, walnut tree, and pomegranate; leaves of artichocks, the mulberry-tree, fig-tree, raspberry-bush; shells of beans, gall, and cypress-nuts; leaves of myrtle; green shells of walnuts, ivy-berries, cockle, and red beet seeds, and poppy flowers. Any of these ingredients may be boiled in rain-water, wine, or vinegar, with the addition of some cephalic plant, as sage, marjoram, balm, betony, clove-july flowers, &c.

1. *Composition to change Hair Black.*

First, wash your head with spring water, then dip your comb in oil of tartar, and comb yourself in the sun: repeat this operation three times a day for the course of eight or ten days, at the expiration of which time the hair will be of a fine black: to give it a delightful perfume, anoint with a little oil of Benjamin.

2. *Another Method.*

Take oils of costus and myrtle, of each an ounce and a half; mix them well in a marble mortar, adding liquid pitch, expressed juice of walnut-trees, and gum labdanum, each half an ounce; gall-nuts, black-lead, and frankincense, each a dram; with a sufficient quantity of the mucilage of gum-arabic, (made with a decoction of gall-nuts) to make it into an ointment, with which anoint the hair.

The following is perhaps as easy, cheap, and efficacious a method of changing the colour of hair, as any ever invented, and has been frequently advertised, and sold at the moderate rate of ten shillings a pint.

3. To two ounces of black lead finely powdered, add one ounce of ebony shavings; boil them in a quart of clear water till reduced to about a pint; filter the decoction, add a little bergamot, or any other perfume, and bottle the liquid for use.

The best method of using such liquids is by fixing a small sponge on the upper part of the comb, and dipping it in the preparation, as the hair will thus be more effectually wet and tinged, than by the comb alone.

Red, or sandy-coloured hair may in a very short time be changed to a beautiful flaxen by the assistance of the following composition.

4. Take a quart of lye prepared from the ashes of vine twigs; briony, celandine roots, and turmeric, of each half an ounce; saffron and lily roots, of each two drams; flowers of mullein yellow stechas, broom, and St. John's wort, each a dram; boil these ingredients together, and strain off the liquor.

It must be observed, that as the hair does not shoot out from the extremities, but from the roots, frequent application of any of the foregoing compositions is necessary, or the hair will in time appear of two colours.

Red and yellow hair is generally looked upon as a kind of deformity, especially that very coarse sort which is almost of a brick colour. *Golden locks*, however, have been a favourite theme with poets of all countries: Milton, speaking of Eve, says

She, as a veil, down to her slender waist
Her unadorned *golden tresses* wore.

Horace asks his coquetish mistress,

Cui FLAVAM religas comam ?
Pyrrha, for whom bindest thou
In wreaths thy *golden hair* ?

And historians tell us that the original inhabitants of this island were distinguished by their yellow hair; though at present it is by no means considered as an ornamental or becoming colour. The compositions already enumerated will answer every expectation in changing this colour to a dark chesnut or black; though it may be proper to use occasionally a strong decoction of knot-grass; this, by its astringent quality, checks
the

the too great violence with which the blood is thrown into the cavities of the hair.

When the hair is much neglected, it is very apt to become rusty, as well as forked; and a kind of scab forms at the roots, which consumes it much in the same manner as rust consumes iron; or like that corrosive moisture which is sometimes found gnawing and undermining the roots of plants, when the soil is not frequently stirred. This rust is often so corrosive, that the hair will fall off in spots, just as the hair of a muff, which has been a long time exposed to dampness.

This may easily be prevented by a decent and necessary attention to the hair, in frequently combing it: and indeed those ladies and gentlemen who have their hair dressed daily, should yet make a point to have it often combed from the roots, to prevent the powder, pomatum, &c. from obstructing the perspiration; a circumstance that will more readily create disorders in the head and eyes, than any quantity of hair, however great.

When this deformity has already taken place, the best procedure is to cut off the hair entirely, and then wash the head with a strong decoction ofcelandine, wormwood, sage, balm, and tobacco, bruised all together, and boiled in a sufficient quantity of red wine. After washing the head with this decoction, a little warm, dip a linen cloth into it, which must be applied to the head, and continued on it for two or three days.

To this may be joined the use of some other of the foregoing prescriptions; or one of the following may prove no less effectual.

Take roots of a maiden vine, roots of hemp, and cores of soft cabbages, of each two handfuls;

dry and burn them, and make a lye with the ashes: after rubbing the part well with honey, wash it with this lye three days successively.

To those who are more fond of preparations in the form of pomatums, the following may be deservedly recommended.

Take hen's fat, oil of hempseed, and honey, of each a quarter of a pound; melt them together in an earthen pipkin, and keep stirring the mixture with a wooden spatula till cold. This pomatum, to produce the desired effect, must be rubbed on the part eight or ten days successively.

Of the FACE in general, with respect to the Air and Mien.

An agreeable or disagreeable face consists less in the particular form of the features, than in the air and cast of the whole countenance: we see many people very homely in regard of features, who yet have a noble, agreeable, and genteel look; while others on the contrary have beautiful faces, but a mean, disagreeable, and forbidding appearance.

The air of the face depends upon, as it always expresses, the sentiments of the soul. Are you desirous to possess a noble look, an agreeable and pleasing air?—Cultivate noble and generous sentiments, and these sentiments will appear visible in your countenance.

People of mean birth, who in their education commonly imbibe such sentiments only as are low and fawning, have as generally an air of meanness, and cringing. The face takes the impression of the soul, (if we may use the expression) and moulds itself thereby. When we
are

are touched with compassion at the sight of some pitiable object, the face, unknown even to ourselves, instantaneously discovers the secret emotion which actuates the soul. The case is similar with habitual sentiments. When a child is bred up in principles of honour and virtue, his features are formed insensibly thereupon, and at last become indelible, provided such a course of education is continued until his features are settled, and maxims of honour become habitual. Transient sentiments can make but slight impressions on the countenance: but confirmed by habit, in the course of a good or bad education, by redoubled impressions, they imprint on the face such deep characters as are never to be effaced. It is this that makes the good or bad, the ugly or beautiful countenance. When a young person is naturally of a choleric temper, and there is no pains taken to correct this passion in him, his face receives the impression of those clouds and frowns which anger creates; the marks of which will never disappear, but give him an air of boisterous roughness even in his softest moments. Let reflection play her own part never so well afterwards, though she may correct, and even overcome that passionate temper, yet the rough, angry air will remain ever after, and he will carry in his look throughout life, something that is displeasing to all the world.

What has been here said of anger is equally applicable to, and may be understood of all the other passions: it will also confirm the sentiment adopted in the former book, that it is easier to bestow beauty, than to correct deformity. We may justly infer, from the foregoing remarks, that parents are the masters of their children's countenances:—

tenances:—the face depends upon the sentiments of the mind and heart; the sentiments upon the education; and the education upon the parent. If the child's features are not regular, the parents cannot give them a just regularity; but it is in their power to form the mind and heart; and upon the formation of those depends a species of beauty greatly preferable to the regularity of features, or the bloom of complexion. Such reflections are sufficient to excite the vigilance of parents in many other points which equally demand their attention.

Thus much of the Face in general, we now proceed to the means of correcting the deformities of its several parts, so far as come under the power of art.

Of the FOREHEAD.

The Forehead, in youth, should be smooth, and without wrinkles. To prevent wrinkles in the early stage of life, children should, as much as possible, be kept in good humour, and accustomed to a habit of serenity:—To efface them, when contracted, the following method may be had recourse to, but must be continued for some months to have any success.—Tie a bandage about the forehead, and let it remain day and night: it must be tied pretty tight, and care taken that it does not descend too low over the eyes, for this may bring on a heavy, clownish look.

The Forehead is sometimes covered with hair, which comes in a point almost down to the root of the nose; shaving this only serves to render it more luxuriant and strong, so that the top of the brow, when it has been several times shaved, becomes of the colour of slate, and renders the deformity more striking.—The best method to hinder

der the production of those hairs, which occasion the peak, is frequently to rub the part with *dulcified spirit of salt*; a single drop of which, put upon the part with a small brush, and then rubbed gently with a linen cloth, will effectually kill the roots of the hair, and at the end of a few weeks they will wither and fall away.

The following liniment is given by Quincey, for the same purpose.

Take a quarter of a pound of quick-lime, an ounce and a half of orpiment, an ounce of Florentine orrice, half an ounce of sulphur, and the same quantity of nitre; reduce them to a fine powder, and with a pint of lye made of beanstalk ashes boil the whole to a proper consistence, which may be known by dipping a feather into it; for when boiled enough, the feathery part of the quill easily separates from the other; add half an ounce of any aromatic essence, and mix it into an ointment, with which you may rub the hair that grows on any part of the body.

Half an hour, says Quincey, is enough for it to lie on at a time, and when taken off, the part must be rubbed with oil of sweet almonds; when the soreness it occasions is over, apply it afresh, and so continue till it has eaten to the very roots of the hair, and made it all shed off.

Or, Take a quarter of an ounce of gum ivy dissolved in vinegar, a dram of orpiment, a dram of ants' eggs, and two drams of gum arabic dissolved in juice of henbane, in which half an ounce of quick-lime has been boiled: make the whole into a liniment with a sufficient quantity of fowl's grease, and apply a little to the part where you would wish to destroy the hair, after being clean shaved.

No more vinegar is necessary than just to dissolve the gum ivy; nor of the henbane juice than to dissolve the gum arabic.—This is a much gentler prescription than the foregoing, and scarcely less efficacious.

Cases are to be met with in some medical writers of horny excrescences which project from the top of the forehead. Such instances are indeed very rare; but when they happen, become proper objects of the surgeon's attention.

Children are apt to receive blows upon the forehead, either by falls, or other accidents; which ought not to be neglected, because sometimes they produce inequalities in the brow by hardening there; but are easily prevented by applying a small plate of lead, or a halfpenny to the lump; then put a piece of linen rag, doubled a few times, and dipped in brandy, over it, with a bandage over all, and in a few days it will be well again.

Of the Eye-Brows.

The Eye-brows, to be handsome, ought to be sufficiently furnished with hair; but at the same time to be only moderately thick. Each eye-brow should form an arch upon the forehead, the hollow of which makes a small vault above the eye. The head of the eye-brow should be thicker than the tail; the intercil, or space between the eye-brows, quite free of hair; the hair ought to be short, and leave no bald spots; and the colour should be a dark chesnut, or black.

When the eye brows are not sufficiently planted with hair, and you wish to encrease it, you must begin with shaving, so as not to leave the least down upon them, and afterwards foment with
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a decoction of wormwood, betony, or sage, boiled in white wine. You may afterwards use any of the preparations already mentioned for thickening the hair.

If the hair falls off from the eye-brows, the following will contribute to prevent or retrieve the misfortune.

Take half an ounce of lead-filings, reduced to a very fine powder; linseed oil an ounce and a half; powder of maiden hair, one dram; black henbane seeds, two drams; unguentum irrinicum, an ounce; bruise the seeds, and make an ointment; into which dip little slips of black silk or velvet; lay them on the eye-brows, and when you renew them, wash the place with white wine, in which myrtle berries have been seethed.

If the eye-brows are too thick, all the help that can be made, is very carefully to clip off some of the tops of the hairs; an operation so nice, that the persons must not venture to do it themselves; shaving must not be attempted, as it will only make them grow thicker. An application of the oil of nuts is very serviceable in this case; or the eye-brows may be frequently rubbed with a lye made of the ashes of burnt cabbage.

The eye-brows are certainly most beautiful when they form an arch; and when they are a little strait, it may be thought an imperfection, though by no means a deformity. It is indeed possible to make them arched, when very bushy, by using the razor; but as the shaving must be frequently renewed, that practice will be soon discovered. An application of dulcified spirit of salt, if used with very great care and delicacy, may assist in this intention. [See the method under the article Forehead.

When

When the head of the eye-brow, or that part next the nose, is too thin of hair, the defect may be easily remedied by shaving very smooth, and using the same means as directed for thickening the eye-brows in general.

So fluctuating is taste, that what the ladies in the time of Ovid and Petronius employed their art to procure, is now regarded as an actual deformity; namely, the *eye-brows joined together*; nay, even considered by physiognomists as characteristic of a bad disposition:—though on a very groundless foundation.—In this case, however, the best method of removing the deformity, is that prescribed above for the eye-brows when too thick; namely, a lie made of the ashes of cabbage, avoiding the use of the razor, for the reason given there.

When the hair of the eye-brows lies inverted, or from the temples towards the nose, instead of pointing towards the former, we cannot too quickly attempt to reclaim the error. The eye-brows must be constantly stroaked with the fingers from the nose towards the temple, and continued every day for some time; or a tooth-brush may be applied in the same manner. The method is equally simple and effectual, but ought to be made use of very early in life, and continued for some time.

The hair of the eye-brows should be short and uninterrupted; the hair be properly trimmed by a skilful and delicate hand; and where it is interrupted, the razor may be applied from time to time, by which, after using it ten or twelve times, the vacancies will be sufficiently covered with hair.

When

When the hairs of the eye-brows stand an end, or start from each other, let them be shaved off a few times, taking care after shaving to pass the finger frequently over them in the proper direction;—this will soon make the hairs lie smooth without over-topping each other.

The most agreeable colour of the eye-brows is thought to be a black, or a dark chefnut: the most disagreeable, red.—To procure the former, and disguise the latter colour, you must set fire to about a dram of frankincense and mastick, receiving the smoke upon the inside of a silver spoon, passed backwards and forwards over the flame; with the soot thus collected, rub the eye-brows, taking care not to touch the adjoining parts, lest you should black them; for this is a very tenacious colour, and will not easily come off.

Or, you may wash the eye-brows with a decoction of gall-nuts, then wet them with a hair pencil dipped in a solution of green vitriol, in which a little gum-arabic has been dissolved:—when dry, they will appear of a beautiful black colour.

The former prescription has this advantage, that the colour will not come off by sweating.—It may be necessary to inform the ladies, that this process must be often repeated, as it is impossible to effect a radical change of colour here, as in the hair of the head, on account of washing, &c. the face.

We have observed that the arch of the eye-brows should be entire, reaching from above the side of the nose very near to the temple.

When this shape of the eye-brow is imperfect, and there is not a sufficient distance between the head and tail, recourse must be had to the razor,

and frequent shaving of the part where hair is wanting; and even when there is no hair to take off, the operation must be continued; for the action of the razor brings the nourishing juice to the parts, revives the roots of the hair, and enlarges their cavities when too closely locked up. We speak this under the supposition that such roots really exist; otherwise no power of art can produce them.

The arch of the eye-brow may be too much elevated, which gives an air of boldness and assurance, particularly disagreeable in the ladies: and this defect is beyond the power of art to reform. Yet it may be in some degree palliated by assuming a modest, downcast look, which attention will soon render habitual.

There is sometimes a deficiency of *one* or *both* of the eye-brows: the latter is so small a deformity, and so little observed, that it is not worth the pains to correct it. When the want of one eye-brow only, proceeds not from a burn, or some other accident, or from a natural deficiency in the shoots of hair, it is possible to remedy the defect. If you have reason to believe that the deficiency is to be ascribed either to a scarcity of the nourishing humour, or to the straitness of the pores through which the hair ought to pass; you must proceed as in similar cases of a deficiency of hair, by shaving, and afterwards wetting it with such liquors as are analogous to that humour which nature furnishes for the nourishment of the hair: the natural humour appears to be an oily, waterish mixture, somewhat salt and bitter: something similar to this may be produced by the following composition.

Of the oils of honey, wormwood, and bitter almonds, each three drops; of the person's own urine five drops, mix these together, make them milk-warm, and rub the part with this liquor several times a-day for three months, or more, till the points of the hair begin to appear upon the eye-brow; and after that continue the same method till the eye-brow is quite grown. If the deficiency proceeds from the last-mentioned causes, this method is the best that can be adopted, and generally succeeds: but if the eye-brow has been accidentally destroyed, or there is a natural want of hair-roots, we only lose labour in attempting to correct it.

As we think it necessary to notice every defect, however uncommon, we cannot conclude this article without directing the means of eradicating another deformity, namely, when the eye-brows are double, one above another; which however difficult, may yet be accomplished.

You must first examine which of the eye-brows deserves best to be kept; and when this is determined, proceed in the following manner.

Shave the eye-brow that you resolve to destroy, and immediately after rub upon it a little dulcified spirit of salt, by means of a very small hair-pencil, taking especial care that none of the spirit get into the eye. This application must be continued two days successively, morning and evening, and the third day the part must be rubbed with spirit of wine. On the fourth, repeat the application of the spirit of salt, but only for one day; renew it eight days afterwards, and then discontinue it for at least fifteen days. If before the end of that time you observe the eye-brows begin to grow

again, the operation must be entirely renewed; but a perseverance in this method will infallibly take away the superfluous eye-brow.

Of the Nose.

There are several deformities of the Nose which may justly be attributed to the negligence, or to the mismanagement of nurses and parents, during early infancy, and which no future care, or assistance from art, can rectify. Among these we may class, the nose being flat or broad; turned up, resembling a pot-hook; and standing awry.

The first is occasioned by the nurse pressing too hard upon the child's nose in blowing it, for it ought to be wiped very gently;—frequently compressing the nose between the fore-finger and thumb, will help to correct this; and there is no other means which can be taken with safety.—*By rubbing the nose up towards the forehead, it is apt to form into a shape resembling a pot-hook; its original figure is only to be recovered by passing the fingers every now and then upon the ridge of the nose, from top to bottom, and pressing the end pretty strongly down; frequently, however, squeezing the nostrils gently, to prevent them growing wider by the pressure on the nose.*—When this organ is negligently thrust awry, there is no need for any other remedy, than the assistance of the fingers in pushing the nose from that side to which it is most inclined.

All these defects must be corrected when the child is very young, and to accomplish it, will be a task for the patience of any old woman; though maternal fondness will think no trouble or pains too much, which prevents a deformity in, or insures the comeliness and welfare of the offspring.

By a large nose, I would wish to have understood, one that is so to a deformity; and which, when hereditary, or not corrected at a very early period in life, admits of no palliation any more than when occasioned by a fright at the view of monstrous masks or pictures during the time of pregnancy.

When, therefore, a child is born with an uncommonly large nose, which cannot be imputed to any of the preceding causes, and there appears no signs of its diminution in the course of six or seven months, it will be proper to have it moistened with the juice of purslane and lettuce, fresh pressed, and a little warm: the juice of beets may likewise be snuffed up the nose several times a day for a month together. If these methods have no success in the course of eight or ten weeks, the cure must be left to nature; and there are not wanting examples of children, who have had the nose deformed, as to size, till they were two or three years old, and yet the deformity has afterwards vanished.

Other methods have, indeed, been tried; but as they cannot be safely recommended, we think it our duty to omit them, except the subjoined fomentation, which is perfectly innocent, and often efficacious.

Take a pint of white Champaign wine, the strongest and most sparkling you can get, the half of a middle sized quince, cut into three or four pieces, two drams of rock-allum, and a handful of pomegranate bark, (if readily procured); boil all together for a minute or two, then cover the vessel up close, and let it stand half an hour; after which, when about luke-warm, soak a linen rag
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in it, which apply to the nose; and this must be repeated several times a day for some months.

In consequence of severe colds, an acrid serum will distil through the nose, erode the border of the nostrils, and make them gape towards their extremity: Nature frequently fills up this opening, but sometimes it continues for life, not excoriated, but healed in such a manner, that the appearance of the old sore still remains very disagreeable. It is best to make a speedy cure of this, by anointing the nostrils with fine fresh butter, and a little of the oil of eggs, mixed together in the palm of the hand, and repeated several times.—A remedy much superior to any pomatums.

Sometimes the nose is seized with a convulsive spasm, which makes it move involuntarily; some have this motion when they laugh, others when they are vexed or angry, or intent upon any thing; and many have it all times indifferently. This motion of the nose, when it has been long neglected, admits of no remedy; but it may be cured, if means are used at first. Whenever therefore it comes on, immediately apply a linen rag dipped in cold water to the part, which must be repeated several times.——Involuntary motions, in any other part of the face, will yield to this application, if timely used.

The nose oft-times appears pricked full of small holes, like the shells of almonds. 'Tis generally believed that these little holes are apartments for worms, and upon this notion it is usual to pinch such places between the nails, to squeeze out the imaginary vermin, which are nothing else than a greasy substance hardened in the holes. Pinching with the nails squeezes out this stuff effectually; but then on the other hand, it produces
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three very bad effects: the first is that of making the nose red; secondly, making it grow large; and thirdly, occasioning tumours to rise upon it.

The most successful method of obliterating these little holes, is to rub a few drops of the oil of nutmegs with the finger, or a small brush, all along the nose. This application renewed several times for a few weeks, softens the pent-up matter, and makes it come out by only rubbing the nose with a bit of linen rag: after which, a few drops of the vinegar of roses, rubbed gently upon the nose, shuts up these little apertures, that they no longer appear.

A *Polypos* in the nose, is a fleshy excrescence that sometimes fills one or both nostrils, in such a manner, that there is no free passage for the air; nay, frequently, it cannot obtain the least admittance, whereby the respiration is prevented, the voice altered, the speech rendered difficult, and the nose considerably swelled. These excrescences are sometimes soft; at others hard and rigid; small in their beginning, but gradually increase, and often hang out of the nose down to the lips.

This deformity is usually supposed to require the assistance of a skilful surgeon in order to extract it; but Mr. Andry, a very distinguished Physician of Paris, treats it in a much easier and more agreeable method.

To cure this disease, says he, we must not go roughly to work, but proceed very gently. Some people believe that there is nothing to be done, but to cut and tear it out, while this treatment will certainly exasperate the polypos, so as make it degenerate into a cancer.

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The disease is still curable, whether the polypus possesses the whole cavity of the nose, or only a part of it; though the cure is doubtless more difficult in the one case than in the other. If the whole cavity of the nose is not filled with the polypus, there needs no other remedy than a little broth made of veal and crabs, introduced milk-warm into the nose. This may be done by soaking a bit of sponge in the broth, then wring out the liquor into the palm of the hand, and snuff it up the nose:—this must be repeated several times a-day for a good many weeks together.

When the excrescence is so large as to fill up the whole cavity of the nose, the best method even then for removing it, is to moisten it with the broth just now recommended: it may be introduced by means of a small syringe, between the polypus and the side of the nose to which it adheres. This must be repeated two or three times a day for a month, or longer, in proportion to the obstinacy of the case.

Monf. Le Clerc, a well-known and celebrated physical writer, observes, that, besides the general remedies, which are blood-letting and purgations, with an exact regulation of diet, there are also particular medicaments that dry up, and insensibly consume the excrescence; as a decoction of bistort, plantain, and pomegranate rinds, in claret wine, which is to be snuffed up the nose many times in a day; to which a little alum and honey may be added. — The patient may likewise keep chewing a sage leaf, a little pellitory of Spain, tobacco, or any thing of the kind, which brings the saliva into the mouth. If the tumor does not yield to these remedies, it will be necessary to have recourse to manual operation.

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What generally gives occasion to the polypus, of which we are now treating, is the pulling off with the nail certain mucous substances that are fixed to the inside of the nose, and form crusts there. These crusts sometimes stick so very close, that if you have not patience to let them take their own time, and fall off of themselves, (which would be in a few days) they are not to be removed without taking the skin off the part they are attached to; and this is generally sufficient to produce the disorder.

There grow likewise at times within the nose, pretty long hairs, which point out at the nostrils, and being rather looked upon as unseemly, instead of cutting them, people frequently pull them out by the roots, that they may not be discerned. One or other of the foregoing causes is generally the occasion of such excrescences.

Pimples frequently break out on the nose, and cause a disagreeable appearance; the application of some such cooling liquid as the following, will generally be successful in taking them off; observing at the time you use it to take a few doses of any cooling purgative.

Boil together a handful of the herbs patience, and pimperlle, in a quart of water, to a pint; and wash the nose with it every every day.—It may be used to the whole face, which it will make very clear, taking away all eruptions.

Of the EYE-LIDS.

There are several deformities to which this feature is liable, of which we shall proceed to take a concise review.

Sometimes the upper eye-lid is so turned up towards the forehead, that the eye can only
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be half closed ; and people in this situation, sleep with their eyes open like hares ; and hence this deformity is called the *bare-eye*. It may either proceed from a bad conformation of the eye, or be contracted by a bad custom which children are suffered to acquire in the cradle, of looking always upwards ; and thus fixing the eye-lid towards the brow.

The same deformity may likewise proceed from an acrid humour, falling upon the muscular membranes of the eye-lids, and eroding them by its acrimony ; as likewise from the scar left after an ulcer, or any hurt on this part.

When the defect in question proceeds from an acrimonious humour, distilling upon the part, recourse must be had chiefly to internal medicines, of the sweetening and absorbent kind, as decoctions of guaiacum, sarsaparilla, china-root, saffras, &c.—Externally, you may wet a compress in rose-water, and apply it to the eye-lids, taking care to renew it from time to time, so as not to let it dry on the part.

When the deformity proceeds from a habit, contracted by the child in the cradle, of looking always upwards, nothing more is requisite than to put a fillet over his forehead, so as quite to cover the eye-lids, and thus prevent him from looking up : observing, before you tie the fillet, to pull the eye-lids gently downwards.

Children may either bring on or increase this deformity by playing too frequently at shuttlecock, or such diversions as oblige them to turn their eyes upwards.

The turning down of the lower eye-lid is a greater blemish than the turning up of the upper one ; when this is not the effect of some wound

of the eye-lid, it generally proceeds from a relaxation of the part, produced by too much moisture, which deprives it of motion and elasticity; for although the lower eye-lid may be looked upon as immoveable in comparison of the other, yet it is not absolutely so: for it moves at the same time with the upper eye-lid; both of them have the same motion, which is only less sensible in the under one, but not less real. And anatomy teaches us, that both eye-lids have the same muscles and the same fibres for producing this motion. In the present case, however, the muscles are not able to move the lower eye-lid, on account of the too great humidity which relaxes them; it follows then, that to restore this motion, and strengthen the eye-lid, recourse must be had to medicines which evacuate the superfluous serous humours, and afterwards make use of astringents and strengtheners. A blister may be applied between the shoulders, or to the nape of the neck, with good effect.

When strengtheners become necessary, you may bathe the eye-lid frequently with plantain and fennel water, in which a piece of hot iron has been extinguished.

Or take sugar of lead and white vitriol, each five grains; rose water two ounces; mix, and use.

A little tumour is often produced between the membranes of the upper eye-lid, shining, moveable, round, and hard, about the size of a pea, hanging by a very slender stalk, and in some measure resembling the figure of a hail-stone. This tumour is not dangerous, unless it be irritated by improper applications. It will sometimes disappear without the use of any remedy. When applications

plications become necessary, nothing is so proper as fomentations in the form of steam; and for this purpose the following herbs, well dried, must be boiled in common water; *viz.* balm, sweet-basil, origanum, marjoram, blessed thistle, of each a handful; to these must be added half a handful of bay-berries, and juniper-berries, bruised, with a small handful of coffee well roasted and powdered. While the decoction is hot, let the steam be directed to the eye by the means of a funnel, taking care to keep the eye close shut.

Let the decoction be again heated, and repeat the operation several times every day, without intermission, till the cure is completed: taking care, however, not to handle the tumour too roughly, lest it be rendered incurable.

There is another tumour, which grows upon either eye-lid, but most frequently upon the upper one, soft, red, and transparent, which hinders the eye from opening; it is caused by a watery humour, extravasated between the membranes of the eye-lid. Children are very subject to it, and unless great attention is paid, it may quit its indolent appearance, become very painful, and degenerate into a fistulous ulcer; or leave an ugly troublesome scar upon the eye-lid. The cure of this blemish is, by applying a poultice of mugwort, scabious, sage, fennel, and agrimony, boiled in white wine. If, after the use of this cataplasm, the tumour seems disposed to suppurate, you must apply another, made with common mallows, marsh-mallows, figs, camomile, saffron, and the crumbs of bread boiled in milk, and continue this till the suppuration is brought on. The sore may be afterwards healed up with the honey of roses, and a little tutty.

At the border of the eye-lid, growing upon the cilia, is frequently another small inflamed tumour, long, immovable, of the figure of a grain of barley, generally called a *hordeolum*, well known in many parts by the name of a *sty*: it begins at first with a little red swelling, which grows larger by degrees, attended with itching and heat; and after some days becomes white, and suppurates.

The *hordeolum* is without danger, if not fretted with the fingers, and for the most part heals of itself. It is frequently cured by the bare application or rubbing of the tumour with a piece of smooth gold or silver dipped in spring water: and this if applied early, is an infallible cure. But if the complaint be neglected, then the mode of cure must be suited to the circumstances that attend it: if there be an inflammation, the pulp of a roasted apple applied by way of poultice, sometimes disperses it, and at other times only abates the tumour. If it hardens, it must be opened with a lancet, and the hard flesh consumed by a liquid caustic.

The want of the *cilia*, or hairs of the eye-lids, is less a deformity than a source of pain to the person in whom they are wanting. The most common cause of the want of these hairs, is crying too much in infancy. The tears, being a very sharp humour, destroy the roots of the hairs upon the borders of the eye-lids, nay sometimes are so acrid as to excoriate the very cheeks.

When the roots of the *cilia* are absolutely destroyed, 'tis impossible ever to produce them afresh: for notwithstanding the boasts of empirics,

It is no more possible to produce hair in such a case, than to raise a plant without either root or seed. But if any part of the root of the cilia remain, and the pores through which the hairs naturally sprout are not quite effaced, there is hope of restoring the cilia again by rubbing the borders of the eye lids with a decoction of betony, sage, lavender, balm, and origanum, with a little honey added to it.

The cilia ought to be pretty long and thick, without which the eye-lids will not look so well, however beautiful they may otherwise be.

To make them grow long and thick, frequently anoint them with the oils of juniper and amber mixed together. Or, take thirty common flies, bruise them, and make them into a plaister with a little turpentine dissolved in the yolk of an egg, and apply it to the eye-lid; than which, nothing can be more excellent even to restore the cilia.

In some persons there are two rows of hair upon the cilia, the one above the other, resembling the eye-brows above-mentioned, but are a greater blemish, and at the same time hurtful, because they prick the eye, and occasion a pain and running, on which account the deformity cannot be too soon rectified. The method of curing it, is to pull out all those hairs that hurt the eye, with a pair of fine tweezers, which may be easily done when the child is pretty young, provided you pull straight, and go gently to work.

When the hairs are pulled out, take half an ounce of fresh butter, gall of a pike, one dram; tutty, two scruples; and three or four grains of camphire; with this rub the eye-lids frequently, to prevent the hairs from growing anew. If they should shoot out, they must be plucked as before:
but

but this will scarce happen above two or three times.

In people who are grown up, the plucking of the cilia might be dangerous; the best method, therefore, is to clip away the hairs which turn inward, with a pair of very small scissars, as near to the border of the eye-lid as possible, and afterwards to rub the part with the juice of the flowers of colt's foot, and a little milk warmed; which method ought to be frequently repeated.

Of the EYES.

Squinting is a deformity of the eye so well known as not to require description. Frequently brought on in infants, by letting them constantly suck at one and the same breast; or from placing them in the cradle, so that they always look the same way towards the light or window; by this repeated action, the muscles on that side become too strong to be balanced by the opposite ones, and hence the eye looks obliquely at objects. It may be also caused by convulsive motions; to which the eyes of children are internally subject. And it may, lastly, proceed from spasms, a palsy in some of the muscles of the eye, or from a defect in some part of the retina.

A frequent fault of nurses is, that when they want to still a crying child, they hold up against its eyes a doll, a coral, or some other toy which they make to jump about, so that the child cannot look upon an object so near without squinting.

Squinting is very difficult of cure, especially in grown-up people, and particularly when caused by any defect in the muscles, or retina.

The method most highly recommended, is to make the child view his own eyes in a looking-

glass, about a quarter of an hour every morning and evening for several days ; with this precaution, that each eye should look at its corresponding one in the mirror.

Those who are advanced in years, may be assisted by reading very small writing or print ; or by inspecting very minute objects, provided they turn their eyes even, and bathe them at times with Hungary water. But this practice must not be too closely followed, especially in children, lest it should increase the disorder. Nor is the disadvantage of a child being a year or two later in learning to read, to be compared with that of running a risque to be squint-eyed all his life.

After all, if the squinting is not considerable, it may be passed over as a defect, which often does not deserve the name of a deformity ; for there are some squints not at all disagreeable ; and *Ovid* praises those beauties of his time who squinted a little ; for such, according to him, were the eyes of *Venus*.

Si pæta est, Veneri similis.

OVID DE ART. AMOR.

The following very curious case is extracted from the *Philosophical Transactions* of 1780, and is communicated by *Erasmus Darwin*, M. D. F. R. S.

About six years ago, Dr. Darwin was desired to visit the child of the Rev. Dr. Standford, in Shropshire, to determine if any method could be devised to cure him of squinting : the child was then about five years old, and exceedingly tractable, by which the doctor was enabled to make several useful observations upon him with great accuracy, and frequent repetition.

The

The child viewed every object which was presented to him, with but one eye at a time.

If the object was presented on his right side, he viewed it with his left eye; and if it was presented on his left side, he viewed it with his right eye.

When an object was held directly before him, he turned his head a little to one side, and observed it but with one eye; namely, with that most distant from the object, turning away the other; and when he became tired with observing it with that eye, he turned his head the contrary way, and observed it with the other eye alone, with equal facility; but never turned the axes of both eyes on it at the same time.

He saw letters, which were written on bits of paper, so as to name them with equal ease, and at equal distances, with one eye as the other.

From these circumstances it appeared, that there was no defect in either eye, which is the common cause of squinting, but that the disease was simply a depraved habit of moving his eyes, and might probably be occasioned by the form of a cap or head-dress, which might have been too prominent on the side of his face, like bluffs used on coach-horses; and might thence, in early infancy, have made it more convenient for the child to view objects placed obliquely with the opposite eye; till by habit the *musculi adductores* were become stronger and more ready for motion than their antagonists.

A paper *gnomon*, or artificial nose, was made and fixed to a cap, and placed over his real nose, so as to project an inch between his eyes; when the child, rather than turn his head so far to look at

oblique objects, immediately began to view them with that eye which was next to him.

The death of Dr. Sandford, however, prevented any further progress in this experiment, for the space of six years: when Dr. Darwin seeing him a second time, observed all the circumstances of his mode of vision to be exactly the same as before, except that they seemed established by longer habit, and he could not be induced by any means to bend the axes of both his eyes on the same object, not even for a moment.

A gnomon of thin brass was made to stand over his nose, with a half circle of the same metal to go round his temples: these were covered with black silk, and by means of a buckle behind his head, and a cross piece over the crown of his head, this gnomon was managed so as to be worn without any inconvenience, and projected before his nose about two inches and a half. By the use of this gnomon he soon found it less inconvenient to view all oblique objects with the eye next to them, instead of the eye to him.

After this habit was weakened by a week's use of the gnomon, two bits of wood, about the size of a goose-quill, were blackened, all but a quarter of an inch at their summits; these were frequently presented for him to look at, one being held on one side the extremity of the gnomon, and the other on the other side of it. As he viewed these, they were gradually brought forward beyond the gnomon, and then one was concealed behind the other; by these means, in another week, he could bend both his eyes on the same object for half a minute together.

By the practice of this exercise before a glass, almost every hour in the day, he became in another

ther week able to read for a minute together with both his eyes directed on the same object : and I have no doubt (adds the writer), if he has patience enough to persevere in these efforts, but he will, in the course of some months, overcome this unsightly habit.

I shall conclude this account with adding, that all the other squinting people I have had occasion to attend to, have had one eye much less perfect than the other. These patients, where the diseased eye is not too bad, are certainly curable by covering the best eye many hours in a day ; as by a more frequent use of the weak eye, it not only acquires a habit of turning to the objects which the patient wishes to see, but gains at the same time a more distinct vision ; and the better eye seems to lose somewhat in both these respects, which also facilitates the cure.

This evinces the absurdity of the practice of prohibiting those who have weak eyes from using them ; since the eye, as well as every other part of the body, acquires strength from that degree of exercise which is not accompanied by pain or fatigue ; and I am induced to believe, that the most general cause of squinting in children originates from the custom of covering the weak eye, which has been diseased by any accidental cause, before the habit of observing objects with both eyes was perfectly established.

In the conclusion of a supplement to this case (containing some remarks on the nature of vision, Mr. Darwin further adds, “ that by using the artificial nose, the child has greatly corrected the habit of viewing objects with the eye furthest from them ; and has more and more acquired the voluntary power of directing both his eyes to the
same

same object, particularly if the object be not more than four or five feet distant from him; and will, I believe, by resolute perseverance, entirely correct this unsightly deformity.

A wandering, unsettled eye, is what we hardly know whether to treat as a deformity, or commiserate as a misfortune; since a person of this unsettled look is too generally supposed, though often unjustly, to be of as unsettled a mind. Nothing contributes more to give children wandering eyes, than exposing to their view a great huddle of objects in motion; such as soldiers marching; or a mixed multitude of people dancing and jumping, as is usual in places of rejoicing whither children are generally carried: for it is impossible in such a multiplicity of objects to view any of them at leisure, or distinctly; this sets the eye a-wandering, till they cannot look steadily at any thing, and the defect increases with years; whence you may observe so many people, who, while they are talking to you, seem to have their eye fixed upon you, yet in the mean time do not see you; they are looking at something else, one knows not what.

When a person becomes conscious of this misfortune, it is highly probable that reflection and perseverance, may greatly contribute to palliate or overcome the defect: but art affords no relief.

A squamous, or scaly eye, is a blemish produced by certain hard, small, scaly pellicles, formed between the eye-lid and the ball of the eye, which either destroy the sight entirely, or at least hurt it considerably, and in both cases occasion divers contorsions of the eye.

A great

A great light darting in upon the eyes, so as to dazzle them much, and raise a commotion in the innermost parts of the eye, is frequently the cause of this disease. Besides a great many other examples which might be produced, we have a remarkable instance of this in the person of St. Paul, upon whose eyes, as the scripture says, there were formed small pellicles, resembling scales, after he was struck to the ground with lightning; and he did not recover till they were fallen off. Those who travel over wastes of snow, are obliged to wear spectacles, made of a particular sort of glass, to defend their eyes from the dazzling lustre of the prospect, and preserve them from those scales; which, when they have been of long continuance, become so incorporated with the eye, that it requires the greatest art in the world to remove them.

'Tis no uncommon thing to expose children's eyes to all sorts of light indifferently, and even to that of the brightest sun; though in many cases, one single ray of the sun darted strongly upon the eyes of a child, may dazzle him to such a degree, as to deprive him of sight entirely.

Another very necessary precaution is, never to suffer children to lay opposite to a strong light; but to put a thin curtain between them and the place from whence it comes; or to place them in such a manner as they may have the light on their back, or on one side. The same precaution ought to be observed by teachers, to prevent the light coming full on the faces of their pupils, which circumstance is of itself sufficient to render their eyes scaly, and greatly injure their sight. In general, when the eyes are intensely employed upon any object,

ject, they never should be exposed to an opposite light.

If, notwithstanding these precautions, or from neglect in observing them, the present deformity should be contracted, one of the most approved and safest remedies is contained in the following recipe.

Take of prepared tutty, one dram ; diaphoretic antimony, half a dram ; verdigrease, six grains ; camphor, three grains : and half a dram of white sugar-candy ; reduce them all to a powder ; and mix it with two ounces of the finest fresh butter, washed three or four times in good white wine :—then with about the bulk of a pea of this ointment, rub the eye-lids, so as part of it may enter the eye. Let this be repeated three or four times a-day for some weeks, according to the obstinacy of the complaint.

When a child is new-wakened, he ought by no means to be exposed to a strong light ; for this makes him wink close, which, by frequent repetition, turns into a habit, and the child winks all his life afterwards, just as if a grain of dust or chaff had got into his eyes, which has a disagreeable appearance. When such winking is confirmed into a habit, the cure, though certainly very difficult, is yet practicable, by attention, and the use of the following simple remedy :—namely, in applying a small linen cloth, dipt in the juice of purslane, upon the eye-lids ; repeating this two or three times a day, and continuing the practice for some months.

But winking is not the only evil which is to be feared from thus exposing a child to a strong light, immediately when he awakes ; for you thus run a considerable risk of weakening his sight, and frequently

quently of depriving him of it entirely. History informs us, that Dionysius, the tyrant of Syracuse, blinded certain criminals, by confining them in a dungeon, where there was not the least glimpse of light, and then exposing them suddenly to a very strong one. And in the time of Charles the Fifth, Emperor of Germany, a King of Tunis was blinded by the reflection of a very shining bason, placed suddenly before his eyes.

Though not immediately within our province, we cannot dismiss this article without noticing two complaints to which the eyes are subject; and these are *blearedness* and *inflammation*.

The first is in consequence of a humour trickling down incessantly from the eye-lids, which reddens their borders, and glues them incessantly to one another. When this disorder is narrowly examined, it evidently appears to be occasioned by a train of small superficial ulcers, ranged almost imperceptibly along the border of each eyelid, as well within as without; and when neglected, are very difficult of cure.

The method is, frequently to apply to the eye-lids, linen cloths, dipt in a decoction of linseed, &c. as follows :

Take a handful of the leaves of mallows and marsh-mallows; half a handful of the flowers of colt's-foot, half an ounce of linseed, and three drams of fennel seed; boil these together in a quart of common water for a quarter of an hour, then strain through a clean linen-cloth, and in the strained liquor dissolve half a dram of the sugar of lead. Besides this, it may be necessary to purge with some gentle cooling physic, and to drink plentifully of sweetening decoctions.

An *ophthalmia*, or inflammation in the eye, is a very painful and well-known complaint, arising sometimes from cold, and frequently from a very acrid blood, which stimulates the delicate vessels of the eye, swelling and inflaming them.

There are two sorts of *ophthalmia*, the one dry, and the other moist; but the same method of cure will be successful in each, which is, to sweeten the acrimony of the blood, as well by internal as external medicines.

In the dry *ophthalmia*, wash the inner part of the eye with a collyrium, made of twelve grains of prepared tutty, dissolved in an ounce of rose, and the same quantity of plantane water, with the addition of a spoonful of spirit of wine.

Take of Paul's betony, thyme, and red roses, each a handful; two stalks of mullein; boil them in a gallon of white wine, (or lessen the ingredients proportionably); and at night apply a compress to the eye, dipped in this wine.

In the watery *ophthalmia*, bleeding, especially at the neck and foot, is often necessary; with the application of an eye-water made of the distilled waters of fennel, eye-bright, and plantane, each an ounce, in which dissolve two grains of sugar of lead:—if this does not succeed, substitute another more astringent, which may be prepared of the same waters, with half a dram of the white troches of Rhafis, instead of the sugar of lead.

At the same time drink plentifully of broth, made of veal, chicken, crabs, and lettuce.

The following *collyriums*, or *eye-waters*, are very good to cool and repel sharp hot humours; they may be readily prepared; and will more effectually

fectually answer their end, if assisted by the use of diuretics at the same time.

Take calamine levigated, half a dram ; rose-water, two ounces. Or the same quantities of levigated tutty, and rose water.

Take white vitriol, fifteen grains ; rose-water, two ounces.

Drop into the eyes, now and then, a little of the juices of eye-bright and rue, mixed with clarified honey.

With any of these, the eyes may be washed at discretion in all hot defluxions ; but when the sight decays from a dryness or a defect of the optic nerve, such things can avail but little.

When a *poultice* is thought necessary, you may take half a pint of the decoction of linseed, and as much flower of linseed as is sufficient to make it of a proper consistence. This poultice is preferable to bread and milk for sore eyes, as it will not grow sour and acid.

The following elegant composition was communicated to the Editor of this work by a respectable Clergyman, who had frequently prescribed it with success : at the same time he remarked the necessity of changing applications of this sort, as perhaps no medicine will continue to operate with the same energy for any considerable length of time ; an observation applicable, we believe, in all chronic disorders.

Eye-Water which must be made in the month of May.

Take wood-bine and violet leaves, each one handful ; boil them in a gallon of spring water till reduced to two quarts ; put into the liquor a quarter of an ounce of roch allum, with two spoonfuls of honey, and boil them again for a few

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minutes ;

minutes ; strain the liquor, and when cold, filter it ; put it into bottles, and cork them very close

Other blemishes of the eye, such as having them of different sizes ; having very fierce, or what is called haggard eyes, &c. being irremediable in themselves, come not under our plan : any more than such disorders as the gutta serena, lachrymal fistula, cataract, &c. which are within the physician's immediate province.

Of the CHEEKS.

The cheeks ought to be smooth, inclining to fulness and rotundity, and of an equal plumpness. It is a defect to have them flat, hollow, full of pustules and pimples, puffed up, and unequal.

Nothing contributes more to produce the two first faults in the cheeks, than the want of some of the great teeth ; for which reason, one cannot be too careful of these teeth, especially in young ladies, with respect to the cheeks. One great fault committed daily in the management of children, when they are very young, and which hurts the faces extremely, is allowing every body to kiss them. Nothing is more capable of making their cheeks flat, and of producing pimples and such sort of blemishes.

Parents quietly suffer strangers to kiss the tender delicate cheeks of their children, often to their disadvantage ; for this is the ordinary cause of those scabs, ring-worms, and other dangerous eruptions, which break out upon their faces. When such eruptions, however, make their appearance, nothing should be applied to repel the humour that produces them. It is better to do nothing than to do mischief ; and a little warm
 whey

wey, or barley-water, is perhaps the only thing that can be safely made use of.

When children are born with one cheek longer than the other, the deformity will sometimes disappear of its own accord; and frequently, unless early care is taken, continue through life.—But for a preventative, let the largest cheek be washed with warm wine, in which the leaves of *carduus benedictus* have been boiled; then apply a compress dipt in the same wine, and renew this once in four hours for several days; taking care at the same time to rub the cheek gently with the fingers, to discuss the humour which swells it, and for the most part is only a simple serum; though if permitted to remain, may grow thick.

Of the EARS.

The ears are a great ornament to the head when they are well shaped, do not exceed a certain size, are neatly placed, well bordered, and have all those little vermicular turnings and windings (which compose the external parts of this organ) in perfection.

When the *ears are too large*, the best method is to conceal a fault which cannot be corrected. One may reasonably complain of a deformity when it cannot be concealed; but to expose a deformity, as if it were a perfection, is ridiculous indeed.

Where the ear is right placed, it lies so close to the head, that you cannot put a piece of the thinnest paper between them, without moving the former. You cannot, therefore, be at too much pains to make the ears of children lie neatly. And here we must reflect on the very improper method practised in some schools, of punishing children by pulling their ears; a practice which not only

makes them grow long, broad and dangling, but is frequently productive of hardness of hearing, if not deafness itself.

Besides the other perfections above mentioned, the ears should have a very smooth skin both before and behind, without any hair being perceivable thereupon. To preserve this perfection, if they have it, and to procure it, if they have not, wash them every morning with a little vinegar and water; and if there are any hairs upon them, cut, but do not pull them out.—Heavy pendants are very apt to lengthen the ears too much.

Of the LIPS.

One of the most striking deformities in this part, is the *hare lip*, a natural fault of the formation of one of them, but most frequently of the upper, being slit perpendicularly in the middle, like that of a hare. The division is sometimes small, at other times it is double, like the letter *M*, and then termed the double hare-lip. Besides the deformity caused by this disorder, it hinders infants from sucking, and adults from speaking distinctly.

The method of cure is entirely surgical.

The *inside* of the lips is, in some instances, *turned outwards*. When a child is born so, this deformity does not appear an object of consequence; for nature often corrects it of herself after a few days. All that is needful to be done in the mean time is, to bathe the lip now and then with warm wine, and to push it gently back to its natural situation. Afterwards, if nature does not complete the cure, you must apply a little of the root of spurge-olive to the nape of the neck, and let
it

it lie till it has drawn off a considerable quantity of serum, the abundance and acrimony of which is the common cause of turning out the lips.

The lips, as we observed in the first book, are covered with a delicate skin, which in young people becomes chapped, contracted, and very easily cracks, especially during frosty weather, or in a north-wind. A fever, or an excessive heat in the bowels, sometimes withers this skin too, and makes it break, so as to fall off in little scales like bran. It also happens, very frequently, that when you have been touching any thing that is unclean, and put your fingers immediately afterwards to your mouth, the skins of the lips thereby become chapped and pimpled; but if you have touched any venemous substance, you may not get off so easy.

Drinking immediately after people who have a strong breath, or any bad disorder is very often the cause of pimples and pustules on the lips. The best remedy for which is a crust of bread applied hot to the lips.

The readiest method of curing simple chaps, and pimples, or scabs of the lips, is to rub them with the following pomatum, which stands recommended in many dispensatories, and is as good as can be made for the purpose.

Take three ounces of the fat of veal kidney, melt it over a gentle fire, then strain it, and wash it several times in water. Put it again upon a very slow fire, with the same quantity of white wax, two ounces of the oil of sweet almonds, drawn by expression, half an ounce of spermaceti, and a little alkanet-root, well bruised. Melt all together gently, and stir them well, till the alkanet has communicated its red colour to the pomatum :

then take it off the fire, and put it up in a gallipot.

Or, take prepared tutty and oil of eggs, of each equal parts; mix, and apply them to the lips, after washing the latter with barley or plantane water.

Or, take hog's lard washed in rose water, half a pound; red roses, and damask roses, bruised, a quarter of a pound; knead them together, and let them lie in that state two days; then melt the hog's lard, and strain it from the roses:—add a fresh quantity of the latter, knead them in the hog's lard, and let them lie together two days as before; then gently simmer the mixture in a vapour bath: press out the lard, and keep it for use.

Any of the foregoing will perfectly answer the intention; and compositions of this kind may be varied without end.—These salves, however, will not be of service when the lips are pimples or scabbed from a venemous infection; or from drinking after people who have any disease. The spirit of wine, or treacle water, may then be used to greater advantage.

A practice very hurtful and dangerous to the lips of children, and which people are in general not sufficiently aware of, is giving them whistles: they are commonly daubed with paint; every body plays upon them; and there is not a servant in the house, though his lips are never so scabbed, but must use the child's whistle; to whom it is given again wet, most likely with saliva, and what may be the consequence, it is easy to guess.

Disorders in the lips are many times contracted from a cause which is never suspected, and yet is very common. We have a custom, when beginning

ning to write with a new-made pen, of putting the point of it to our mouth to wet it, and thereby make it draw ink more easily. This we ought to take care of, unless we make the pen ourselves, or are sure that the person who made it is free from disease; because, whoever makes a pen, always wets it, in order to try whether it will write. It is true, he wipes it afterwards; but seldom so well as to take off all the saliva; and what is left of this, though it be dried, or in ever so small a quantity, is a leaven which may communicate a disease of the lips, or any other contagious illness, from one person to another. This remark will be corroborated by reflecting on what sort of people are employed in making pens for sale.

It sometimes happens in fevers that the lips become scabbed, which prognosticates a cure, and in this case do not require any application; the best way being to let them quite alone, and they will go off with the fever.

Thick lips are regarded by physiognomists as a sign of dullness; they are certainly not handsome, especially in the ladies. The lips are frequently rendered thick by biting them too much, in order to make them look red and pouting, and sometimes the thickness is the consequence of very severe colds. It is a deformity scarcely, if at all to be cured. Writers have recommended purgative medicines as internals, and masticatories and blisters as external; but as the success is very uncertain, and the trial may be dangerous, it is most prudent of two evils to chuse the least.

A very *wide mouth* is justly enough reckoned a deformity; but it is frequently rendered more disagreeable by a habit of gaping at every object,

as if the person had never seen it before. Such a sight is mortifying, and yet it is but too frequent to see people of good sense and judgement look just like idiots, only from this custom of gaping, which by negligence, they have been allowed to contract.

It must be owned, however, that neither negligence nor stupidity are always the cause of this deformity; but that there is another very common and natural one, which is this.

In order to a free and full respiration, the air must pass and repass constantly through the nostrils: it is well known there is a communication of the nostrils with the mouth, for the passage of the air which goes to the lungs. Now it frequently happens, that the excretory vessels of the nose are obstructed and choaked up in such a manner, as the air cannot enter thereby into the mouth, to pursue its course to the lungs: hence, either from these obstructions, or some defect in the formation of the part, respiration must unavoidably be performed by the mouth, which is thus necessarily kept open day and night to admit a sufficient quantity of air. This not only obliges the person to keep the mouth open, but is attended with another disagreeable consequence, that it often forces him to speak through the nose. When these defects arise from a fault in the formation of the nose, they are incurable. But if proceeding from obstructions in the glands, or excretory vessels, softening, relaxing, deobstruent, and resolving medicines are of service.—Of this number is cow's milk mixed with the juice of beets, mallows, peltitory, wild mercury, silver-weed, and cresses, which must be introduced pretty warm into the nose as far as possible. Or the herbs may be boiled
in

in fresh butter, and then introduced in the same manner.

These obstructions are mostly owing to thick humours, though they are sometimes produced by stoney concretions in the nose, no bigger than a small pea, and wrapped up in a membrane, which sometimes breaks of itself, and lets the stones fall out. As it is but seldom, however, that this membrane breaks of its own accord, the surest way is not to wait for it, but to use all the means you can to break it gently, and without violence; for as it adheres pretty strongly to the nose, there is danger, lest in tearing it away, you should injure that organ. A very good method is to introduce the downy part of a feather into the nose, moving it lightly up and down; and the practice of this method for a few weeks, especially in the morning will certainly break the membrane, and of course clear the obstruction. If any soreness remains, you may lightly touch the part with a little of the vulnerary, or Turlington's balsam.

Of the CHIN.

Deformities of the chin in regard of shape, are of that class which can neither be prevented nor corrected.

Women of sanguine complexions and habit, have frequently hair growing on their chin, which gives them a very masculine and unseemly appearance. Shaving, if ever so neatly performed, will always leave the marks of the hair perceptible: the only method, therefore, from which success can be hoped, is the application of the dulcified spirit of salt, or some of the liniments, directed under the methods of extirpating superfluous hair.

When

When the want of beard in the other sex, proceeds from any peculiarity in the constitution, so that there is not the least stem of hair in the chin, the deficiency can never be repaired by art. But if occasioned by any accident, (which has not entirely destroyed the roots of the hair,) as a straightness of the pores, or a want of nourishment, a cure may be brought about. For which purpose, the prescriptions already recommended for promoting and increasing the growth of the hair may be successfully applied.

Some people are afflicted with an involuntary, convulsive motion of the chin, from side to side, and sometimes up and down, like the motion of eating. This deformity may be greatly relieved by bathing; and especially by washing the part afflicted every day with cold spring water.

Of the SKIN, and COMPLEXION.

The skin of the face is subject to many accidents and deformities, which we now proceed to examine; and first, the effects of that very formidable enemy to beauty, the small-pox; most of the blemishes caused by which are more to be attributed to those who have the management of the disorder, than to the disorder itself. While they aim at hindering the small-pox from thickening the skin, and leaving pits and scars upon it, they generally employ means which are readier to produce than prevent such effects. It is common to apply oil of rapes, or of sweet almonds, hogslard, and other greasy substances, as serve rather to shut the pores than to open them, and likewise make the skin of the face very thick and coarse. A better method is to take a piece of very lean mutton, boil it well, and dipping a sponge in the
broth,

broth, gently foment the face, taking care to repeat this several times a day, till the pustules of the small-pox are quite ripe.

There can be no necessity for giving a caution against picking off the eruptions, or pricking them when the *pus* grows white, in order, as supposed, to prevent them eating through the skin. It is, however, a constant fact that the small-pox never leaves deeper pits, than when the pustules have been opened, by whatever means. The reason of this may be readily understood: when you open the pustules, and let out the matter, you let in the air at the same time, which immediately dries and hardens the cavities of the pustules, and thus prevents the flesh below from rising to fill up the hollows. And could the face be kept from the air from the time that the pustules fill, until the patient's recovery, it would be no more subject to injury from the disorder, than the other parts of the body, which are never marked. A cap might easily be contrived to answer this purpose, having its borders only at such a distance from each other as to allow the patient to breathe freely.

The following water is of great use to prevent pits after this disorder, clear away the scabs, allay the itching, and remove the redness.

Dissolve an ounce and a half of salt in a pint of mint water; boil them together, and dissolve the liquor.

-Of PIMPLES.

This deformity consists in a redness of the face, attended with inflammatory pustules: the cause of which is commonly attributed to an acrid, thick blood, that swells and erodes the small vessels
which

which are distributed to the skin of the face. To clear those vessels, the mass of blood must be sweetened and diluted by proper medicines.

This is, however, a subject on which we would request the most earnest attention of our readers:—deformities of the skin are generally the consequence of a distempered blood thrown upon it: or rather are made by a preternatural secretion; for usually such distempers are occasioned by the salts being thrown off by the cutaneous glands, which ought to be washed through the kidneys: so that instead of *sweeteners*, which are usually prescribed, promoting the urinary discharges, and rectifying the skin by proper washes, is the only way to get rid of such disorders. At the end of this article, we shall insert a variety of such forms as seem best adapted for the purpose.

The application of such washes, &c. must always be understood to be proper only, when a person is otherwise well; because any critical breakings out are by no means to be driven back, but encouraged, else a great deal of mischief may be done. Of such lotions too, it is to be observed that they are not to be used but for the face, and some particular parts; because so far as they are used, they cannot but in some measure abate the natural perspiration, which will be attended with inconveniency. When, therefore, any thing of this kind is employed, the person must always take care that some other emunctory may be in readiness to discharge what is lessened by the application of the external medicine; and that which is most suited to compensate for what the skin is deficient in, is that by urine: wherefore *diuretics* are certainly the best auxiliaries to *cosmetics*, and
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it is hardly safe to use one without the other. For this purpose,

Infuse four ounces of mustard seed in a quart of white-wine, and after three or four days, drink about a wine glass of it every morning; filling up the bottle every time, as long as the seed gives any strength.

This remedy is very easily procured, and is not only a good diuretic, but is cordial to the nerves, attenuating pituitous, fizy blood, and dissolving its close contexture.

Or, boil three spoonfuls of mustard seed in a quart of milk, take off the curd, and keep the whey for use.

This differs little from the above, but will be agreeable and convenient in cases where wine would be too powerful a morning draught. About half a pint is sufficient at a time.

The *scorbutic juices* are much commended for cooling the blood, and cleansing the several strainers of the body, especially the urinary passages; they are most properly used in the spring, and should be drank about half a pint every morning for five or six weeks.

They are prepared by taking juice of plantain, brook-lime, water cresses, and dandelion, each a pint; sorrel, lemons, and white wine, each half a pint; let them stand till they settle, then decant what is clear, and add to it, of compound horse-radish water, and magisterial worm-water, each four ounces; spirit of scurvy-grass, one ounce: and keep for use.

Among all the lotions invented for the assistance of beauty, nothing perhaps can exceed the use of simple *pimpernel water*, which is so sovereign a

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beautifier of the complexion, as to deserve a place on every lady's toilet. It is quickly prepared, by only infusing half a handful of this herb in a quart of water, letting it stand all night. It may be used a little warmish, but never hot. It is not, however, powerful enough to destroy those eruptions on the face we are now treating of, for which the following applications are intended, subject to the mode of treatment already given.

Take litharge of gold, four ounces; white wine vinegar, half a pint; digest them together for three days, stirring often, and then filter for use.

Or, take half a pound of ceaus; white wine vinegar and elder-flower water, each a pint and a half; boil one point away, and let the remainder settle fine for use.

Or, take camphire rubbed fine in a mortar, two drams; put upon it, by little and little at a time, one ounce of the juice of lemons; when dissolved, add white wine, one pint; or spirit of wine, and rose-water, each half a pint.—This is a very safe and good lotion for spots and flushings of the face, and may be used with equal freedom and safety.—The mortar must be rubbed with a few drops of oil, in order to reduce the camphire to powder.

Another, and by no means an inefficacious remedy for a pimpled face, and for preserving the skin soft and smooth, is, to beat a quantity of houseleek in a marble mortar, squeeze out the juice, and clarify it.—When wanted to use, pour a few drops of rectified spirit on the juice, and it will instantly turn milky.

A very elegant cosmetic is made by taking equal parts of gum Benjamin and storax, and dissolving them in a sufficient quantity of spirit of wine.

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The spirit will then become a reddish tincture, and exhale a very fragrant smell. A few drops of it put into a glass of water, will instantly become milky. Many ladies use it, successfully, to clear the complexion, than which nothing can be more safe or innocent.

It may not be improper to observe, that all acid and aluminous lotions and beautifiers, are pernicious enemies to the skin, and very soon bring on wrinkles.

Dr. Cook, of Leigh, who is as much esteemed for his philanthropy, as he is celebrated for medical knowledge, recommends the subjoined prescription as a safe and excellent cosmetic lotion, "which will set of the countenance to the best advantage, by rendering an ordinary one beautiful, and an handsome one more so.

"Boil two quarts of soft water on four ounces of pure quick silver, in an earthen pipkin, till half the water is wasted, then pour the water, with quick silver and all, into a bottle to be ready for use:—with a fine cloth dipped into a little of this decoction, wash the face two or three times a week in a morning, after having washed as usual with fresh water.

"It gives a fine lustre to the skin, and cleanses it of a'l kinds of foulness, as scurfs, insects, morpews, &c. &c. is perfectly innocent, and the best deobstruent in physic. It may be drank freely as a specific against worms; and against all cutaneous eruptions.

"I remember a lady, (says he) that had been eminent for beauty in many courts of Europe, confessed to me that this insipid liquor was, of all innocent washes for the face, the best she ever met with.

“The same quick-silver will serve to boil again with the same quantity of water, to supply fresh lotions, as often as wanted. You must shake the bottle well before you use it.”

FRECKLES.

Fair and delicate complexions are subject to small reddish spots, called freckles; usually caused by the heat of the sun, and appearing chiefly on the hands, neck, and face; for which reason, we ought to take care of exposing children too much to its influence; very few remedies have been found answerable to this blemish, because the inventors have mistaken the seat of the complaint:—imagining it to exist in the scarf-skin, they have been very free in prescribing corrosive waters, which make the scarf-skin peel off, and afterwards leave the face just as it was: whereas these freckles are really upon the *cutis*, or true skin, and become visible from the transparency of the *cuticula*. They are very hard to remove; yet much may be expected from a mixture of spirit of wine and the oil of *Behen* [or *Ben*,] applied to the face every night with a small brush:—three or four drops are sufficient at a time. But you must avoid the air, and especially the sun-shine during the time of using it.

To the same effect are the following preparations:

Take oil of tartar *per deliquium*, one ounce; oil of sweet almonds, two drams; rose water, four ounces; shake them together for use.

Or, take almond-milk, (that is, an emulsion of blanched almonds,) a quarter of a pint; sugar of lead,

lead, ten grains; white vitriol, one scruple; oil of tartar, two drams.

Or, take equal quantities of house-leek andcelandine; distil them in a sand heat, and wash with the distilled water.

With a soft napkin dipped in any of these preparations, rub the face, neck, and hands:—avoiding the sun and air.

Mr. Homberg's remedy for freckles stands in high esteem, and is a composition of bullock's blood and alum, nearly in this manner:—viz. To four ounces, or a quarter of a pint of bullock's blood, add two drams of alum finely powdered: let the alum precipitate, and expose the compound three or four months to the sun in a close phial.

MARKS *on the FACE.*

The marks here meant are those which are attributed to certain longings during pregnancy: such as the figures of cherries, mulberries, strawberries, &c. or spots of wine, milk, &c. either on the face, or other parts of the body; which are impressed the more strongly in proportion to the vivacity of the mother's imagination, and the difficulty of gratifying her longing.

As to spots of wine, milk, and similar ones, it is impossible to remove them, and whoever attempts it, only designs to impose on you.

Such marks, or little excrescences, as are connected to the body only by a slender stalk, may probably be taken away; but the stalk must be a very slender one indeed, or it is not advisable to touch it.

You must tie a waxed silk thread gently about it; next day tie it tighter: and so proceed till

the excrescence is deprived of nourishment, when it will drop of, and nothing remain but a little scab upon the part, which will fall away of its own accord.

The COMPLEXION brown, pale, tawny, &c.

When the complexion is naturally of any of these colours, there is no possibility of changing it thoroughly: all that can be done, is to have recourse to palliatives,—not to paints, which in the end produce a real deformity, but to washes and compositions which are at least entirely harmless; such as rose, plantane, or pimpernel water; water made with bran, oat-meal, pease-meal, powder of bitter almonds; barley-water; water distilled from snails; and such simple preparations, from which there is nothing to fear.—To assist and improve complexional charms, where a healthful habit of body is the natural groundwork, the following very select compositions may prove useful.

A COSMETIC for the FACE.

1. Take a pound of levigated hartshorn; two pounds of rice powder; half a pound of cerufs; frankincense, gum mastic, and gum arabic, each two ounces; dissolve the whole in a sufficient quantity of rose-water, and frequently wash the face with this fluid.

IMPERIAL WATER.

2. Take five quarts of brandy, or proof spirit, in which dissolve of frankincense, mastic, benjamin, and gum arabic, each one ounce; cloves and nutmegs, half an ounce; pine-nut kernels and sweet almonds, each an ounce and a half; to these
add

add a few grains of musk, or any other perfume you please; bruise them very well in a marble mortar, then put them into a glass bottle, with the brandy, shaking them frequently during a week; after which let it settle, and decant for use. When applied to the face, dilute it with pimpernel, or rose-water.

This is said to take away wrinkles, render the skin delicate, and sweeten the breath.

The distilled waters of fennel and white lillies, with a little gum mastic, will admirably clear the complexion.

A FLUID to clear a tanned SKIN.

Soak unripe grapes in water; sprinkle them with alum and salt, then wrap them up in paper, and roast them in hot ashes; squeeze out the juice, wash the face with it every morning, and it will soon remove the tan.

The oil of unripe olives, in which a small quantity of gum mastic has been dissolved, will answer the same intention.

Another very elegant Wash.

Take barley-water strained through a fine linen cloth; drop into it a few drops of balm of Gilead, and shake the bottle for some time, till the balsam is incorporated with the water, which will be known by its turbid, milky appearance. This greatly improves the complexion, and preserves the bloom of youth, if only used once a day for a continuance. Before this fluid is used, the face should be washed clean with common water.

A distilled

A distilled Water for tinging the Checks.

Take two quarts of white wine vinegar, three ounces of isinglass, two ounces of nutmegs, and six of honey; distill with a gentle fire, and add to the distilled water a little red saunders, in order to colour it. Previous to the use of this, a lady should wash herself with elder-flower water, and then the cheeks will become of a lively roseate hue, which cannot be distinguished from the natural bloom of youth.

A Cosmetic OIL.

Take a quarter of a pint of oil of sweet almonds fresh drawn; one ounce of oil of tartar *per deliquium*, and a few drops of oil of rhodium; mix them together, and use the composition for cleansing and softening the skin.

Oily compositions, (if only used occasionally, and the face soon after washed with some of the foregoing simple preparations) may be of service; but lavishly employed, they shut up the insensible pores of transpiration, and rather injure than improve beauty.

COLD CREAM for the COMPLEXION.

Take virgin-wax and spermaceti, of each a dram; oil of sweet almonds, two ounces; spring water, an ounce and a half; melt the wax and spermaceti together in the oil of almonds, in a glazed earthen pipkin, over hot ashes, or in a vapour bath; pour the solution into a marble mortar, and stir it till it grow cold and quite smooth; then mix the water gradually, and keep stirring till the whole is incorporated.

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This pomatum becomes extremely white and light by the agitation, and much resembles cream, from the similitude to which it has obtained its name. It is an excellent cosmetic, rendering the skin smooth and delicate: its fragrance may be improved by using rose water or orange flower-water, instead of spring-water; or with a few drops of any essence, as fancy directs.

Carmines, or Rouges for the Face.

Alkanet root strikes a beautiful red when mixed with oils or pomatums. A scarlet or rose coloured ribband, wetted with water or brandy, gives a beautiful bloom to the cheeks, when rubbed on them, that can hardly be distinguished from the natural complexion. Many use only a red sponge, which tinges the cheeks with a fine carnation tint.

Or, take an equal quantity in weight of either Brazil wood shavings, or cochineal, and roch alum; beat them together to a coarse powder, and boil in a sufficient quantity of red wine, until two thirds of the liquor be consumed. When this decoction has stood till cold, rub a little on the cheeks with a bit of cotton.

A very wan, fallow complexion, or that which characterizes the *green sickness*, is owing to a cause that comes properly under a physician's consideration, and is beyond our province. When the cause is removed, the effect will cease of course.

A very frequent exposure to the open air and wind, especially in summer, renders the complexion *coarse*: there is another cause, less noticed, which produces the same effect; namely, *sweating*: it dilates the pores exceedingly; and these being
dilated,

dilated, necessarily makes the skin appear coarser. By sweating we do not mean the natural perspiration, but that which is brought on by any degree of fatigue in hot weather, or by being crowded up in large companies, and the effects of which is increased by the use of a fan.

The complexion ought by no means to shine, but should resemble that bloom which is observable upon some fruits before they are handled. We say the *bloom of a complexion*, but never the *lustre*; because this does not belong to it. The lily is white, but has no *gloss*. Yet we say the *brightness of the lily*. Roses with all their brightness are not shining; yet we compliment a complexion, by saying it is compounded of *roses and lilies*. In short, a fine skin does not shine at all, although by its whiteness it appears bright. A shining face is like that of a wax baby.

To avoid this shining, the face should never be much rubbed, especially with coarse cloths, nor should any kind of soap be used in washing it. Clear spring water, or any of the simple lotions already described, will prove the best washes, which may be rubbed dry with a soft napkin.

That the complexion should lose this bloom as age advances, is only a circumstance in the course of nature; but some young people are not exempt from such a deformity; which (when not owing to paint) proceeds from an internal heat drying and withering the skin; the fading of which may be corrected or prevented in youthful life, by an observance of the following rules; but 'tis childish to imagine there are any secrets to preclude the effects of old age.

1. It will be necessary to abstain from tea and coffee, at least not to drink much milk with them; shun all high seasoned victuals, spices, sweetmeats, wines and spirituous liquors, which overheat the blood, and render the skin wrinkled. 2. Drink plentifully of barley water, soups, and eat light nourishing food. 3. You must neither keep late hours, nor sing much; and when you are dressing, take care no powder falls upon your face. 4. In winter, you must not sit opposite a fire, nor too near it; and if your face is turned towards it, interpose a screen. 5. Never expose yourself with your face uncovered to the cold air, especially in frosts; nor go too soon near the fire after being abroad. 6. You must have recourse to gentle rubbing all over the body, to preserve or to promote a free circulation of the blood. For when the blood circulates freely, and consequently the nourishing juices, which are distributed to the different parts of the body, neither stop too long, nor are hurried too quickly through the vessels, the complexion is always fresh, provided such juices are wholesome, which may be obtained by observing a good regimen.—When the blood circulates well, the complexion is necessarily improved thereby; and always shews whether the health is in a good or bad state.—Gentle rubbing, however, with soft linen, contributes very much to regulate and quicken a languid circulation, and, in consequence of that, to enliven the complexion.

Glysters, and gentle cathartics, when properly used, and not wantonly sported with, are certainly conducive to the same effect.

Not as a cure, but as a preventative of wrinkles, the subjoined preparations appear to have some efficacy.

1st. Heat an iron shovel red hot, throw on it some powder of myrrh, and receive the smoak on your face, covering your head with a napkin to prevent its being dissipated. Repeat this operation three times. Heat the shovel again, and pour on it a mouthful of white wine. Receive the vapour of the wine also on your face, repeating it three times. Continue this practice every night and morning, as long as you shall find occasion.

2d. Take juice of white lily roots, and fine honey, each two ounces; white wax melted, one ounce; incorporate the whole together, and make a pomatum, which must be applied every night, and not wiped off till the next morning.

Having finished our remarks on those parts of the face which are most exposed to view, we come next to treat of such as present themselves on opening the mouth, viz. the gums, teeth, and tongue, which closes our review of the head, or upper cavity of the human body.

Of the Gums.

Those gums which are red, firm, smooth, neither too thick nor too thin, and have the teeth neatly joined within them, are a great ornament, provided that every thing about the teeth be proportionable and corresponding.

The livid colour of the gums generally proceeds from the blood stagnating there, which may be prevented or corrected by rubbing them carefully every morning with a linen cloth, a little rough, and picking them from time to time, but very gently, with the point of a gold, silver, or ivory tooth-pick, but yet so as to make them bleed;
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and taking care not to pick it where the teeth are joined to the gum.—Some writers have told us, that eating of leeks and onions is hurtful to the gums.

Excrescences will sometimes appear upon the gums, connected to them by a little slender stalk; a circumstance of no danger, but often a blemish, by making the lips protrude forward in a disagreeable manner, and affecting the pronunciation a little. This excrescence may easily be taken off, by tying a thread of silk pretty tight round it, and drawing it still tighter every day for a few days, when it will drop off for want of nourishment; and you may touch the gum with a little vulnerary balsam.

An inflammation of the gums, being a consequence of the inflammatory tooth-ach, will be treated in its proper place.

As most other blemishes or deformities of the gums, as being pale, flaccid, uneven, fretted, &c. may be attributed to the scurvy in that part, we shall avoid all nice distinctions, and only consider that disorder in general,

One certain symptom of the scurvy is, the gums being liable to bleed on the slightest touch:—another is a continual discharge of matter from about the edges, just where they join the teeth, but without any appearance of blood; and a third (which may likewise have a temporary existence from other causes, as venereal infections, ulcerations of the lungs, and particularly negligence in cleaning the teeth) is an offensive breath, frequently unknown to the person himself. These symptoms are sometimes all experienced together, and often are found independent of each other. The teeth, in this disorder, are in some persons
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covered with a tartareous matter, and in others remarkably clean. In process of time, they become quite loose; and when the distemper is so far advanced, 'tis with difficulty that any thing can be done to prevent them all dropping out, one after another, though perfectly sound. Not that the gums always recede from the teeth; for they will sometimes preserve an external appearance of soundness, even when the scurvy has totally destroyed the bony socket, and all communication between the tooth and gum.

The scurvy in the gums seldom extends beyond that part, and is certainly very different from, as it frequently is found independent of the least degree of the scurvy in the body, and without any connection with it: the former having been perfectly cured, when the latter has not had the smallest relief. Nor is any advantage to be expected from the use of internal medicine.

The first step towards a cure, is to have the teeth well cleaned, and all the tartareous matter that is lodged under the edges of the gums, carefully removed, by a skilful dentist: when the complaint is not of long continuance, this operation will prevent its farther progress: tho' it is frequently so long neglected, as to require the application of the lancet; and when the gums are much thickened, it even becomes necessary that considerable portions of them should be taken off.

When the disorder is once put a stop to, it may be prevented in future by a proper attention to the cleanliness of the teeth, and using some of the following lotions occasionally to the gums; while a neglect of this will often cause a relapse;—
Washing and brushing the gums produce the same
effect

effect on them, as air and exercise upon the body; giving vigour and firmness, promoting the circulation, and enlivening the tone of both.

To strengthen and preserve the Gums.

Dissolve an ounce of myrrh (finely powdered) as much as possible, in a pint of red wine; decant it off, and wash the mouth every night and morning

To strengthen the Gums, and make them grow close to the Enamel.

To two spoonfuls of the best white honey, add an ounce of myrrh, and a little green sage, both finely powdered; mix them well together, and rub the teeth and gums with a little of this balsam every night, at going to rest.

An Infusion for the Gums.

Take two drams of cinnamon finely powdered; half a dram of cloves in fine powder; and half an ounce of roch allum; pour upon them three quarts of boiling water, when cold, add six ounces of plantane water, half an ounce of orange-flower (or any other scented) water; a quarter of an ounce of essence of lemon, or of bergamot; and three quarters of a pint of rectified spirit of wine, or good brandy; let the whole stand in digestion for a few days, then decant for use.

An ounce of Peruvian bark, grossly powdered, infused in half a pint of brandy, and diluted with an equal quantity of rose water, is esteemed very serviceable in preserving the gums.

Oak leaves boiled in spring water, with a few drops of spirit of sulphur added to the decoction, afford a very useful gargle for the mouth and gums.

When the teeth have been once properly cleaned, and such necessary operations performed, as the judgement of a sensible operator will dictate, the gums may be easily kept in tolerable condition afterwards by the use of any of the foregoing preparations, constantly and daily used; but it is from perseverance alone that any benefit may be expected. Even the application of cold water daily to the gums, rubbing them well with a little brush, or your finger, will equally preserve them from disorder, and the teeth from decay. Those who pay a constant attention to this point, have in general few decayed teeth, and even when a decay takes place, it advances more slowly, and with much less pain.

An *offensive breath* is a constant attendant upon the scurvy in the gums, but may also proceed from putrified matter lodged in hollow teeth; or from other causes as above-mentioned; in any case, it may at least be disguised, if not greatly remedied, by gargling the mouth frequently with the following water.

Take fresh gathered (if conveniently procured, if not, take dry'd) leaves of sage, angelica, wormwood, savory, fennel, and spiked mint, hyssop, ba'm, sweet basil, rue, thyme, marjoram, rosemary, origanum, calamint, and wild thyme, each four ounces, the same quantity of lavender flowers, cut them small, pour upon them one gallon of good brandy, or spirit of wine, and let them stand in a warm situation for a week or thereabouts; then decant for use.

To half a wine glass of this tincture, add the same quantity of rose water, or any other distilled water you fancy, gargle the mouth well (rubbing
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the gums with your finger) with about half of 't, and rince the mouth with the remainder.

If half or a whole glass of this tincture, diluted as before, be drank every morning, after the above operation, it will cherish the lungs, enliven the heart, fortify the stomach, and cleanse them of every impurity that may affect the breath. It is likewise much superior to preparations from eastern aromatics and perfumes, whose very powerful scent only discovers what their use is designed to conceal.

Of the latter sort, however, the following stands in high esteem.

Take cinnamon, two ounces; cloves, six drams; Florentine orrice root, nutmeg, and mace, each one dram; water cresses, six ounces; fresh lemon peel, an ounce and a half; red rose leaves, an ounce; scurvy grass, half a pound; musk and ambergrease, each half a scruple; bruise the aromatics and perfumes, cut the spices, and macerate the whole in a quart of spirit of wine, or French brandy, during eight-and-forty hours; then decant it into several glass phials, so that having a small quantity only in use at a time, the fragrant essence may be prevented from evaporating. When used, let it be diluted with any distilled water.

As a more simple remedy, chew about the quantity of a small nut of gum myrrh, at night going to bed.

Or, chew every night and morning a clove; or a piece of Florentine orrice root, about the size of a bean.

The Eastern nations frequently chew boiled Chio turpentine, or gum mastic, which is said to give health and firmness to the gums, make the
teeth

teeth beautifully white, and procure a sweet breath.

People who are accustomed to these daily ablutions of the teeth and gums, are much less liable to the infection of malignant, epidemic disorders, than when the gums are in a state of putrefaction, and the teeth covered with sordes. Besides, the air in passing through the mouth into the lungs, must of course be contaminated, and impregnated with the putridity of the gums, or of matter in, or between the teeth; which will doubtless produce some, and increase almost any disorder.

Of the Teeth.

To preserve the teeth in order, and in any degree of beauty, requires less trouble than perseverance. Five minutes labour every morning, and the examination by a dentist once in a month, or perhaps in a quarter of a year, is amply sufficient. Indeed, to produce a set of fine, regular teeth, they should be taken under management from their very first appearance, and every assistance given to make them cut easy, and push out regular; otherwise they have less chance to be well shaped, well ranged, and make a beautiful appearance.—The first teeth prepare sockets for those which are to succeed them; and upon the right disposition of these sockets will the regularity and beauty of the second set of teeth depend.

The breeding and cutting of the teeth often prove fatal to infants, at all times is attended with violent pains, and frequently with convulsions and fevers. Looseness, if not severe, is rather a favourable symptom. Diluting liquors, as milk and water, balm tea, &c. should be plentifully administered,

administered, but by no means too warm. The appearance of the teeth are usually foretold by a small white circle surrounding that part of the gum, and describing the size of the future tooth; at this time it will be necessary to rub the gums with a little fine honey mixed with liquorice powder; which frequently prevents convulsions; the white flank of a boiled asparagus, or the rib of a large lettuce leaf, is often successfully employed to rub the gums with.

The difficulties and dangers which attend teething may frequently be obviated, and considerably lessened, by attending to a few plain, general rules.—To keep the body open by cooling and corrective medicines;—to guard against any violent loosenesses by a proper change of physic;—to supply the want of immediate operation by gentle clysters or vomits; and taking care that the food be very light, (if the child is weaned) as chicken broth, beef tea, or palatable slops, which are preferable to flesh meals.

For this purpose, rhubarb; with magnesia, in case of costiveness; or with prepared crabs-claws, in case of too great a degree of looseness; clysters made with mutton or chicken broth,—common salt, coarse sugar, and sweet oil,—adapting the quantity to the age of the child.

When the efforts of nature, assisted by this treatment, are insufficient to burst the gum, and any alarming symptoms of inflammation or convulsions appear, the lancet should be applied.

When the first teeth are completed, little attention is required, except to examine the double teeth occasionally; and, as they are most subject to decay, to file or stop them, as may be required.

From

From the earliest infancy, children should be taught to wash their teeth and gums every morning and evening with cold water, and continue this practice through life.

About six or seven years of age, they begin to shed these first teeth, and new ones succeed, the preservation and management of which demand our vigilant attention.

Even, regular teeth contribute so much to the beauty of the human countenance, that without their aid, the visage would appear deformed, and the harmony of the finest features be incomplete. Irregularity might be often prevented by a timely removal of the first set of teeth, whenever they appear crooked, projecting forward, inclining inwards, or otherwise tending to deformity, as they give the shape to the bony socket for those which are to follow: and hence distort the mouth, and affect the shape of the whole face.

There is another deformity which seems caused by inattention to the teeth in early life; namely, when the teeth of the under jaw project forward beyond those of the upper, and inclose them; the contrary to which being the natural situation. This being *under-jawed*, not only renders the front teeth useless in both jaws in eating, but makes the under one grow considerably longer than it otherwise would.—The correction, or prevention of this deformity, must be under the management of a surgeon, as it requires manual operation.

The teeth should be often examined from ten or twelve years of age, to observe their decay, and make the necessary provision against it: to prevent the caries from reaching the nerve; and also to remove all tartareous accumulations which may have

have adhered to them, and which, by a skilful and honest operator, may be taken off without the least injury to the softest enamel.

Those concretions about the teeth and gums, which are called the tartar of the teeth, proceed from a hurtful nutriment; partly from the saliva, impregnated with the excrementitious juice of the gums, which by continually moistening the teeth, gradually adds these tartareous particles to them. This tartar, in consequence of its acrimony, imperceptibly consumes the substance of the teeth, produces blackness, and frequently a caries or rottenness: It evidently consists of an alkaline earth, by instantly resolving when rubbed with spirit of salt.

The outward substance, or enamel of the teeth, is of a very hard contexture, almost approaching to stone, though dissolvable in an acid menstruum. The interior bone is easily dissolved and consumed. It is the part principally affected in a caries or rottenness; for the enamel is seldom seen totally, but only partially consumed. And though acid spirits, such as the spirit of salt, spirit of vitriol, &c. dissolves the tartareous substance on the teeth, yet too frequent, too long, or any injudicious application thereof, will destroy the tooth itself. The soundest human tooth, if put into a solution of spirit of vitriol, in proportion of sixty grains to one ounce of water, for the space of fourteen or fifteen days, would entirely lose its enamel. The effect of such a preparation, therefore, when made use of to clean the teeth, and frequently, perhaps daily, applied, may be deduced from this experiment.

Acids of every denomination are unfriendly to the teeth: whether spirit of salt, vitriolic spirit,
tartar

tartar of vitriol in its acid state, cream of tartar, or alum, burnt or unburnt. Nor are these the only preparations from which danger is to be apprehended: powder of coral, cuttle fish bone, pumice-stone, and similar substances, when frequently used, destroy the enamel not less, though in a different manner, than the foregoing acids. The one dissolves; the other, by its asperities, acts like a file, and rubs it off. This seems to exclude all the generally received preparations for the teeth, and with great justice; but we hope to offer others in their place, which will equally answer every good intention, without causing the least disagreeable consequence.

Most people may observe, that, however clean their teeth are on going to bed at night, yet on passing a finger over them next morning, they will be found covered with a thin, slimy substance, resembling thin paste, of different colours and consistence in different constitutions: this substance, which seems the residuum of the saliva, united with an excrementitious juice from the gums, indurates about the teeth, and acquires a degree of hardness little inferior to themselves. A composition, therefore, which will absorb this mucous substance, prevent it from adhering to the teeth, and preserve their natural colour, is the best tooth-powder that can be made use of. That artificial whiteness which is caused by using alum, and similar substances, is a certain indication of their approaching decay, which is soon after more sensibly announced by chillness and pain.

When the teeth are once perfectly freed from tartar, (which often lurks under the gums, unknown to one's self,) the frequent use of the following powder will preserve them for years.

Restorative

Restorative Powder for the Teeth and Gums.

Take French, or Armenian bole, one ounce ; dragon's blood and myrrh, each half an ounce ; mastick, a dram and a half ; cinnamon and cloves, each half a dram ; reduce them into a very fine powder ; and with your finger dipped therein, rub the teeth and gums well two or three times a week, rinsing the mouth afterwards with cold water. This comforts and strengthens the gums, absorbs all that acrimonious slime and foulness, which would accumulate to the destruction of the teeth, and has this peculiar property, that it *never can do them an injury.*

To such as are desirous of preparations that will more speedily whiten the teeth, we shall communicate a few receipts for that purpose.

Take myrrh, roch alum, dragon's blood, and cream of tartar, each one ounce ; musk two grains : make them into a fine powder.

The author of this recipe is so honest as to add, " that, tho' simple, it is an efficacious dentifrice : yet nothing of the kind should be applied too frequently to the teeth, for fear of hurting the enamel."

If the teeth and gums are rubbed with a piece of clean rag, dipped in vinegar of squills, it will not only whiten, but fasten the roots of the teeth, and correct an offensive breath.

When the enamel of the teeth is wasted, either by a scorbutic humour, or any external cause ; the tooth cannot long remain sound, and must therefore be cleaned with great caution. For which purpose, the best instrument is a piece of wood, like a butcher's scower, made soft at the end, and either used alone or dipped in the restorative powder recommended above.

But

But the roots of some particular plants, especially fibrous and woody ones, are best formed into little brushes for cleaning the teeth, and probably have been substituted in the room of common tooth-brushes, on account of their being softer to the gums, and more conveniently used.

Lucern and liquorice roots are generally preferred. They may be deprived of their juicy parts by boiling them several times in a large quantity of fresh water: they should be chosen of two year's growth, and about the thickness of one's little finger; such as are thicker, worm-eaten, or unsound, being rejected. They are to be cut into pieces about six inches long; and, as we have observed, boiled in water, till all the juicy parts are extracted, then taken out and left to drain:—after this, each of the roots is to be slit with a penknife into the form of a little brush, and the roots slowly dried, to prevent their splitting. They may be dyed red by infusing them in the following liquid.

Take Brazil wood rasped, four ounces; cochineal bruised, three drams; roch-allum half an ounce; water, four pints; put them into a proper vessel, boil till one half of the liquor is consumed, and strain the decoction through a piece of linen cloth.

Let the roots remain twenty-four hours in this infusion, then take them out, dry them slowly, and let them be varnished with two or three coats of a strong mucilage of gum tragacanth, each being suffered to dry before another is laid on. The whole is afterwards repeatedly anointed with Fryar's, or Turlington's balsam, in order to form a varnish less susceptible of moisture.

Marsh-

Marsh-mallow roots are prepared in an easier manner ; but, on account of the mucilage they contain, they become very brittle when dry. Such as are large and very even are made choice of, and rasped with a knife to remove the outer bark. They are dyed and varnished in the same manner as the others ; but from the loss of their mucilage, diminish considerably in thickness during the time they stand in fusion.

They are used in a similar manner with tooth-brushes ; by moistening one of the ends with a little water, and having dipped it in the dentifrice you make use of, rub the teeth well therewith.

The large double teeth, (two on each side next the *dentes sapientiæ*) are often discovered, even at their first appearance, to have several small holes ; and as these teeth are not succeeded by any others, care should be taken, as early as possible, to stop the holes up, otherwise they daily enlarge, break into one, and become attended with much pain.

When the hollows of decayed teeth are filled up, whether with gold or other materials, the person should avoid cracking nuts, or squeezing any hard substance between them, as that will not only cause the stopping to come out, but frequently break even sound teeth.

Of the Tooth-Ach.

There are so very few persons who have not, at some period of their life, experienced this disorder, that there is no need to describe it : It proceeds from a variety of causes, but, perhaps, from no one more frequently than neglect of cleanliness ; rottenness of the teeth is only a secondary cause, or a consequence of the former ; and it is certain

that no instances are to be met with of disorders *originating* in the *internal part* of a sound tooth, which, however, is commonly the seat of complaint; always, indeed, in decayed teeth, probably occasioned by the air entering the decayed part, and affecting the blood-vessels, or nervous membranes.

There is a cavity very conspicuous in the middle of all the teeth, and very considerable in the base, or that part which appears without the gums: in this cavity there is always found a mucous, membranaceous substance, in the form of an oblong bladder, composed of highly slender blood-vessels, nervous membranes, and a certain glutinous substance: this also reaches to the very extremities of the teeth, where its membranes being more contracted, it appears somewhat harder and redder. This matter may be commodiously seen by the naked eye, in what is called the *sweet tooth* in calves: it discovers some traces of blood in its surface, by a reddish colour; and when the matter is compressed, it actually discharges blood; as it will also do in the human teeth on application of the actual cautery, or a small wire made hot. This is the seat of the common tooth-ach; which is occasioned either by the external air, the pressure of the food in eating, or being touched by any substance very hard, very hot, or or very cold.

Before the decay becomes considerable, pain may be prevented by filling up the vacancy with gold, silver, gold-beater's lead, or some proper composition. The decay may sometimes be stopped by properly filing the teeth in question. But such operations require the assistance of a careful dentist.

Remedies for this complaint are without number. When the disorder is slight, it may frequently be alleviated by applying a bit of cotton, dipped in oil of cloves, or Turlington's balsam, to the hollow part, and, if frequently repeated, will oftentimes effect a cure. Tincture of laudanum or opium may also be used for the same purpose.

Cauterizing behind the ear; or an actual caustery applied to the decayed tooth, relieves and often cures; and perhaps the latter operation might be best performed by the patient himself, if he has resolution for the purpose, by applying a small hot wire to the offending part of the tooth.

When the extirpation of tartar from under the gums has long been neglected, it frequently corrodes that part of the tooth where the enamel ends; and brings on a disagreeable sensation, which is generally heightened by eating acids, fruit, sweetmeats, &c. The same complaint is frequently brought on by using hard, cutting substances, under the name of tooth-powders; it may be prevented from going further by the use of the restorative powder before recommended. Indeed the very close adhesion of the tartareous matter will produce a pain not easily distinguishable from the common tooth-ach, but which always subsides on removing the cause.

Severe colds, violent exercise, sitting up late, or excessive drinking, will bring on a tooth-ach of different kind from the foregoing, being attended with violent head-ach, swelling of the cheeks, and an inflammation of the gums, that frequently suppurates. It mostly begins with a gnawing pain about the roots, especially of the double teeth,

the pulse quickens, and a fever enfues, with increased pain, for three or four days, till the inflammation arrives to its height, the discharge whereof commonly gives relief.

Slight electrical shocks, or rather sparks drawn from the tooth; bleeding, especially by leeches applied near the seat of the complaint; and gentle evacuations by stool, will be found of great service. Sometimes a flannel cloth soaked in a strong decoction of camomile, applied warm as it can be borne, and repeated quickly, will very much alleviate the complaint.

A blister behind the ear, when the pain is extremely violent, may be applied with advantage; and smoking either common or herb tobacco (the latter is least weakening to the stomach) will afford a temporary relief; though such means cannot totally remove the disorder, which is too deeply rooted to be eradicated by these superficial remedies.

When bleeding and other applications fail, let the patient take an ounce of nitre divided into sixteen doses; abstaining from flesh-meat, wine, and hot liquors.

Generally, as the inflammation increases, the severity of the pain declines; and in some, tho' few cases, the inflammation will be very considerable without any pain whatever. Should the disorder be so violent as to endanger the palate of the mouth, by the secret lodgement of any acrimonious matter, the case becomes highly alarming, and requires the choicest medical assistance.

Opiates may be advantageously administered, and often afford considerable relief, when applied as a plaister so as to cover the affected part.

The

The infl ammatory tooth-ach is the common, and perhaps the only origia of gum-boils, a morbid affection of the gums, so called ; and one of the very few causes which can render it necessary to extract a tooth.

It should be observed, that during the inflammation, it will be very improper to attempt extracting the painful tooth ; the roots being at that time so tightly wedged in their sockets, as to render it liable to be broken in the operation ; without saying any thing of the very excruciating pain it causes at this time.

There is a third tooth-ach, which seems to be a particular sort of rheumatism ; for we may often observe pains of the joints and shoulders translated to one side of the head, the teeth of which they attack in a most violent manner. On the contrary, pains of the head and teeth are observed frequently to change their seats, and fall upon the shoulders and arms. As a rheumatism is brought on by an intemperate, or sudden change of air, so a tooth-ach of this class is generally excited by a sudden removal from a warm to a cold air ; or by the sudden changes of heat and cold in the spring and autumn. Rheumatisms are more incident to women than men, so also are tooth-achs, though they generally prove far more severe in the latter than in the former. Besides, it is confirmed by experience, that such as are subject to rheumatic and gouty complaints, are much less afflicted with this tooth-ach : hence it should follow, that the regimen and method of cure should be similar with those disorders.

As in rheumatisms and gout, so in this tooth-ach, those who have been once afflicted are easily, and by every slight cause, subjected to fresh attacks of the disorder, on account of the weakness left

behind. These pains, too, are sometimes periodical ; often continue a week or ten days, almost without intermission, and then subside entirely for a fortnight, or longer, when they return as before.

This disorder is usually treated as nervous or rheumatic ; and when the pain has been so intensely violent as to resist the force, and elude the efficacy of all other medicines, Hoffman tells us, that he has observed a most singular and unexpected relief afforded by the following pills invented by himself.

Take of the *pilulæ aleophanginæ*, one dram ; of the *pilulæ de styrace* half a dram ; and of the *extract of saffron* six grains ; mix them into a mass, of which form sixty pills ; six or eight of them are to be given for a dose.

Extraction of the tooth is the last remedy that can be proposed, when the particular one can be discovered. But it must be observed, that there are rheumatic and nervous pains in the head, entirely unconnected with, and independant of the teeth ; and from which, were all the teeth in the head drawn out, the patient would not find the smallest relief. And, indeed, those who suffer their teeth to be pulled out when firm and sound, pay very little regard to their own welfare: for tooth drawing is not only a painful operation, but is often attended with bad accidents, and even sometimes endangers the patient's life. *Æsculapius*, who, we are told, invented the art, had a pair of *leaden pullicans* hung up in a temple dedicated to him, very properly signifying, that no teeth were fit to be pulled out, but such as could be removed with a leaden forceps ; that is, such as were loose and ready to fall out of themselves.

Tooth-

Tooth-drawing, however wrong, injudiciously, or wantonly performed in some cases, is certainly right and necessary in others. 1. In children, for removing the first set of teeth, which when left too long in their sockets, displace the new ones, and turn them awry. 2. In infants it is also necessary to draw such teeth as grow out of the palate, or out of improper parts of the mouth, and are so placed as to impede sucking or speaking. 3. In some certain cases of the tooth-ach, as a last resort, when medicines have been of no avail. 4. Such teeth, as by their irregular position and figure, lacerate the gums and lips, and cannot be brought into shape by the file.

And lastly, it is sometimes necessary to draw a tooth for the curing a fistula, or ulceration of the gums near the roots of the teeth.

One argument that might dissuade people from flying to this operation on every trifling cause, is the very great injury the face sustains in its beauty. A diminution takes place, both in length and breadth; the cheeks in particular fall in and look lanky; and the whole visage appears no larger than that of a child.

We shall conclude this article with enumerating a few particulars, a want of attention to which is often of prejudice not only to people's teeth, but frequently even to health itself.

1. Exposing themselves to catch cold, by walking late abroad, sleeping with the head too thinly covered, or standing too long opposite to a gate, or window, half open—which occasion a flux of humours to fall on the teeth, creating the tooth-ach, swelling of the cheeks, &c.

2. Neglect-

2. Neglecting to keep the arms and legs sufficiently warm, is often attended with as great prejudice to the teeth, as suffering cold in the head from the same neglect.

3. Not taking proper care of the head, by combing it frequently : which negligence prevents this part from perspiring so freely as it ought, whence the superfluous humour falls down upon the teeth and gives birth to several complaints.

4. Eating or drinking things that are too hot, as coffee, tea, &c. or holding hot spirituous liquors, caustic oils, and spices in the mouth for the tooth-ach, which give a temporary ease, but lay the foundation of future pains.

5. Nothing is more apt to loosen the teeth, and rub off the enamel, than picking them with a quill-tooth-pick ; for that part of the quill which the tooth-pick is made of, is a very hard elastic substance, and very sharp ; by being passed backwards and forwards between the teeth, it acts almost as a file, wears the cortical part, and at last totally destroys it. And we may very readily observe, that the teeth generally grow carious first at the sides, where the tooth-pick is most employed. Gold and silver are not so elastic as the point of a quill, nor do the least injury by friction against the teeth. Ivory finely polished, and wrought into tooth-picks, are not injurious ; but mastic wood or bistort root are much superior, as by their astringent quality they strengthen and preserve the gums.

6. Eating sweetmeats, which by their viscosity stick close to the teeth, and corrode them ; chewing things that are too hard, or cracking the stones, of fruit or nuts, &c. eating green fruit, pickles,

pickles, &c. which fret the gums; chewing food that is tough and fibrous, as cod and stock-fish, neglecting to wash the mouth after eating, especially any of the foods just mentioned; with the frequent use of high seasoned dishes.

There are some people whose teeth are naturally black, in which case no art whatever can render them beautiful: the most that we profess is, to preserve beauty where it exists, or to restore it when suffering by negligence: those who do more design to prey upon the credulity of the world,

The loss of teeth is frequently supplied by art, and sometimes with success; though it is but fair to add, that the success depends more upon chance, than any principles of art: and transplanted teeth have often been obliged to be removed, to prevent worse consequences. The conditions requisite for this operation, will shew the little confidence that ought to be placed in its succeeding: and the decayed tooth must be one of those in the front of the mouth, the operation rarely, if ever, answering with the double teeth, particularly the large ones.

When the decayed tooth is extracted, the substituted one must be immediately taken out of the person's mouth who is willing to lose it; it must be quite sound, of the same length, breadth, and thickness, and taken from the corresponding part of the jaw with the decayed tooth: this resemblance, however, is only to be found among the fore-teeth. The neck of the *extracted* tooth, and what remains of its roots, should be perfectly sound.—The person from whom the tooth is taken to be transplanted, should be between the age of twelve and fifteen, healthy, and of the same
sex

fix with the party who is to undergo the operation. As soon as fixed, the tooth must be secured to the neighbouring ones, by ligatures of gold wire, silk, &c. No use must be made of it for several days, till the gum grows to the root of the tooth. And the attendance of a physician is frequently necessary to regulate the consequent fever, which is sometimes considerable. This operation is difficult,—no artist can honestly pretend to assert its success; and the consequence is sometimes disagreeable.

Deficiencies of the teeth are better, perhaps, supplied by artificial ones, whether single or in whole sets; by the use of which the proportion of the face is preserved, and even mastication may be performed with ease and comfort.

The same attention to cleanliness is requisite in the artificial as in natural teeth; as they are equally liable to decay, and in similar cases to create an offensive breath.

Of the Tongue.

To finish this book, it remains to examine some of the chief defects of the tongue and voice with respect to the speech; which are chiefly dumbness, loss of voice, an effeminate voice in men, and a masculine one in women; lisping, stammering, and a difficulty of pronouncing certain letters.

Of all the defects of our bodily organs, there is scarce any one more mortifying than *dumbness*, as hindering us from expressing our thoughts, and reducing us to the sad necessity of explaining them by signs and grimaces. Dumbness may proceed from various causes; as, a bad conformation of the tongue, a palsy, or too great humidity of it;

it; blood stagnated under the tongue, or a natural deafness.

Dumbness from a mishapen or faulty tongue is indeed incurable: but as that cause cannot be distinguished from the other two, of a palsey, or a too great humidity of the tongue, the practice proper for the latter can do no injury in the former case.

When a palsey occasions, or is only the supposed cause of this complaint, you ought to have recourse to medical assistance; the use of vine-leaves, fresh squeezed, and used by way of drink, (to the quantity of two ounces every day) made palatable with a little sugar, has been successful, after the ineffectual trial of almost every other medicine. Strong efforts to speak are also of the utmost consequence, and on which medical writers greatly insist, corroborating its efficacy by many historical relations.

The story of *Atys*, son of *Cræsus*, king of *Lydia*, is so powerful an example, and so well authenticated by history, that we cannot forbear noticing it: He was dumb even from his birth, which renders the case still more remarkable. In the battle against *Cyrus*, seeing a soldier with an uplifted scymetar ready to strike off his father's head, the emotion which so terrible a spectacle raised in him, made him cry out with an effort as violent as it was natural.—*Stop, soldier! kill not my father!*—He retained his speech ever afterwards.

A similar instance is recorded by an eminent medical writer: * A peasant being extremely thirsty, after working very hard in a hot summer's day, took a draught of cold water, and became dumb immediately after; the water occasioning
a palsey

a palsey of the tongue. He passed a whole year in this melancholy situation without hopes of recovery: but one day, as he was carrying a heavy burthen upon his shoulders, composed of several parcels, he fell down with them in such a manner that he broke his leg. The pain occasioned by the hurt, obliged him instantly to make a strong effort to call for help, which raised so violent a motion in the muscles of his tongue, that they recovered their action; and the man was immediately restored to his speech.

Too great humidity of the tongue, though not attended with a palsey, may produce a dumbness, that is usually cured of course by the tongue's becoming drier, as the person advances in years. There is a well-known instance of this in Maximilian, son of the Emperor Frederick the third, who was nine years of age before he could speak; and at the end of this period, which is the time when the superabundant humours of childhood begin to be dried up, he got the use of his tongue so freely as to be able to speak with ease, and even eloquence. Many instances in private life might be adduced of children continuing dumb for some years, and yet recovering or attaining the use of speech. Dumbness from this cause is frequently periodical.

When dumbness proceeds from a strangulation of the vessels under the tongue, the most certain method of curing it is by bleeding in that part.

In order to cure the want of speech, when occasioned by deafness, it is plain the hearing must be first restored: for as children learn to speak only by imitating those whom they hear, it cannot be expected

expected they should pronounce any word which they have never heard spoken.—Deafness from the womb is altogether incurable, and consequently the dumbness occasioned by it must be so too. The pretensions to teach those who are naturally deaf to speak, provided there is nothing wrong in the organs of speech, seems to be rather a piece of curiosity than any real utility. Our ingenious countryman, Dr. Wallis, was the inventor of this art, which was afterwards improved by Ammannus, a celebrated practitioner at Amsterdam: but with regard to its surprising success, we can say with the poet,

Write not what cannot be with ease conceiv'd ;
Some truths may be *too strong* to be believ'd.

When the fault in pronunciation proceeds from the ligament of the tongue being too short, or too thick, (or, as the popular phrase is, being *tongue-tied*) the remedy is very easy: but in the first place you must examine whether the ligament has this defect; and to convince yourself of that, you must try whether the child is able to thrust his tongue out of his mouth: if he cannot do so, you may be sure that the ligament is defective, and therefore it ought to be immediately cut: an operation that requires a person of skill; for in cutting this ligament, care must be taken not to wound the two small veins running under the tongue, which is often of bad consequence, and sometimes children have been known to perish on the spot from an unskilful performance of the operation. A recent instance of which happened under the hands of a famous surgeon in Paris, in 1781, who, in cutting the ligaments of a child's tongue, inadvertently cut though one of these veins, which he did not take any notice of, but went away, as

soon as he saw the child begin to suck. After sucking sufficiently, the nurse laid him in his cradle, and he continued to move his lips, as if he had been still sucking; but this was not particularly noticed, because many children have such a motion when they are asleep. In the mean time, what he sucked was the blood that came out of the vein, and which he swallowed as fast as it bled, the bleeding being still increased by the motion of sucking. Thus he continued, till there was no more blood left in his vessels, without any thing amiss being perceived, 'till a little before his death, when his paleness and weakness indicated the cause.

The child was opened after his death, when the stomach was found full of the blood which he had swallowed.

We must not confound the *loss of the voice* with dumbness; for as in the latter case the person cannot speak at all, in the former he can speak, but only with a low voice. This loss of voice is often owing to a viscid humour, which, sticking close to the organs of the voice, and the neighbouring parts, hinders the free vibrations and undulations of the air, by which sound is produced. The circumstance of a wind instrument being besmeared with any mucous liquor, whence it can only form an obscure sound, is a representation of what happens to us upon the loss of voice.

Many causes may contribute to this defect, particularly severe colds, breathing an air too full of dust, or impregnated with the smoke of candles, lamps, &c. too acrid food, as salt-fish, cheese, &c. straining the voice too much by public speaking, or singing, especially in the open air, or
being

being too suddenly exposed to the air afterwards, as is often the case on quitting convivial meetings at taverns, and entertainments of jollity.

The following remedies have been generally prescribed for this defect.

1st. A handful of great gourd-seeds blanched and dried; an equal quantity of cucumber seeds prepared in the same manner; a dram of bole armoniac; two ounces of the root of mallows, fresh dug, and dried in an oven, with four ounces of brown sugar candy. Reduce them all to a powder, and take a little in your mouth every now and then.

2d. Frequently use lozenges of the following ingredients, letting them melt upon your tongue:—Take mucilage of gum tragacanth, prepared with rose water, two ounces; bole armoniac, six drams; root of the greater comfrey in powder, half an ounce; brown sugar-candy, a sufficient quantity, to make them into a due consistence.

3d. Drink frequently of barley and liquorice water; eat black-currant jelly; and gargle the mouth twice or thrice every morning with the syrup of mulberries, diluted with a glass of milk-warm water; or with the syrup of hedge-mustard, diluted the same way.

4th. Bathe the feet frequently in warm water; and never expose yourself, especially your head and breast, to the cold.

There are women whose voices resemble those of men; and there are men again, who speak with a woman's voice; as some women have beards, and some men have none. It is certainly very mortifying to a young lady to have a masculine voice, and yet is a very frequent circumstance. It is

caused by the extra-wideness of the wind-pipe; in proportion to which, the voice will be small and shrill, or deep and hoarse.—As a means of contracting the larynx, you must drink nothing hot, but as cool as possible. Frequently use lemonade, water acidulated with verjuice, oranges, &c. but in small mouthfuls at a time, and slowly. Gargle the throat every morning with equal quantities of verjuice and water.—Never fatigue yourself with much walking; and shun all disagreeable noises, especially of singers who have a very horse voice.

This is all that is practicable in regard of ladies who have a masculine voice. As to men whose voices resemble those of women, the following rules may assist in giving them a more manly tone.

They should exercise their voice frequently in singing base, which will contribute much to strengthen it.—Constantly in the mornings, at rising, pronounce the letters *A* and *O*, for some time, forming the sound as deep in the throat as possible.—Apply the mouth to a hole in the upper part of an empty hoghead, and make it echo to the voice, which must be as hollow as possible.—Frequently read aloud.—Demosthenes is said to have strengthened his voice by declaiming along the sea-side, amid the noise of the billows. Such methods must be persevered in for a length of time, in order to have success.

Any other deficiencies of speech, or defects of pronunciation, will be best overcome by the example and assistance of able teachers; and the attentive perusal of the best writers on elocution and rhetoric.

H E B E.

B O O K III.

Of Correcting and Preventing Deformities in the Body.

FOLLOWING the division laid down in the first book, we proceed to the trunk of the body; comprehending therein the spine, chest, loins, lower-belly, &c.

Of the Spine.

The spine is that long chain of moveable bones placed one upon another, all along the back, from the top of the neck down to the rump, and composing that flexible column upon which the head is placed, as upon an axis, with respect to the first vertebræ.

When the spine is strait, well set, and finely turned, it is a personal beauty; and when crooked or ill-formed, is no less a bodily deformity.

The upper part of the chest is attached to the spine above, and to the haunches below; so that the spine is a kind of trunk for compacting the whole body together; hence anatomists compare

it to the keel of a ship, to which the ribs, the poop, the prow, and all the different parts of the vessel are joined.

The spine begins below with a large basis, and growing gradually more slender, it ends in a point at the top.

The upper part, which forms the neck, is inclined forward, and this gives the head a more convenient situation; for if the spine had been straight in this place, the head would have reclined too far backwards.

That part of the spine which makes the back, on the contrary, is turned outwards, whereby the capacity of the *thorax* is enlarged, and sufficient space is left for the lungs and heart, which is requisite for their perpetual motion.

That part of the spine which is towards the haunches is turned a little inwards, that it may counterbalance the weight of the body, and serve as a supporter to the parts above it; for if it had been turned outwards like the back, the body, which is principally supported by this part, could not have been kept straight without great difficulty, but would have been almost quite inclined forwards.

That portion of the spine which is nearest the rump, (and is formed of a large immovable bone, serving as a pedestal to the spine, and which anatomists call the *os sacrum*) advances outwards, but more in women than in men.

The upper part of the chest, and the haunches, which are attached to the spine, are the essential parts of the body; so that if these parts are ill made, whether naturally or by accident, let the spine be never so straight, the body in general cannot be perfect.

The chest is attached to the spine by the ribs. The external conformation of the chest, when it is well made and proportioned, is one of the greatest beauties of the body. A high, full chest, has a pleasing effect upon the eye, and adds much to personal dignity; on the contrary, one that is flat and depressed is equally incompatible with health and beauty.

The chest on the upper part, immediately below the fore part of the neck, has two bones lying upon it, which are crooked outwards, and placed with their ends towards one another, one on each side, leaving a small hollow in the place where they meet. The bending of these two bones (which are called the clavicles, and support the arms) causes a considerable hollowness at the throat, much more remarkable in men than in women. It is observable that men move their arms with more ease than women, but this is compensated for by the elegant form of the neck in the other sex, is always the more graceful the less that these bones are arched. The clavicles are also longer in proportion as the arch is diminished, whence women commonly have the upper part of the breast larger, and consequently the chest more beautiful: whence, too, we may observe, that women carry their arms much farther back than men.

As the beauty of the female bosom depends so much on the proper formation of these bones, we have been rather explicit in describing them, and recommend a proper attention to parents, by no means to bind the shoulders of their children too tight, as this makes the clavicles grow crooked, and hence produces a contraction of the chest. For the same reason, as children grow up, their

their cloaths ought to be so made, as to allow them sufficient liberty to turn their arms outwards, besides encouraging them to thrust forward the chest, and accustoming them to the frequent use of such motion.

Under the clavicles lie the chest ; the fore part of which is a large flat bone called the sternum, performing the office of a breast-plate, and reaching from the fore-part of the neck to the pit of the stomach. To the two sides of the sternum, between the breasts, the ribs are attached, which bend backwards, towards the spine, and together with the sternum, make the cavity called the *thorax*.

The proportion of the haunches and belly contribute not a little to the beauty of shape, especially in women, who never have a fine waist, unless the haunches are a little raised. It is this elevation, or rather projection of the haunches, which produces that fine shape, that consists in a sensible decrease of the thickness of the body towards the haunches, especially on the sides ; or as Prior says,

———“ that elegance of shape express,
“ Fine by degrees, and beautifully less.”

A sort of beauty that seems almost destroyed by the present fashinable mode of dress.

To preserve the body straight requires strict attention from the earliest years. To prevent the bellies of children from advancing too much forwards, you must oblige them to sit upright. The same method must be used for keeping their
back

back straight; for if they sit with their body bent, the back will become crooked and round.

Another very necessary precaution, is to take care that the bottom of the seat upon which they sit be not hollow in the middle, but quite plain.—Hence timber chairs are to be preferred to those of straw or rushes, which are unavoidably made with a hollow.

Shoes that are too high heeled, tight or short, are likewise very apt to distort the bodies of children. Nor ought young ladies to be allowed either to sew or read, but in an erect posture, without which their bodies will infallibly become crooked: besides that nothing is more ungraceful than to see young people stooping to their books or needle.

The *piles* in children, from the pain they occasion, prevent them from keeping their body in an erect posture, but cause them to bend it different ways, till at last a distortion is brought on. A little of the herb *mercury*, and an equal quantity of *pellitory of the wall*, bruised between the fingers, or in the hollow of the hand, and softened with fresh butter, may be applied to the part affected; and if continued for several days, does not repel the *hemorrhoids* (which would be dangerous) but removes the pain, and disposes to a discharge, or else discusses them.

The bad consequences of tight, or misshapen stays, is too well known to need enlargement upon. We shall only observe, that when children are recovering from any disorder that has confined them to their beds, an attention to stays becomes more particularly requisite; as the body then weakened by disease, will very readily assume any shape. For when a person lies in bed, the bones

of the spine do not press upon one another, neither do they feel the weight of the head ; hence, after such confinement in a recumbent posture, the bones recede from each other, and the body becomes longer ; hence it requires some time for the vertebræ to grow compact, and recover its strength and firmness : while in the mean time distortion may be contracted.

The head ought, for gracefulness of body to be carried straight, neither inclining to the one shoulder nor to the other, forwards nor backwards; yet not in such an extreme as to make it and the neck appear nailed to the shoulders.—But to cut short rules and directions on such a subject, point out elegant models to your children, praise those models, and exhort them to imitation. There is so natural a desire in every person, even children, to appear beautiful, that little exhortation will be necessary on this head ; and should *affectation* incline to an error on the other side, it is perhaps more easily corrected, and certainly less disagreeable than the fault we speak of.

In general, to correct certain bodily deformities, it may be proper to put in practice what a modern writer advises for subduing certain violent passions. “ As those workmen, says he, who make straight wood crooked, are not content to bring it to that point of straightness where they would have it remain, but bend it farther to the other side, lest the natural effort of the wood should recover its first state ; so one who would subdue any strong passion, ought to incline to the other extreme, that he may be able to keep within those bounds in which he designs to confine himself.”

No despicable expedient for making children walk upright, when they come to five or six years of age, is to encourage them to carry something light on their heads; which may be easily done when several of them are engaged in pastime, by raising an emulation among them who shall do it best. The milk-maids in the country are never seen to stoop, which can be attributed only to the burthens they carry on their heads.

Such expedients are greatly preferable to the use of steel collars, or whale-bone machines; which are so irksome to children, that when the restraint is removed, they frequently practice the distortion through contradiction.

In some children, the neck is so crooked, or stiff, that it is impossible for them to move it when they would: a defect sometimes occasioned by accidents in the delivery; and which the physician or midwife will properly know how to correct.

When the deformity comes afterwards, it is frequently owing to an ill custom of allowing the child to hold his head too long, and too often, to one side of the cradle, attracted perhaps by the light, or some glittering object; in order to gaze at which he violently strains the muscles of his head and neck, till those parts take a set that way. The rheumatism, too, may occasion it; which a cold wind, received upon any part of the neck, is capable of producing.

When the complaint proceeds from ill habit, the removal of the cause will accelerate the cure, which may be assisted by taking the child's head gently between your hands, turning it by degrees
to

to the opposite side, and this ought to be repeated every now and then.

If the deformity proceeds from a rheumatism in the neck, it may be frequently well rubbed with oil of nutmegs, and kept very warm.

An attention to the operations of nature may be of service in this case : observe how she acts in plants. You see a little shrub set in a window, with all its branches turned to one side—observe how soon it turns them to the other, after you change its situation. The whole shrub twists about, and is obedient to the air, which attracts it to the other side. This change is the invisible effort of nature operating within the plant. Something similar happens in the human body.

I recollect a very apposite circumstance which happened at the last display of fireworks on Tower hill. A girl of ten years old, who had had her neck crooked from the age of seven, the deformity having come on by degrees, was unexpectedly cured of it, after this manner :—Her mother took her to a house to see the diversion, where the windows were situated in such a manner, that it could only be seen on one side ; and this being the side opposite whereto the child's head was turned, curiosity caused her to make such violent efforts to turn herself to the other, where the exhibition was, that it seemed to her as if one had been pulling her head from her shoulders : the strong desire, however, of viewing the spectacle, made her neglect the pain ; and every time she heard the explosion of the gun-powder, or the acclamations of the populace, she redoubled her efforts. In short, she struggled so much, that before the rejoicing was over, she could
turn.

turn her head either to the right or left with very little pain, which in a few days entirely vanished.

This may be a hint to parents who have children in a similar predicament. For though fireworks are not always at hand to accomplish this effect, yet many other plans may be invented. When the child is seated at table, place yourself on that side most difficult for him to turn to; speak to him frequently in such a way as he shall be obliged to answer you, and make an effort to look at you. Lay upon your chair something that he likes, and ask him if he will have it. Such proceeding will make him endeavour to turn his neck towards you; and repeated efforts will most probably be crowned with success.

It will be proper, while pursuing these means, frequently to rub that side of the neck to which the head inclines, with emollients and spirituous liquors: or take equal parts of the oil of worms and brandy, mix, and let them be applied warm.

The neck, to be well shaped, must be round and moderately long and slender; but at the same time it ought to have a sort of plumpness or fullness, so that the *pomum adami* may not appear, especially in women.

There cannot be a more disagreeable blemish (and it is generally a conspicuous one) on this part, than the *King's Evil*, or the *Bronchocele*. The former is as well known as its cure is difficult. Too much attention cannot be paid to the nurse's milk: as little dependance can be had upon medicinal application at so early a period. Nothing, perhaps, can be safer than a course of Ethiop's mineral and rhubarb, in the infant stage of life.

In more advanced life, you may have recourse to the following compound.

Take quicksilver, half a pound ; crude antimony, six ounces ; sulphur, two ounces ; rub these two or three hours in an iron mortar, till they are reduced into an impalpable powder, and tie them in a rag: then take guaiacum, four ounces ; saffras, half a pound ; yellow sanders, cassamunair, zedoary and cinnamon, each an ounce ; juniper berries, six ounces ; coriander seeds, two ounces ; leaves of agrimony, ground pine, St. John's wort, horse-hound, sage, and buckbean, each two handfuls ; millipedes, half a pound ; let the woods, with the Ethiop's, boil in eight gallons of wort, till reduced to six ; and while that is in fermentation, let the other ingredients hang in it.

All that a medicine in this form can promise in the most obstinate cases, this will perform, if duly continued ; the whole concurring with a united force to penetrate into, deterge and scour every vessel, gland or cel: of the whole body. There are no disorders of the glands, how remote soever, that this will not wear away ; and even where the body is almost one continued sore, this may be depended upon, if carefully followed. In short the whole circle of practice cannot produce a more efficacious, and a more convenient prescription ; there being not one superfluous article, or that distastes, or renders the medicine nauseous. — Drink half a pint every day.

Those to whom malt liquor is not agreeable, may contrive the above with wine, by letting the ingredients stand longer in it, *viz.* for some weeks, and sometimes shaking the vessel, but giving it a little vent at such times for fear of bursting. — It may

may also be managed into a *hydromel* or *mead*; and for such to whom honey is not disagreeable, it may be the better, because it will be more deservise.

The *bronchocele* is a tumour rising in the fore part of the neck, from some humour, or other violence, as straining in labour, lifting of weights, &c. It is frequently called a *Derby-neck*, from the inhabitants of that county being much subject to it; probably for the same reasons that the inhabitants about the valleys of the Alps and other mountainous countries are so much affected with it, namely the air and waters of the country. But it has not yet been explained in what manner they operate to produce these effects.

This tumour, when once become inveterate, is very difficultly, if at all, curable by medicines; but may be dispersed if it is recent. A leaden collar, mixed with mercury, prevents it from growing bigger, if it does not entirely disperse it. The most celebrated remedy is one sold at Coventry, but kept a secret by the preparer. It is ordered to be laid under the tongue every night at going to bed.

A fair bosom is too principal an object among the ladies to pass here unnoticed: we have described the essentials of it in the former part of this work, and now will endeavour to give some assistance in correcting its defects.

To make the neck and bosom very fair, the following wash is much celebrated.

Take fumitory water, and dew gathered in May, or the beginning of June, each a quarter of a pint; oil or spirit of lavender, two ounces; chymical oil of mace, one dram; Benjamin water,

four ounces: mix them together ; and having first washed the neck and bosom with a composition of equal parts of chamomile water and white wine as warm as may be, dip a fine cloth in the other, with which wash yourself a second time. The use of this for a few weeks will make a considerable change in the complexion.

A modern writer, * in describing the manners of the Asiatic ladies, observes, that “ nothing can exceed the care they take to preserve their breasts as the most striking mark of beauty. In order to prevent them from growing large or ill-shaped, they inclose them in cases made of exceedingly *light wood*, which are joined together and fastened with buckles of jewels behind. These cases are so smooth and pliant, that they yield to the attitudes of the body without being flattened, or without the smallest injury to the delicacy of the skin.” The writer has not been pleased to name the *sort* of *wood* the Asiatics employ ; but the English ladies may not be displeased to learn the following method of bringing to a firm plumpness and roundness such breasts as hang down or appear too large.

Bind them up close with linen caps or bags that will just fit them, and let them continue so for six or eight days.

Take carrot-seed, anise, fennel, and plantane, seeds, each two ounces ; virgin honey, an ounce and a half ; the juice of plantane, and vinegar, each two ounces ; bruise the seeds grossly, and put them into the liquid, stirring them well together : at the expiration of the above time, take off the caps and anoint the breasts with the oil of savin ;
after

* Travels in Asia and Africa, published in 1782.

after which spread the composition on a linen cloth, and lay it on, so that it may cover the breasts, putting the same caps over them again, and binding them up as straight as consistent with your ease : on the fourth day, take all off, and wash your breasts with warm white wine and rose water, continuing so to do morning and evening for twelve or fourteen days ; when you will find them reduced to an elegant roundness, firm and plump.

There are several other personal deformities which seem principally owing to neglect in the attention of parents and nurseries, though they may sometimes be natural defects ; *viz.*

1st. The neck sunk between the shoulders,

2d. One shoulder higher or thicker than the other.

3d. The shoulder inclining too much to the one side :

Of these we shall take a cursory review.

To hinder the shoulders from growing round, care must be taken to keep the elbows well back, placed over the haunches, and the chest forward. The person should lie as flat in bed as possible, and if one shoulder is too thick, he ought always to sleep on the opposite side : for the shoulder upon which one rests, always projects beyond the plane of the back.

Writing upon tables either too high or too low, exposes to the same fault, or to that of being round shouldered. When you observe that a child inclines to sink his neck between his shoulders, you should never allow him to sit upon an elbow chair, for while resting his arms upon the elbows, his shoulders rise, and of course his neck sinks between them.

When the shoulder inclines too much to one side, the *left* for example, let the child often stand upon the *right* foot alone ; for in supporting him-

self upon this foot, while the other remains inactive, it necessarily happens that the right shoulder, which was too high, must fall lower; and the left shoulder, which was too low, must be raised higher. This is evident from the necessity of supporting the body in an equilibrium.

Another method is, to carry a little burthen upon the shoulder that is lowest, and let the highest quite alone; for the weight upon the low shoulder will oblige him to raise it up, and at the same time will make him depress the other.—Contrary to the opinion and practice of those, who lay a weight upon the highest shoulder, imagining the weight will make him depress it, while in fact it only makes him raise it higher.

A very easy method is, to bend your arm, and set your hand on your side; the shoulder of that side will be raised, and the other will sink lower, especially if you let the hand of the other fall as low down by the thigh as you can. This is a very simple expedient, and may be practiced without any one guessing the design.

Many people have a habit, when they write, or kneel down to prayers, of drawing in the chest, pulling down the shoulders, and folding the arms over the stomach; this insensibly brings on a deformity, which gives the body, in its upper and posterior parts, a figure like the back of a spoon.

To correct this deformity, the practice must be laid aside, and such a posture assumed as is opposite to that by which it is contracted; advancing the chest; throwing back the shoulders, and letting the hands fall down by the sides.—Attention only is required. Probably, learning the military exercise might prove as certain a corrective as any that could be prescribed.

The

The back *hunched*, *hollow*, or *crooked*, are the effects of an ill-shaped spine, which may proceed either from a fall, or an effort to lift too heavy burthens, as often happens to children in attempting to carry each other. This distortion of the spine is either outward or inward, or both together. When outward, it makes the hunch back; when inwards, the hollow back; and when both ways, it makes the crooked back, resembling the shape of the letter S. The hunch is frequently on the fore part of the chest, forming a sharp point, something like that rising which is to be observed upon the breast of an old fowl, to which it is commonly compared.

If early attended to, the hunch, as well of the *sternum* as the back, may be corrected, by frequent gentle pressures of the hand; observing at the same time to rub the parts with the oil of nutmeg. The use of whale-bone bodice, gently to compress the part that hunches out, is of great service here. In the mean time, let the child's bed be not too soft, without any bolster, and make him lie frequently upon his back, so that the head and spine may be as much upon a direct line with one another as possible.

The crookedness of the spine does not always proceed from a fault in itself, but may be occasioned by the muscles of the fore part of the body being too short: in which case external medicines, such as the oil of worms, decoction of mallows, marsh mallows &c. must be applied from the top of the chest to the bottom of the belly. The latter cause may be discovered by a particular stiffness and tension in the parts. When the muscles are softened by the above applications, they

they will relax, and allow the spine to recover its due shape.

When the spine is crooked inwards, you must make the child stoop frequently, by throwing cards, pictures, &c. upon the floor; and the posture into which he will be obliged to put himself, will at length force the hollow part outwards.

When the spine is crooked in the form of an S, it is best to have recourse to whalebone bodice, stuffed in such a manner that the stuffed parts shall exactly answer to those protuberances which you wish to repress; and these bodices must be renewed every three months at least.

It is very necessary to observe, that in proportion as the protuberances diminish, the stuffing must be increased.—A circumstance that requires such very strict and nice attention as few but parents are capable of.

The deformity of which we have been speaking, is frequently occasioned by the *ricketts*; on the treatment of which we do not mean to enter, farther than to suggest a new, and perhaps very advantageous method of procedure.

Without having recourse to the various machines proposed for exercising rickety children, you can do nothing better than every morning to sprinkle their face with cold water, in the same manner as when you would recover a person from a fainting fit. The fright from this sudden application obliges them to exert such motions as contribute surprisngly to restore the former shape of the deformed parts. The same effect will be experienced from applying a linen cloth, dipt in white wine to the arms, from the wrist to the elbow

rubbing them afterwards with a very dry towel. This puts all the muscles of the body into motion, and the *viscera* themselves will partake of the shock. One can scarcely believe how efficacious these motions are: and how much superior their effect is, to all the exercise that can be procured by swings, and similar machines.

The success will be greater by rubbing the spine, from the nape of the neck to the hip, and all along the thighs down to the heels, with a linen cloth, dipped either in white wine, or weak brandy and water; always taking care to wipe them with a dry linen cloth.

Tickling the soles of the feet in rickety children is looked upon as a good expedient; for it throws them into motions which they would not otherwise make use of, and which are sometimes so effectual as to make the body recover its natural shape.

When the bodies of children or adults become deformed from a luxation or fracture, the cure is very difficult, and requires the assistance of the ablest medical practitioners. When the deformity is caused by an obstruction, the spine should be chafed with volatile and spirituous fomentations, to dissipate the obstruction.

Corpulency, when it is no greater than to come under the French denomination *d'être embon point*, is so far from a deformity, as to be rather considered as a perfection: an unwieldy grossness is, however, very disgusting, especially when it appears to proceed from the practice of *kitchen philosophy*. The best way to remedy this over-bulkiness, is to be very temperate in eating and drinking, especially wine, beer, chocolate, and such

such nutritive diet; not to indulge many hours in sleep; drink freely of tea and coffee; take a good deal of exercise on foot; and lastly, take every day, for some weeks, a dram of the ashes of crayfish, mixed with a fresh egg, or diluted with broth. But if the disposition to grow corpulent is so very predominant as to require more powerful attenuants, to any quantity of the above ashes you may add equal parts of those of *sea sponge*, and of the pith of sweet briar; make them into a powder, of which half a dram is a dose.

This preparation is so very attenuating, that it may sometimes cause too great meagerness, unless particular regard is had to the disposition of the person who takes it: for unless he is afraid of growing to an enormous size, the former medicine ought to be preferred.

Many young people, to abate their bulkiness, and procure themselves an easy shape, use vinegar with every thing they eat, and sometimes even drink it. The remedy is highly dangerous, and the least mischief it can do, is to render them consumptive.

A young lady, who enjoyed a very perfect state of health till the age of eighteen, with a good appetite and a blooming complexion, began to be suspicious of growing too fat, especially as her mother was corpulent: a woman, with whom she consulted on this subject, advised her to drink every day a small glass of vinegar: she did so accordingly, and her bulkiness diminished. Pleased with the success of her remedy, she continued it more than a month: at length she began to have a cough; and as it was dry at first, it was looked upon only as a slight cold, which would go off again. In the mean time, from a dry cough, it
came

came to a spitting, a fever succeeded, with difficulty of breathing, and her whole habit of body became lean and consumptive. Night sweats came on, with swellings of the legs and feet, and the disease ended with a diarrhoea, of which she expired.

On dissection, the lobes of the lungs were found full of tubercles:—the lungs resembled a grape, and the tubercles the stones.—During her illness, the Peruvian bark was administered, as also febrifuge and alkaline opiates, the whey of asses milk, and broth of cray-fish; to which were added the pectoral herbs, to prevent an ulceration of the lungs.—But in spite of medicine, the consumption continued its course.*

Too great slenderness is a deformity which we have less cause to be alarmed at, than the opposite extreme. Children, at a certain time, necessarily become lean, *viz.* when they begin to increase sensibly in their stature. This leanness need therefore give a parent no concern, as it is only temporary.—But when children fall into it from fretting, or some secret chagrin, they insensibly pine away till the nutritive substance is quite exhausted, and the body becomes like a skeleton;—the face will sometimes preserve an appearance of plumpness, while the other parts of the body, particularly the back-bone and ribs, become emaciated.

It will often be found that this leanness, or rather decline of health, is owing to a latent grief, or to jealousy, at seeing either a child, or some other object, more noticed and indulged than itself. One can scarcely imagine how painfully sensible children are of this partiality; they possess
an

*Edinburgh Medical Essays,

an extraordinary instinct, or sensibility, (call it by what name you please) and are powerfully agitated by all those passions which tend to the preservation of *self*. They conceal their grief, and it sometimes requires skill and management to discover the cause.

The readiest way is to shew less fondness for the supposed object of jealousy; and if this be the occasion of his anxiety, you will soon perceive the child less sullen and melancholy, and his eyes begin again to sparkle with pleasure. As soon as the secret is discovered, you must resolve to retrench all the caresses which you used to give others before him, and shew the greatest fondness possible for him, but in such a manner that he may not discover the trick; for children are often artful enough to pry into the very breasts of those that are about them; and indeed, in this sense we often become their dupes. From this renewed fondness, his heart will be soon restored to peace, and he will daily recover health, strength, and spirits.

The body seems sometimes all of a thickness, without any thing free or easy about it; and though it is otherwise well enough shaped, yet has such a constrained air, as if the person had a stake thrust up his body. This might be prevented or corrected by a freedom of exercise, particularly in such diversions as oblige a person to jump much; as that action makes the body form a variety of angles that are of great service towards giving it an air of freedom.

Indeed in every case where exercise can be used, it will be found of the highest advantage in assisting the cure of bodily deformities; or rendering the misfortune less oppressive, by contributing to the general welfare of the system. In preventing
and

and curing a number of diseases, there is nothing equal to moderate exercise: It rouses the natural heat, dissipates superfluous humours, gives agility to the muscles, strengthens the nerves, opens the pores, and assists perspiration. Hence the whole body must be invigorated, the senses rendered quicker, respiration more free, and the breast and stomach more strong and vigorous.

Do you wish that a woman should have a happy delivery?—nothing is better for this purpose than moderate exercise in the fifth, sixth, and seventh months of pregnancy. Would you dispose children to sleep, and ease those pains with which they are so often troubled?—nothing is more effectual for this, than rocking them in the cradle.—Would you prevent or cure the rickets?—you can use no better remedy than constantly tossing them in your arms, rolling him about, and throwing their limbs and body into a variety of motions.—Would you strengthen the tone of the stomach, and in short of the whole body? This is to be done by riding, and dancing, which last exercise both strengthens the legs and feet, and renders their joints more flexible: It is no less agreeable than conducive to health; makes the body active, the mind cheerful, the complexion lively, and gives the face and whole body a graceful mien and air. If you wish to render the body strong and fit to endure hardships, strengthen the vital actions, and reduce the habit when it is too corpulent;—have recourse to the more active diversions of tennis, cricket, fives, skittles; or the more laborious ones of rowing, digging, ringing bells, and such athletic sports. For it is to these employments, that the labouring class of people in

that are the constant attendants upon the luxury and indolence of higher life.

Walking puts the whole body into motion, and hence is not only of service to the lower extremities, but clears the lungs, strengthens the stomach, and is of great relief to gravelly complaints: and is certainly the best exercise for the very young and the aged; as fencing, hunting, courting, &c. are more adapted to the prime of life. Singing, reading, and talking aloud, may be reckoned among the best kind of exercises; for by the exertion of the voice, the animal spirits are all put into motion, from the very fountain from whence they arise; and it may perhaps be owing to the natural disposition to the two former, that women do not stand so much in need of other active exercise as men. Exercise, in a word, is so useful and necessary, that not only man, but the most inactive and indolent of the brute creation,—nay even plants and vegetables cannot thrive without it. The humble violet, as well as the lofty oak, loves to be agitated by the winds. And we ought to admire the clemency of Divine justice, which, in chastising man for his sins, has condemned him to such a punishment as conduces the most to preserve his health.

BOOK III. PART II.

Of the Deformities of the Arms, Hands, Legs, and Feet.

WHEN a person is born with one arm, or leg shorter or longer than the other, or with knots, crook dncks, or distortions upon them, the case is incurable; when the deformity is occasioned by violence in the delivery, or by awkwardness in the *accoucheur*, some relief may be expected.

When in a new-born infant, the *pelvis* seems awry, you have very just cause to suspect that this deformity in respect of the length of the leg, is occasioned by some pull which the child has suffered by the hand of the midwife; and a cure may be effected by replacing the *pelvis* in its natural situation. But if the leg appears too long, while the *pelvis* is not awry, you may be sure that there is a natural fault in the conformation of the leg, in which case the deformity is not to be helped.

What is here said of the leg when it is too long, may be also understood of it when too short; for if one side of the *pelvis* be pushed up by any violence, the thigh and leg of that side must be thrust up higher, and appear shorter.

The same doctrine holds true of the arms; for tho' they cannot be in readily made longer, yet in

pulling the arm, the midwife may make the spine incline too much to one side, whereby the arm of that side will reach farther down, though not really longer than it was before.

To reduce the pelvis, when the leg appears too long,—stretch the child out upon his back, and tie a small handkerchief, doubled into several folds, loosely about the knee of the leg which appears too long, in manner of a garter; to this handkerchief, at the external part of the knee, tie a pretty large fillet, about two ells in length, and fasten it as tight as he can bear (but without hurting him) about the child's shoulder, of the same side; taking care that it be tied in such manner as not to slip, and then swathe him up. The compression which the swaddling-band makes upon the other, which is stretched from the knee to the shoulder, will make the latter more tense; and by increasing the tension, determine that side of the pelvis, which was too low to rise up; and the situation of the pelvis, from being oblique, will become horizontal, and consequently recover its natural position.

If the deformity has been neglected till the child is grown up, you may put him into a pair of tight bodice, which will have the same effect with the swaddling-band upon the bandage that reaches from the knee to the shoulder.

The thigh or leg may be luxated from the womb, by different causes, as may also other parts of the body, as the shoulder, elbow, heels, &c. in all which cases, immediate recourse must be had to the hand of a surgeon; for, if neglected, a callus will be formed in the dislocated part, which will render the cure absolutely impossible.

“ A young lady, who had dislocated her thigh, and neglected calling in proper assistance, was an instance of the misfortune just mentioned: a callus formed by degrees, and rendered useless all the assistance which could be got afterwards, and she remained crooked. But a circumstance somewhat singular happened on this occasion, that she bore three boys with each of them a thigh luxated, and who continued cripples; while three girls, to whom she was also mother, were strong and well-made.” *Zuing. Theatr. Pr. Med.*

When an arm or a leg are short by contraction of the muscles, or being withered, let the part be first well rubbed with a piece of coarse cloth, or a flesh-brush, but not too roughly; then anointed with juniper-butter, and wrapt up in a linen cloth. These frictions and unguent must be continued several weeks, or even months.

The juniper butter is thus prepared:

Melt a pound of fresh butter, and mix with it a small handful of large, black, fresh juniper berries, bruised only between the fingers, and not so as to break the hard stones within them, which would make the butter acrid: then boil it upon a gentle fire, and when those stones are become soft, put the mixture into a linen cloth, and squeeze it strongly, to press out the ointment into a glass vessel.

The application of *currier's* oil to relax the muscles, and wearing a shoe with a leaden sole, (the weight of which is proportioned to the contraction) is prescribed for the same deformity, but must be continued for a long time.

An arm, a leg, a hand, or a foot, is sometimes slenderer than the other, for want of receiving sufficient nourishment, while the other preserves its natural state. This deformity may be corrected by the same means with the former, namely, y friction, and the juniper butter by way of liniment

It sometimes happens, that not only one leg, or one arm, but both arms, or both legs, receive less nourishment than is necessary, and become shapeless, or like spindles, while the rest of the body appears in good condition. So far as external remedies can avail, those above described are the properest, joined to a moderate share of walking.

The tendon which reaches from the calf of the leg to the heel, is sometimes so short, that the person is obliged to walk upon the fore-part of his foot, without being able to set the heel to the ground; which not only obliges him to walk ungraciously, but is likewise fatiguing.

This defect is sometimes tolerably well palliated by high-heeled shoes, when both feet are in this predicament; but when one heel only is affected, the deformity is more obvious, from the inequality of the shoe-heels. If the tendons are not maimed, a cure may be obtained by relaxing the parts with rubbing the leg from the ham to below the heel, evening and morning, with the oil of worms, after first exciting a kindly warmth and motion by friction or the flesh-brush. The leg may be frequently bathed in a bucket of tripe-bath, moderately warm. To render such assistance yet more effectual, the person should exercise himself frequently with climbing some pretty steep hills.

hills. He may likewise have his shoe-heel made of lead.

We have mentioned already, that the arms, to be handsome, ought to be round, fleshy, and a little flat in the inside, increasing gradually in thickness from the wrist almost to the joint of the elbow.

The hand should be delicate, pretty long, and not square; the back of it ought to be a little plump, so that the veins may not be very conspicuous, nor appear starting; and at the root of the finger there ought to be a small dimple when the hand is opened. The fingers long, not destitute of flesh, a little round above, and flat below, with a certain air of freedom and motion, which ought to be conspicuous even when they are at rest.

When the hands are well shaped, and delicate in size and complexion, they are one of the greatest ornaments to female beauty.—Mary, Queen of Scots, whose charms are a darling theme with historians, was particularly remarked for the uncommon elegance and matchless splendor of her hands and arms. Though such an ornament must be purely the work of nature, yet it requires some degree of care to preserve it; and with similar care we may also preserve the hands free from certain deformities, when they are not exposed to the severity of labour.

The roughness of the hands consists in the hardness of the skin, which in labouring people is neither a matter of surprize, nor even a deformity, though it is certainly such in those whose rank or profession exempts them from drudgery. Too much exposure to the air, dabbling frequently in very warm, or very cold water, or often washing
 them

them with the common kinds of soap, have all the same effect in breaking the texture of the skin, and giving a look of coarseness and rufficity to the hand. Too often and too long washing the hands, makes them become chopped, and takes away that liveliness of the skin, which is its peculiar beauty, but which is rather increased than destroyed by simply rubbing the hand either with a soft cloth, or one against the other; that delicate moisture being supplied by the finer cutaneous vessels, is too quickly exhaled by very warm water, while the vessels are shut up, and the exhalation repelled by the use of very cold.

The same preventives must be considered also as correctives; to which may be added, rubbing the hands every night with a little oil of eggs, and putting on a pair of gloves; washing them in the morning with a piece of stale bread soaked in wine and water; powder of bitter almonds, oatmeal, flower of pease, beans, &c. or the following ointment, may serve for the above purpose:

Take equal quantities of cream and bears-grease; virgin wax, a sufficient or proportionable quantity; incorporate them all together over a slow fire, and rub your hands with this ointment every night, wearing gloves, and washing them with a little water and white wine luke-warm.

Wash-Balls.

Take of the best white soap half a pound, and shave it into thin slices; then take two ounces and a half of Florentine orrice root, three quarters of an ounce of calamus aromaticus, and the same quantity of elder flowers; of cloves, one dram; dried rose leaves, half an ounce; coriander seeds,
lavender,

Javender, and bay leaves, each a dram ; with three drams of storax ; reduce the whole to a fine powder, which knead into a paste with the soap, adding a few grains of musk or ambergrease. It may be used as a paste ; or made into wash-balls, by softening it with a little oil of almonds, to render the composition more lenient. Too much cannot be said in favour of this wash-ball, in regard of its cleansing and cosmetic quality.

There are some people whose hands not only, but whose skin in general, is so exceeding coarse and rough, as to resemble that of the sea-dog ; a deformity that proceeds from a sharp humour supplied by the cutaneous vessels, which spreads itself over all the surface of the hand, frets the texture of the skin, and raises it up into little scales, resembling a file or a grater.

Others have their hands chopped, or full of little chinks, frequently filled with matter, and creating a very disagreeable blemish.—This is sometimes occasioned by the severity of the weather during winter, and as often proceeds from neglecting to dry the hands after washing.

The means of preventing these two last deformities, is carefully to shun what we have remarked to be the cause of them. To correct them, you may have recourse to some of the following preparations.

The oil of wheat, extracted by an iron press, in the same manner as oil of almonds, is excellent for chops in the hands, and rigidity of the skin.

Or, beat some peeled apples (having first taken out the cores) in a marble mortar, with equal quantities of rose-water and white wine:—add some bread-crumbs, blanched almonds, and a little
white

white soap:—simmer the whole over a slow fire till it acquires a proper consistence.

Or, dry before the fire half a pound of bitter almonds blanched, then beat them in a marble mortar as fine as possible, adding a little boiled milk to prevent the almonds from turning oily. In the same manner beat the crumb of two French bricks, with four yolks of eggs boiled hard; and with the addition of some fresh milk, knead them into a paste, which incorporate with that of the almonds.

Or, take of the flour of beans and lupins, well ground and finely sifted, each four ounces; white starch, orris, and blanched almonds, each two ounces; beat them together into a paste, with four ounces of Castile soap, and rose water. This is excellent for making the hands soft and smooth.

Among a great many deformities, or which go under this name, there is a contraction, or feeble and indolent folding in of the fingers of the hand, with a loss of the voluntary motion of those fingers, which remain folded in a negligent manner, and cannot be extended without the assistance of the other hand, or of some other person, and return to their former crookedness so soon as left to themselves. This weakness proceeds from a relaxation of the muscles of the hands; and, as physicians tell us, is frequently the effects of a bilious and convulsive cholic which has preceded it.

The hand may also be crooked by some external accident, as when the nerves or tendons are cut by a wound, withered and destroyed by burning, or eroded by an ulcer; in which case the deformity is incurable.—But in the former case, when owing to a relaxation of the muscles, great benefit may be derived from such external remedies as the following

ſewing. Soaking the hand in the blood of an ox, calf, or ſheep, as ſoon as killed, and repeating the operation as often as convenient; rubbing the hand and arm alſo with ſoft linen cloths a little warm, and afterwards with the oil of worms made moderately hot. When this courſe has been practiſed for a fortnight, or longer, you may proceed to pump the parts with wine in this manner: namely, having a large earthen veſſel with a hole near the bottom to admit a braſs cock, fill it with white wine made pretty warm, with the addition of a little cinnamon: ſet this ciftern upon a high table, and let the perſon place his hand and arm ſo as to receive the ſtream of the wine, having another veſſel underneath to receive it, as it muſt be reſerved for further uſe.

This pumping ſhould be continued for half an hour at a time, and repeated twice a-day.

If wine ſhould be thought too expensive, a preparation of the ſame intention, and to be uſed as the foregoing, may be made with oak-bark, one pound; halauſtines and red roſes dried, each fix handfuls; boil them in four gallons of water to two; ſtrain, and add a quart of rough red wine; to which may be added alſo three ounces of alum. It muſt be applied as hot as conveniently can be born.

Purgatives are indifpenſibly requiſite to be joined with theſe external medicines.

The veins upon the back of the hand ought not to be too large and conſpicuous, as when ſo, the hand, however well ſhaped, cannot be called beautiful: and where the hands are not employed in rough work, that propels the blood too plentifully to the veſſels thereof, the blemiſh may be eaſily prevented

prevented and even conected. Every thing must be avoided that can force the blood in too great quantities to the hands, or stop it when there, as washing in water too warm; keeping them too long hanging down; wearing waistcoats, stays, or bodice too tight below the arm-pits; for these press upon the vessels under the arms, and, hindering the blood from returning, make the veins of the hands to swell. You must likewise wear nothing tight about the wrists or elbows; this producing the same effect as tying the arm with a ligature when we want to be let blood: You should accustom yourself always to wear gloves, as they press gently upon the veins, and prevent their being too much filled with blood.

In the defect we have been speaking of, as well as in some other blemishes, as when the hand is swelled, red, or of any disagreeable colour, the following composition may be successfully used.

In a quart of white wine boil rosemary and lavender-flowers each an ounce; penny royal and rue, each a handful, dill and coriander seeds grossly bruised, each a quarter of an ounce; strain out the liquid, with which, moderately warm, wash your hands and arms.

Take barley meal, two ounces; juice of citrons, one ounce; cream of tartar, oil of turpentine, litharge of silver, and oil of roses, each two drams; make these ingredients into a salve over a gentle fire, and apply it as a plaster to the fingers and hands, renewing it every other day for eight or ten days.

This will repress any knots, or gouty appearances on the hands or fingers, and restore them to an elegant neatness of shape.

Such,

Such trifling tumours, as *warts* and *corns*, (especially the latter,) are often attended with much pain; and it sometimes even requires the skill of a physician to get rid of those troublesome appendages.

Every one knows these excrescences so well, that they need little or no description; only that warts are smooth, or jagged, almost flat with the skin, or more prominent, even to hanging down.

If they are not rooted in the tendons, but lie in the skin, they may easily be cured, or taken away. But if they rise from the former, they can scarcely be rooted out without danger.

There are various ways of destroying warts, as tying, cutting, or consuming them. Tying is only for those of a certain size, and which have a very small stalk: It is done by a ligature of silk, or horse hair. They may also be cut off: but this ought cautiously to be attempted; and they very often grow again much larger than before. They may be consumed by some corrosive liquor, as spirit of salt, aqua-fortis, spirit of hartshorn, &c. and the last will certainly be found the safest: but in trying this method, you should apply a plaister to the hand, with holes to let the warts pass through, and prevent the application from hurting the skin.

A numerous tribe of medicines are offered for removing these excrescencies, and perhaps not one of them can be recommended with much assurance of success. Water, with crude *sal ammoniac* dissolved therein, is the best remedy which Dr. Mapletost, sometime professor of Gresham College, confesses he knows: but, though efficacious, is far from being infallible.

The milky juice of great celendine, spurge, piss-a-bed, or tithymal, will generally take them away.

They are sometimes extirpated, by using no other remedy than patches covered with the plaister of diapalma, or diachylon, with the gums.

The leaves of campanula bruised, and rubbed upon the warts, three or four times, will generally destroy them, without leaving the least mark behind.

Divide a red onion, and rub the warts well with it,

The leaves of rue, bruised in water, with pepper and nitre.

The milky juice of the herb mercury will gradually waste them away.

The milky juice of green figs, with gum elemi dissolved in vinegar.

From above forty prescriptions, we have selected the few foregoing, as the least hurtful, yet what may be efficacious: the application of caustics, such as precipitated mercury, antimonial butter, and all the acid spirits, will certainly do much more mischief than service, unless you take particular care to guard the parts about the wart from their action by some defensive plaister, especially if such warts grow near a nerve or tendon; as there are not wanting examples of inflammations, and even gangrenes having been brought on by such inattention. And as they generally disappear as persons grow up, it would be imprudent to run any risk for the extirpation of them.

Warts are sometimes occasioned by a particular faultiness in the blood, and then they spread not only over the hands, but over the
whole

whole body, often to the size of a large pea, or even larger. Those in advanced years, who feed too much on milk, or foods in which a considerable quantity of milk is used, are most subject to them. In order to remove them, the diet should be gradually changed, and the person take a pill composed of the following materials.

Take six drams of Castile soap, one dram and a half of the extract of dandelion, half a dram of gum ammoniacum; mix the whole with syrup of maiden-hair, and make the mass into pills of three grains each, one of which must be taken every morning and evening.

It is a mistaken notion that *wens* are of the same nature with warts, for wens are never to be cured without cutting off, which can only be done by a very skilful surgeon.

Corns, a most vexatious complaint, are commonly occasioned by wearing shoes too tight, and made of too tough or coarse leather: They may be extirpated by soaking the feet in warm water, and then cutting the corns gently off with a pen-knife or razor, always taking care not to proceed so far as to wound the foot.

But you will soften the corns, and ease the feet more effectually, by using a decoction made by boiling a pound of bran, with a few marsh mallow roots, and two or three handfuls of mallow leaves, in three quarts of water.

You may apply to the corns a little houseleek and ground ivy, dipped in vinegar: even a slice of fresh lean beef, bound on like a plaister, and renewed as it grows stale, often takes them away, a plaister of galbanum and salammoniac, mixed

with some saffron, will soften them for cutting away or drawing out ; but, as in the case of warts if they rise from the tendons, they can scarcely be rooted out without danger.

Tight leather shoes, however, cannot be the only cause of this excrescence ; as the ladies are often troubled with them, and their feet are confined in softer materials. Corns seem rather, therefore, to be produced by friction against the shoe ; and certainly do not, like other tumours, arise from any impurity in the blood. The progress of corns to their state of hardness, is very rapid, being generally completed in the space of a few days, though the advancement of their growth is more slow. They should therefore be attacked on their first appearance, which may be known by the redness and pain of the part whence they spring. When the pain is very violent, the following is a very successful remedy.

Take equal parts of a roasted onion, and soft soap ; beat them up together, and apply them in a linen rag by way of a poultice.

This application will instantaneously appease the pain of a corn ; and is equally proper to mitigate those pains which return on a change of weather, as from frost to thaw, or the contrary.

If a total extirpation of the corn is desired, a plaister of diachylon, with the gums spread on a linen rag, and kept at the part for a some time, is of extraordinary efficacy : the plaister ought to be removed every second or third night, that the foot may be bathed in warm water, or the fomentation recommended above, in order to soften the corn, which should afterwards be cautiously pared. By this method, continued a fortnight or three weeks

weeks, many painful corns have been entirely eradicated. The plaister should not be too old, as it loses much of its good qualities by keeping.

Great care should be taken in paring corns to prevent their bleeding; cutting too deep has sometimes been productive of fatal consequences, as tedious inflammations, and gangrenes, subjecting the patient to a long use of remedies, the necessity of cutting off a toe, and even to death itself.

Callosities or hardnesses, are sometimes found in the palms of the hand, occasioned by handling hard substances; often by playing at cricket, tennis, &c. which generally go off of themselves. They should by no means be cut with a razor or penknife, as that only causes them to grow stronger, till at length they become as hard as horn itself. If very troublesome, an emollient plaister may be applied to them.

Trembling of the hands is an affliction, or a deformity by no means unfrequent. In the one sex it is often caused by excess of various kinds, especially in too frequently sacrificing to Venus or Bacchus; in the other by drinking too great quantities of hot diluting liquors; and in both it may arise from having, in infancy, been overdosed with mercurial and drastic purges, either to cure or to preserve them from worms, scurvy, &c. and too much bleeding, either for real or imaginary causes. Sudden frights are of very pernicious tendency; and may even produce worse effects than the trembling here spoken of, the epilepsy being often the consequence of them.

From whatever cause it originates, much benefit may be expected from the following fomentation.

Take of strong red wine one quart, red roses one handful ; pomegranate rind, two ounces ; and that of quinces, an ounce ; let them boil about two minutes, then set the decoction to cool, and strain it through a linen cloth : soke the hands in it when it becomes luke-warm ; heat it again, and rub the arm from the wrist to the shoulder, as also the nape of the neck, and down the back.

Beating children when at school, especially upon the hand, is sufficient to bring on this trembling ; and though not productive of that effect, scarce ever fails to weaken the hands, and render them less nimble for writing or drawing.

When the hands are covered with the ring-worm, or any tetters eruption, after taking a dose or two of some cooling purge, the juice of chervil may be administered, to the quantity of a small wine glass full every morning, an hour before breakfast : and as the chervil operates by perspiration, care must be taken not to catch cold.

The juice of chervil, is prepared by bruising a bundle of the herb in a marble mortar, and when well pounded, press it strongly through a linen cloth into a clean earthen or glass vessel, and keep it in a cool place.

After using this juice for two or three days, the eruption may likely break out more numerous than before, but will soon after gradually decay.

It is very dangerous to apply hot fomentations in this eruption ; and much more so to repel it with cooling ointments : if the skin in any part gangrenes, it may be fomented with a decoction of
bitter

bitter herbs, mixed with camphorated spirits of wine; and afterwards a poultice of oatmeal boiled in strong beer, is to be laid on warm, and renewed as often as necessary.

It is much better in all eruptions of this kind to encourage it to come forth as long as the patient can bear the uneasiness, than either to repel, or carry it off by other outlets; for all these sorts of vicious humours (which break out as a kind of crisis in a disorder,) how much soever they may be diminished, yet they are rarely evacuated out of the body, with relief to the patient, by any other passages than those pointed out by nature.

When the eruption is quite gone, it will be necessary to purge in the same manner as at the beginning.

Many people have their hands so very moist, that whatever they touch retains marks of the sweat upon it.—Repellent medicines ought by all means to be avoided; and the only plan to be pursued is, to throw it upon the feet; which may be done thus:

Take some of the oldest green cerecloth you can procure (not less than two years old) which cut into soles, and apply to your feet, observing to wear them both day and night; this may be done by sleeping in thin or gauze worsted stockings; only every evening and morning observe to wipe the soles of your feet as well as the plaitter with a linen cloth. Continue wearing them, till they lose their power, which will not be less than ten or twelve days, when you must have fresh ones. In a few months the sweating of the hands will be sensibly recreated; and after six or eight months is generally cured.

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The cerecloth has another advantage in removing all callosities and hardnesses of the feet, preserving them soft and pliable; and has the particular quality of rendering them warm in winter, and cool in summer. Nor does it, when of proper age, adhere to the foot.

Supernumerary fingers and toes are no uncommon deformity. If the supernumerary part be only a fleshy exuberance, it may be taken off by a silken ligature tied about the roots, and straightened every day, till the part withers and drops off of its own accord. But if the part is bony, it requires the assistance of a surgeon to amputate it; though it is perhaps better to leave it unmolested.

Among many persons mentioned in history to have had supernumerary fingers, we may instance *Anna Bullen*, who had six on her right hand: as another blemish, one of her upper front teeth was very misshapen, and she had a tumour in her throat, which she partly concealed by her handkerchief: though notwithstanding these little blemishes, she possessed very extraordinary personal charms, and her address and manner were irresistible.

Chilblains render the hands excessive ugly, by the swellings, and sometimes the chaps they occasion. They are caused by a stoppage of the transpiration in very cold weather, generally in severe frosts attended with snow. The best preventative is to guard against colds, wearing soft leather gloves, and never soaking the hands in any thing hot.

If prevention is unsuccessful, and chilblains appear, you may dissolve half a dram of aloes, and
a dram

a dram of camphire in six ounces of good brandy: dip a linen cloth in this liquor, and apply it to the chilblains, having first rubbed them gently with the oil of eggs, and continue this till the complaint is removed.

There being no room to doubt but that cold is the cause of chilblains, it follows that the cure must chiefly consist in restoring the blood to its former fluidity and free circulation as soon as possible. In the internal treatment, on the first appearance of the inflammation, great service may be had from a few glasses of hot wine, wherein some cinnamon and sugar have been dissolved; giving alternately with the wine a small quantity of some sweating mixture: or good ale, boiled with cinnamon, cloves, and sugar, will do as well as wine. It must be continued so as to keep the sweat for an hour or upwards, according to the degree of the complaint. And however slight the disorder, this method, is much more certain than, and preferable to any other.

If the person is subject to an annual return of this complaint, the best preservative is to anoint the parts affected with petrioleum, or oil of turpentine, before and after the severity of the winter: when the disorder has shewn itself, the application recommended above may be had recourse to; or the afflicted part may be wrapped in a swine's bladder dipped in the last mentioned oil; taking care to avoid cold by proper clothing.

The itch is doubtless more properly a disease than a deformity, yet when it appears upon the hands and arms, especially of women, it is certainly one of the most disgustful species of the latter that can be presented to the sight. It is sufficiently well known to render description unnecessary.

One

One of the most certain internal medicines is the *Æthiops mineral*, which may safely be relied upon.

For external use, take a quarter of a pound of sulphur in rolls, and holding it with a pair of tongs, set it on fire, letting it drop into an earthen vessel containing a quart of white wine: putting the wine into a bottle for the following use.

Pour as much of this wine into a bason, as is sufficient to wash the hands, and let them soak in it for a quarter of an hour. This must be renewed several times a day, taking care that the same wine is not used twice.

This is indisputably a most *elegant* remedy, and at the same time is equally, if not *more effectual*, than all or any of the ointments now in use for this complaint; the most part of which are overloaded with mercury, and have often fatal consequences.

Even when those critical eruptions (which appear about the end of some disorders, and prognosticate a cure) continue too long, and threaten to deform the skin, this lotion may be safely had recourse to, not being in the least of a repellent nature. Besides, that this sulphurated wine renders the hands soft, smooth, and white.

The nails are the principal organ of touch, and makes one of the greatest beauties of the hand, when opened: they should be pretty long, of a lively colour, with a white crescent, or semi-circular speck at the root: the root and sides should enchase themselves imperceptibly, and as it were lose themselves in the small fleshy border which surrounds them. This border ought to be smooth and without breaks.

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A material use of the nails is to strengthen the ends of the fingers and toes, and to hinder them from being inverted towards the convex side of the hand or foot, when we handle or press upon any thing hard; so that they serve rather for buttresses than shields. The extremity of the nail does not adhere to any thing, and grows as often as it is cut. The colour is owing to the vessels underneath the nail, the body of which is transparent, and exhibits a lively red in a state of health. It is proverbially said of men of great courage, that they have blood in their nails; the roseate hue of which is generally an indication of a lively courageous temperament; and whenever the blood ceases to flow, the nails becomes pale, and of an ashen colour.

The Romans had their nails cut by artists, who made a profession of it.

The Chinese pique themselves on their excessive length: and among them, indeed, it is a characteristic of rank and quality; as those who follow any manual employment cannot preserve their nails in the same manner. The ladies usually wear a thin case of gold upon the extremity of their nails, to preserve them from accidental injury.

The nails are often bare at the roots in such a manner, that their joining is quite exposed, like a picture that is not joined to its frame: for the roots and sides of each nail should be chased into the flesh round about as into a frame, and this ought to be so exact as to come to a level with the nail by means of a small pellicle that comes little forward upon the nail in the form of crescent.

To preserve the nails in a state of elegance, you must take care never to soak the fingers either in oily or acid liquors; resigning them to the operation of that natural balsam which nourishes them, and by the means of which these borders increase and are renewed.

That blackness which sometimes gathers between the flesh and the top of the nail, may be removed by bruising two or three four grapes, and rubbing the juice upon the part.

The nails are often rendered crooked by using a tooth pick, pin, or ear-pick, to take away the dirt that gathers between the extremity of the nail and flesh, which makes the extremity separate from it, and assume a hook-like form.

When they are allowed to grow too long, the nails are very ugly; but you should take care, in cutting them, not to make them too short. Their edges should never be cut down below the ends of the fingers, nor should they be suffered to grow longer than the fingers. When the nails are cut down to the quick, it looks as if the person were a mechanic, or a fidler, to whom long nails would be troublesome; and if they are longer than the finger ends, and encircled with a black rim, they seem as if he were engaged in some dirty laborious employment.

When the nails are accustomed to be kept very short, the flesh at the top of the fingers is apt to rise above them in the form of a pad, which becomes an excrecence, and a real deformity; besides being always accompanied with dirt entangled about it, which sticks so close that there is no washing it away. It is a deformity not easily to be corrected, on account of the pain which the nail occasions when growing, by pushing against the

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the flesh which overgrows it, and compelling you to cut the nail when it becomes of that length, and thus the deformity continues.

The nails, from a superfluity of nutriment, may become too large and thick. To remedy this, scrape them gently, but pretty often, with a bit of glass, or a very sharp knife, taking care not to go too deep, for fear of hurting the membrane which lines the inside of the nail, and which abounds with tendinous fibres, extremely susceptible of pain: or you may apply an astringent plaister of the following ingredients.

Take equal parts of mastick, lapis calaminaris, bole armoniac, roots of bistort, angelica, and tormertil, reduce them to a fine powder, and with a sufficient quantity of rosin, wax, and turpentine, make it into a plaister, to be applied over the nail, and continued several weeks, only renewing it occasionally.

To promote the Growth and Regeneration of Nails.

Take two drams of orpiment; manna, aloes, and frankincense, each one dram; with six drams of white wax; make them into a liniment, which apply to the part with a thumb-stall.

To remove Spots from the Nails.

Incorporate together, over a gentle fire, one dram of myrrh, with two of Venice turpentine; spread a plaister of this upon a piece of fine silk, and apply it to the nails, when it will soon remove the blemish.

Or, With half an ounce of bruised flax seed, mix two drams of white wax, and an ounce of honey; make them into a thick ointment, and apply as above.

When nails become black, in consequence of a bruise, or other accident, you may apply a plaister made with capon's grease, and oil of chamomile, each one dram; flower of sulphur, two scruples; powder of cummin seed, ten grains; oil of roses, a scruple; incorporate them into a plaister with a sufficient quantity of diachylon.

Whitloes, or felons, an external disorder that affects the finger, and generally is the occasion of the nail coming off, is much more dangerous than usually imagined. It is an inflammation at the end of the finger, and often happens in consequence of a bruise, a sting, or a bite, and sometimes is the effect of corrupted humours in the internal parts of the body: though most common to the ends of the fingers, yet it often affects other parts of the body; however the nature of the malady is always the same, and requires the same sort of remedies.

The first symptoms of this complaint are slow, heavy pains, without heat, redness or swelling; but soon afterwards, the heat becomes intolerable, the part affected becomes large, and the fingers next adjoining swell exceedingly. Sometimes the whole arm is inflamed, and the pain is so violent, that the patient is deprived of sleep. When the disorder arises to such a height, the patient, as in all cases of inflammation, must be put upon a regular, cooling diet.

In order to procure a discharge of the corrupted matter, the part affected should be dipped in water as hot as the patient can bear; but when the pain becomes extremely severe, a decoction may be used made of mallow flowers, boiled in milk mixed with a little bread; and if a few white lily roots

roots and some honey, be added, it will be better. When there is a necessity for making an incision, in order to let out the putrid matter, the part must be dressed with following plaister.

Take half a pound of red lead, one pound of oil of olives, and four ounces of vinegar, boil them together till they are reduced to the consistence of a plaister, then dissolve in the liquid mass one ounce and a half of white wax, with two drams of camphire, stirring the whole together till they are properly mixed.

Or, Take pellitory of the wall, cut as small as possible, and mix with it a proportionable quantity of hog's lard; wrap it up in several papers, one over the other, and place it in ashes, sufficiently hot to roast the pellitory of the wall, and incorporate it thoroughly with the lard; spread this liniment on a piece of brown paper, wrap it round the whitloe, and apply a fresh dressing at least twice a day: and that it may give the speedier relief, spread the ointment thick.

We are not born with any greater propensity to make use of one hand than the other; and this neutrality is preserved after birth; so that if a child is not accustomed to employ the right hand oftener than the left, he will either be *ambi-dexter*, which is rather an advantage than a defect; or left-handed, which is one. Parents should take care that their children employ the right hand in preference to the left, in presenting and receiving any thing, because politeness has made it a custom: but where is the inconveniency of opening a door, cutting a bit of bread, or holding a glass of liquor with the left hand?—or is it not rather an advantage?

tage? An inability to use the left hand is very strongly felt, when there happens a wound of the right; which would be obviated by accustoming ourselves to use both equally.

The thighs and legs are often rendered crooked by suffering children to walk before these parts have acquired sufficient strength to support their body, in which case you will observe a child to prop his knees one against the other to support himself; you must thereupon prevent him from walking any more, and make him sit as much as you can, till his legs become stronger; otherwise they will immediately begin to grow crooked, and become so deformed, as to render assistance unavailable.

On the first discovery of any tendency towards crookedness, a small plate of iron may be applied upon the hollow side of the leg, and fastened with a linen roller, which must be made tighter every day till it sufficiently compresses the part that projects; and that this pressure may not hurt it, you must put a large compress under the bandage, on that part of the leg. The iron should not be applied upon the bare skin, but let there be some folds of linen cloth put between them. If the child is young, you must by no means apply any oils or emollient ointments to soften the bones, which are already too feeble; but if he is grown up, they may have their use.

From negligence in turning out the toes, or from affectation in turning them out too much, the feet contract a deformity, less disagreeable than many others, yet certainly worth the trouble of correcting, as it is not only boorish and awkward, but an impediment to walking with facility, and more so with dignity.

Being

Being early taught to dance is one of the best correctives we can prescribe; together with admonition and reproof on the part of the parent. When the person is grown up, reflection on the deformity, with a sense of pride, will greatly contribute to overcome it.

Very much depends upon the nurse's management with respect to almost every deformity. A strong pressure upon parts so susceptible of impression, and which increase so fast as the members of a child, may produce numberless accidents: disorders in the bowels, obstructions in the glands, and strangulation in the vessels, are often the sad effects of this violent compression. How many feeble chests and weak stomachs are there, occasioned by the vessels which distribute their liquors to those parts, being deprived of their tone soon having been too much compressed. We are happy to know that the practice of swathing is greatly upon the decline. Nature shews her resentment of this practice, by making deformity to be so often its consequence: Deformity is indeed peculiar to the civilized part of mankind, and is generally the work of our own hands. The superior strength and agility of savages is entirely the effect of their hardy education, of their living mostly abroad in the open air, and of their bodies and limbs never having suffered any confinement. — And even when limbs are crooked, bindings, irons, or whatever gives pain, frequently adds to the evil; for the child, to ease itself of the irksomeness of such application, often acquires a new twist, and thus brings on an additional deformity; whereas, probably, were it left to nature, the actions of the muscles, when unrestrained, would

contribute much towards recovering the due formation and strength of the limbs.

Children are more particularly liable to sprains, in the pursuit of their diversions and exercises, than grown-up persons, and against such accidents, the greatest caution can be of little avail. Whenever such an accident happens, it is advised by some to plunge the foot immediately into cold water; which is certainly a treatment that ought to be observed; for the cold water contracts the ligaments that were too much lengthened by the strain which they suffered, and hinders a fluxion of humours to the part. You may likewise employ the following remedy. Mix the white of an egg with a few drops of the oil of roses, and a thimbleful of alum powdered; spread this upon a compress, and apply it to the sprained part, fastening it with a bandage, which must be pretty tight.— Take this off at the end of two days, and the third day foment the part with some warm wine in which you have dissolved a little salt: and lay on another compress dipped in the wine, binding it as before. The fomentation to be repeated every other day till the complaint is removed; after which you may apply to the sprained part an astringent plaister, spread upon a bit of leather, and kept on by a roller.

When the foot has been much sprained, it sometimes happens, that although it is cured, yet the patient still feels something of the pain whole years afterwards, and cannot walk without uneasiness all that time, especially upon uneven or sloping ground. The limb or member where a sprain happens, ought to be very cautiously exerted till it has attained its proper strength.—

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The limbs are sometimes strained in such a manner that they afterwards become paralytic.

There is a deformity of the feet called bolt feet, in which they resemble those of a horse: it is very common, nay almost universal among the inhabitants of the islands in the Black Sea; which they hide by wearing shoes of ordinary shape, but having that part within, which the foot leaves void, filled up with cork, or stuffed with wool. Whenever this happens, it may be greatly relieved by frequently pulling, but very gently, the toes of the child: and a bandage may be wrapped round each foot, pressing most upon the sides of it.

A few other defects, which deserve a little attention and correction shall close the subject.

Some people have a waddling way of walking, which either proceeds from ill habit or weakness: the first may be corrected by care and attention; the latter may be removed by bathing: wearing girdles so as to compress all round the belly, and be strong and well furnished towards the haunches; and also frequently fomenting the loins with a decoction of red roses and pomegranate shell, boiled in strong tent wine.

Others acquire an unwieldy awkward way of moving, which proceeds from this, that when we take children abroad to walk with us, we do not proportion our pace well enough to theirs, which, however, is of the greatest consequence. For the child endeavouring to keep up with the person he accompanies, stretches his legs beyond what their size conveniently permits, and thus accustoms himself to long strides, whence he contracts a clownish habit of walking, that it

is by no means an easy matter to break him of ; without mentioning the injuries it gives birth to ; as rendering the child asthmatic, or causing some relaxation or perhaps a rupture of the vessels in the thorax.

There are others again who can neither walk, nor stand, nor even sit with any tolerable grace or dignity, which is sufficient to draw upon them the contempt and ridicule of genteel company. It is not easily conceived how advantageous a graceful carriage and a pleasing address are upon all occasions ; many a sensible man has lost ground for want of these little graces ; and many a one possessed of these perfections alone, has made his way through life, who otherwise would not have been noticed.

The dancing-school is the first stage for the acquisition of such lighter accomplishments, exclusive of its utility as an exercise ; where if a person learn to walk well, present himself well in company, and move his head and arms gracefully, it is almost all that is necessary ; and when joined with attention to the manners of those who have seen the world, will soon make a proper behaviour habitual and familiar.

H E B E.

B O O K IV.

*On the Preservation of HEALTH and BEAUTY in
general.*

————— Ye smiling band
Of youths and virgins, who thro' all the maze
Of young desire, with rival steps pursue
This charm ——— Tell me ——— for you know,
Does BEAUTY ever deign to dwell where HEALTH
And active Use are strangers? ———

AKENSIDE.

BEAUTY is a kind of idol, which has had its votaries in every age and climate, its empire is perhaps as antient as any other, and certainly in many respects much more despotic. The mischief with which beauty stands indicted, should not, however, make us forget the real advantages which it procures: as when united with virtue it constitutes the happiness of polished society.— The union is natural, it renders virtue more charming,

charming, while she irradiates beauty with still fresh graces. They are two sisters, two inseparable companions, designed always to appear together, to set off and recommend each other reciprocally; for, in reality, beauty is the virtue of the body, as virtue is the beauty of the soul.

Before we proceed, we must presume to lay it down as an incontrovertible maxim, that beauty can never exist without perfect health; a healthful constitution, and temperate habit of body, is the very ground-work of beauty; and though art may assist in polishing her admirable workmanship, in correcting some accidental blemishes, and acting as the handmaid of nature, yet unless she contributes her force to the preservation of these curious models, these master-pieces of creation, "the porcelain clay of human kind," as Dryden expresses it,—they cannot but sensibly decay, and lose their purpureal lustre.

Female beauty, so far as it respects the face, can have no influence or fixed operation, founded in truth and nature, but two. First, as the complexion or symmetry of features denotes health, and all the other animal qualities, dispositions, and affections, which are generally supposed to be the concomitants of it; secondly, as the countenance, expressions, or formations of the features present or indicate to the observer, that the *mind* or *soul* within this earthly casement strictly corresponds to, or is by nature assimilated with those marks of external beauty.

It is not meant, as a conclusion from these remarks, that every woman who bears about her strong marks of animal health, is therefore an object of love or enjoyment, or that every woman,
who

who is deemed handsome must therefore convey to the beholder an idea of beneficence or innate virtue, as well as of external loveliness. And it is even farther allowed, that there are women who, though not within the idea of beauty, or in absolutely perfect health, have yet great power to captivate and persuade.

Though these concessions are admitted, and though the *likings* of mankind are as various as their faces, and as different as their ages and conditions; yet this by no means militates against the principle here laid down, which however liable to some exceptions, must in the *abstract* command assent:—viz. “That a *sound mind* in a *sound body* * is the great origin of all love and affection.”

External beauty denotes health and animal perfection; *such* a countenance denotes virtue and goodness; but, if between the sexes no other proof could be adduced, the constant toils and assiduities of the women demonstrate it beyond all doubt.

White and *red* are the constant concomitants of health in this climate; where nature has denied them, the ladies are always *solicitous* to supply that defect; and among *women of fashion*, and *women of another class*, they are generally successful in their endeavours.

Again, all the milder and softer dispositions, which are inseparable from virtue, are always affected or borrowed, where nature has been unkind. Meekness, modesty, a soft tone of voice, abstemiousness at table, a placid, benign countenance, a continual smile, a desire, at least an *affected* desire to be pleased at *every* thing, gentle manners, and all those borrowed mental charms,

which

* *Mens sanis in corpore sano.*

which are too frequently cast off with the *wedding garments*.

This makes us revert to our first principle, and declare, we are clearly of opinion, that the idea of beauty originates in apparent *animal* health, and that of virtue in the joint symmetry and *expression* of the *countenance*.

Upon this principle we now proceed to the *supplemental* part of this treatise, or the means of acquiring and preserving beauty by *natural* means: for hitherto we have only endeavoured to teach the method of disguising deformity, or palliating defects by the assistance of art.

The temperature of the *air* has a remarkable influence on the complexion; so much so, that a characteristic colour marks the bulk of the people of every soil; those who live in temperate climates are generally fair and ruddy, while the nearer we approach the Equator, the colour gradually becomes more tawny, till at last it ends in the total blackness of the Ethiopian. To preserve complexional beauty, it is therefore necessary to avoid the extremes of too cold or hot an air, the impressions of which are very forcible, and very destructive.

The effluvia from marshy lands, stagnant waters and other noisome exhalations, affect a delicate complexion almost as much as they do delicate lungs; the bleak coldness of a north wind, evening dews, fogs and mist, are all destructive of nature's lillies and roses. Too dry and parching a wind wrinkles and chops the skin; while the bleak and piercing air makes it rough, contracts the pores, and hinders that kindly transpiration,

piration which is so conducive to health, by carrying off the superfluities of humours, and so favourable to beauty, by giving softness and lustre to the skin.

As a friend to that sex on whom we depend for all the social happiness of life, it behoves us to mention every circumstance which experience evinces to be useful for the preservation of health; and scarce any article is more essential than *Cleanliness*. Many of the disorders among the lower classes of people are owing to a neglect in this point; and many consequences of the most disagreeable nature result from such a habit. Cleanliness is said to be the foster-mother of Love; beauty indeed, most commonly produces that passion, but cleanliness preserves it;

'Tis Beauty points, but Neatness guides the dart.

Of all the nations in Europe, the English females are acknowledged to possess the pre-eminence in beauty and chastity, though they are as generally marked for a neglect of those arts which are so necessary to heighten the former, give delicacy to the latter, and add poignancy to the pleasures of love; *agrémens* in which the French ladies are thought much to excel.—The use of the *bidette* is scarcely known in Britain.

It is, indeed, among the dregs of the people only that the disagreeable nuisances alluded to, are generally to be found; but there certainly exist many degrees of deviation from perfect cleanliness, which if not sensibly injurious to health, are extremely offensive to delicacy. Nothing sullies beauty so much as this kind of neg-

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ligence,

ligence, as on the contrary nothing sets it off to such advantage as cleanliness. There is a power in it which irresistibly attracts the affection, and for which no other personal endowment can compensate; and an indolent disposition is the general companion of inattention to this article. As perspiration is much the same over the whole surface of the human body, there can be no reason assigned, why the other parts should not be more frequently washed, and general bathing more universally practised. This is certainly the custom in the eastern countries where the ladies are the most tenacious of preserving their beauty; and of which Lady Montague has left so full an account in her letters. Warm baths are indeed generally had recourse to, and therefore cannot be so injurious to beauty, as is sometimes represented, or the force of custom must be wonderful indeed:--this happy consequence results from them that disorders of the breast are very rare among these people.

Pure water is indeed the grand cosmetic of nature: others may eventually injure or disguise the complexion, but water alone is that which makes it shine with genuine lustre, gives beauty and effulgence that no composition can bestow, and, like the streams which endowed with immortality, protracts the duration of health.

Cosmetics, however, on many occasions, may properly and innocently enough be had recourse to; and among a variety of *natural* ones which may be used with safety and advantage, bathing or washing with *milk*, especially that of goats or asses, has been much recommended for rendering
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the skin smooth, delicate, and giving it a polished gloss. The Roman ladies were particularly attached to this custom, which is still much practised in the eastern countries. The juice of the *birch-tree* is justly celebrated for giving a beautiful bloom to the complexion; as is also pimpernel water, which we have already mentioned.

Though we have already given a choice of very elegant and artificial preparations, yet we cannot well omit the celebrated *Queen of Hungary's Water*; the annexed account of, and recipe for preparing which, were found in a book of devotion belonging to her serene Highness, Donna Isabella, dated the 12th of October, 1652;—

“I, Donna Isabella, Queen of Hungary, aged seventy-two years, and being very much indisposed, was cured by the following recipe, which I had from a hermit, whom I never saw before nor after. By the use of it, I entirely recovered my strength. It may be useful to others. The king of Poland proposed to marry me; which I refused, for the love of God, and the angel from whom I had this recipe.

“Take what quantity you please of the flowers of rosemary; put them into a glass retort, and pour in as much spirit of wine as the flowers can imbibe. Lute the retort well, and let the flowers macerate for six days; then distil in a sand heat.”

This well-known water is used by way of embrocation, to bathe the face, when diluted with common or with rose-water, and often alone to the limbs, or any part affected with pains or debility. Two tea-spoons full, in a glass of rose,

hysterick, penny-royal, or briony-water, may be taken two or three times a week, in a morning fasting, and will dispel gloominess, brace up the nerves, and invigorate the whole system: but must be always used cold, whether taken inwardly as a medicine, or applied externally.

It must be observed, that there is a material difference in the qualities of the simple and compound liquids for washing the face; the want of attention to which has introduced a preposterous practice in cosmetics.

Nothing for instance is more common than to recommend Hungary-water, and milk, indiscriminately; yet 'tis very evident from the nature of these lotions, that they act in a manner directly opposite to each other, and must accordingly produce very different effects. Milk is endowed with a softening, relaxing quality, and may be of very great advantage where the skin is rough and dry, and has suffered from the injuries either of extreme hot or cold air; whereas, on the contrary, Hungary-water, and all others of a spirituous composition, are of a hardening and astringent quality, and must actually prove detrimental in such circumstances as require applications of the opposite kind.

In order, then, to form a judgement when milk and the cooling lotions on one hand, or those of the spirituous kind on the other, are most proper for beautifying the complexion, let it be laid down as a general rule, that wherever the skin is smooth and soft, the blemishes of the face will be best removed, and the complexion preserved clearest, by the moderate use of the hotter kind of waters;

but where the skin is rough and dry, milk, and the oily preparations (page 80) will be most successful.

Another rule, by which we may pretty justly determine the preference of these applications, is, by considering the particular constitution of the person, to which the texture of the skin is generally correspondent. Thus a youthful vigorous person will reap greater benefit from the softening than the spirituous washes; while the contrary will be the effect in one of an opposite constitution. Those of a blooming complexion will also generally be more injured by hot than cooling lotions; though the case will be different with people who are pale.

But to determine the matter with still more certainty, if the face is moist, and sweats in the morning, or, if after washing it with water, the towel with which it is rubbed, appears more than ordinarily foul, it may be concluded that the skin is of a relaxed texture; and that consequently the spiritous or astringent applications will be more proper than those which are softening.—At first, it will be necessary to be cautious in the use of the former, and to dilute them by the addition of a little water, that they may not stop the perspiration, and thereby not only injure the complexion, but produce more fatal consequences.

Indeed, whether recourse is had to the softening or spirituous washes, the use of them ought to be continued no longer than till the state of the skin is rectified, for otherwise the opposite extremes might be incurred. On this account, it would be proper to discontinue the use of them for a few

says, now and then, in order to observe what effect has been produced: if the constitution of the skin appear altered, they ought entirely to be laid aside, or only used sparingly, and on particular occasions.

If *Exercise* be conducive to health or beauty, it will not be difficult to account for the present degeneracy of constitution in the female world, owing to an almost entire negligence in that article. A country life has always been strongly insisted upon as conducive; but whether the activity of life, and simplicity of diet which is usually practised there, may not be of as much consequence as the change of air, admits of enquiry: for little of that weakness exists among people whom fashion has not yet corrupted, or whose fortunes do not enable them to enter into the modes of dissipation. Whatever effects, however, may result from the diversity of a town or country life, there is certainly an infinite difference in point of health between a life of activity and indolence. A very slight review of a fashionable town-life would shew how far it is consistent with health as depending on exercise.

Ten in the morning is an early hour to find a lady of fashion risen from her slumbers; three hours are perhaps little enough to allow for breakfast and dressing, when the exercise of twenty minutes or half an hour, by way of airing in a carriage, is thought a sufficient waste of time from the agreeable chit-chat of the drawing-room. Convivial entertainments succeed, which generally last till it is time to attend the opera, the theatre, or a card-party; so that the only degree
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of exercise experienced from dinner till the hour of retiring to rest, consists in the jolting of a carriage through half a dozen streets, or a few agitations of the arm, by dealings a pack of cards.

If this statement be just, what must be thought of the tendency of a life of polite dissipation? Scarce more than half an hour in the day is employed in any kind of profitable exercise.

Of all sedentary amusements, the opera and the theatres may certainly be indulged with the least injury to health. The greatest inconveniences are the closeness and heat of the place, a circumstance often prejudicial to delicate constitutions. But the passions excited in those places are of the more generous kind, and united with sentiment, conspire to improve and polish the attentive auditor: no sordid motives appear to influence the mind, or transport with that violence observable in gaming —As the passions to which theatrical entertainments and gaming give birth, are totally opposite on their nature, so likewise is their influence on the features; to which the former give the most agreeable cast, and shew a absolutely necessary to a total conquest of the heart.

Among the exercises which a town life admits of, dancing is one of the most elegant, and most conducive to health; it keeps the body erect, puts every joint and muscle into action, briskens the circulation of the blood, renders the mind chearful, adds grace and vigour to the whole frame, and above every other exercise, sets off beauty to advantage.

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Too great indulgence in *Sleep* is as injurious to beauty on one hand, as excessive watching is on the other. The former renders the body dull, heavy, and lifeless, while the complexion becomes discoloured and the face looks bloated; wakefulness and anxiety exhaust the spirits, dry the moisture of the body, and hardly leave blood to crimson the cheeks with a vermillion blush.

Temperance, and a choice of food, have a controuling power over the features of a lovely face; and the fair-one who wishes to preserve her charms, should not be too much addicted to the study of kitchen-philosophy. *Ceres* and *Bacchus* may be excellent companjons, but too close a connection with them will be destructive of beauty.

The *Passions* only remain to be considered, in regard to their effects on health and beauty: nothing has a greater influence on the loveliness of the human frame than those violent agitations of the mind which frequently attend the ill-success of a gaming-table.—*Quadrille* will murder beauty.—Were these effects as lasting as the passions are intense, it would indeed be fatal for the power of female charms.

Fear and *Anger*, as transitory emotions, have likewise but a transitory effect, though too often indulged, prove prejudicial to beauty: the ebullitions of anger procure a temporary relief and gratification; and the apprehensions of fear are dispersed by removing of the object that caused it. The effects of *Grief* are much more fatal, and acquire strength from duration; its impressions are made more lasting by reflection, and the means generally employed to turn its edge, answer little
other

other purpose, than to convert it into fixed melancholy—the wretched harbinger of the whole train of nervous disorders; and too often of the consummate of human misfortune, the deprivation of those faculties, which distinguish the human race among the works of the Deity.

How a passion so amiable and engaging as that of *Love* can be conceived to effect the health, is a problem more easily solved by instance than argument; daily example furnishes us with innumerable proofs of the fairest structures of health, and the most vigorous constitutions being overturned by an excess of the most pardonable weakness that can actuate the human breast.

Congenial souls take fire at the pure lamp of love, without regard to rank, fortune, or circumstance, and burn during the existence of the vital spark; nor is the flame to be extinguished by the mandates of authority, the interference of advice, or the letter of the law. Indeed, the moment any passion becomes calm enough to listen to the dictates of reason, advice ceases to be necessary.

From the disappointment of this passion, spring corroding care, oppressive melancholy, unavailing complaint, and all the health impairing attendants of hopeless love; and hence, also, loss of appetite, disturbed rest, hypochondriac disorders, and too often consumptions, to end the sad catastrophe.

We have, therefore, to obviate as much as possible the fatal effects of disappointed passion, when followed by bodily disorder, and to prevent female delicacy from being hurt by divulging the complaint,

complaint, added a concise selection of medical advice from the most eminent of the faculty, carefully divested of whatever might offend the ear of chastity.

One of the usual consequences of refusing love the sacrifice that he demands, is that complaint which is known by the appellation of the *green-sickness*. It is attended with a viscidness of all the juices, a fallow, pale, or greenish colour of the face, a difficulty of breathing, sickness at the stomach, dislike of proper food, and an unnatural desire of feeding on such things as are accounted hurtful, and unfit for nourishment. The thighs, feet, and parts about the ancles, swell and pit towards night; there is an universal dulness and disinclination to exercise; and any brisk motion, is attended with difficulty of breathing.

When the disorder proceeds from a disappointment of the connubial engagement, or a settled inclination after marriage, the health and happiness of the afflicted patient should supersede every consideration of rank or fortune in the party, where no moral causes intervene. But if matrimony be judged improper, then recourse must be had to physical remedy.

In a constitution inclining to the *em bon point* or jolly, and where the veins are well stored with blood, bleeding will be highly proper to begin the cure, and to be succeeded (especially if the evacuations that are naturally expected at this period seem any way obstructed) by the following medicines.

Take Ruffi's pills, fifteen grains,
Salt of steel, five grains,
Oil of favin, one drop:

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Make three pills, for a dose, which should be taken at going to bed, drinking after them a glass of white wine, and continuing the same course for ten or twelve days.

Or the following tincture may be substituted in the room of pills, where they happen to be disagreeable.

Take Tincture of Hiera, half an ounce ;
Compound spirit of lavender, and
Tincture of castor, each half a dram.

Mix for a single dose.

These medicines, however, must be continued for ten or twelve days ; taking frequently a glass of penny-royal or briony water. And after using either the pills or the tincture for that time, recourse may be had especially, in delicate habits of body, to the following electuary.

Take conserve of Roman wormwood, and damask roses, each one ounce and an half.
Salt of steel, two drams,
Saffron, half a dram,
Powder of cardamons, one scruple,
Syrup of rhubarb, a sufficient quantity to
make an electuary.

Of this, about the quantity of a large nutmeg may be taken twice a-day, observing to use exercise. But to women of a robust and sanguine constitution, Dr. Mead has greatly recommended from two drams to half an ounce of *Tincture of Black Hellebore*, to be taken three or four times a-day. — The good sense of every prudent mother will be

be able to make the necessary distinctions in regard of constitution.

To forward a cure, the lady should be placed in a pure air, drink tea, barley-water, and other attenuating liquors, warm, and made agreeable to the palate; the food should be nourishing; but light, and moderate exercise will be highly serviceable, notwithstanding the difficulty and uneasiness that attends it, and the great antipathy of the patient to any kind of motion.

Sleep should be moderate, and taken at a due distance from meals; and every attempt should be made to keep the mind from anxiety, by procuring and suggesting a continued change of amusement.

When this disorder appears at so early a period, that it cannot properly be attributed to any desires or inclination that might bring it on, or before Nature denotes, a change in the constitution, the following electuary may be prepared, and made use of without a doubt of its efficacy.

Take Steel filings, half an ounce,
 Species of diambrae, two drams,
 Conserve of Roman wormwood, six drams.
 Oil of cinnamon, three drops,
 Syrup of saffron, enough to make an electuary.

Take the quantity of a nutmeg twice a day, drinking after it a glass of hysteric or penny-royal water.

In very obstinate cases, the cold bath, with the mineral waters of the Spa, are efficacious: or an infusion may be made in lime-water, with chips of guaicaum, saffrafas, and faunders, a little Gentian and Cngelica-root, winter bark, and Roman

man wormwood, with the addition of steel filings; this may be drank instead of the Chalybeate waters, and will frequently answer the same purpose.

There is still another enemy more dreadfully fatal to female charms than any yet enumerated, and from which worse consequences are to be apprehended, as the cause is more likely to be concealed; and even the discovery would tend rather to excite reproach than pity, as the parties, by a criminal indulgence to their own inordinate passions, have been *solely* instrumental in causing the complaint. Too many of the fair sex, especially in their younger years, have frequently suffered from secret attempts to procure to themselves those delights, which Heaven has intended only as the effects of the most holy and legal union. It is with no little pain we venture to animadvert upon a subject, the bare idea of which must cause a blush in the face of delicate sensibility, and it would be a happy circumstance for themselves, if their sense of virtue were equal to their sense of shame, and precluded any necessity for admonishing them against the vice, or giving them any precepts to remedy its consequences.

The immorality of such a conduct needs no reprobation, nor is there any human law to deter its practice: nor, indeed, need there be any other punishment than self-consciousness!—but without expatiating on the heinousness of the offence, we shall only point out its fatal effects upon the constitution:—here it relaxes the whole frame, brings on a variety of diseases and inconveniences, causes hysterical disorders, and by draining away the radical moisture, occasions consumption; ruins

the complexion, makes it pale, swarthy, and haggard, and is the total destruction of *beauty*. And what effect the consideration of this must have upon the spirits of any woman who finds herself in these deplorable circumstances, and reflects that her misfortune is owing to her own fault,—it will not be difficult to conceive.

When sufficient resolution can be summoned to quit the practice of the guilty pleasures, before the constitution is radically injured, and there are few cases so bad but may be relieved, let them adhere to an unremitting course of the following prescriptions, which are most peculiarly adapted to restore their decayed tone and vigour; though the effects are so many and various, it is difficult to give one prescription that will answer all the various intentions of cure.

Take Bistort roots, bruised, one ounce,
 Roots of Cyperus and Galangal, both
 bruised, each two ounces,
 Roots of Osmund royal, cut small, two
 ounces,
 Isinglass, cut small three ounces,
 Archangel flowers, and red rose leaves,
 three or four handfuls each.

Boil them all in two gallons of water, till it comes to six quarts, and then strain it off—A quart of this decoction may be drank every day;—half a pint in the morning, a pint after dinner, and half a pint at night; but in neither case not immediately after taking medicines.

Very great attention should be paid to diet, which should consist of milk, eggs, jellies, light broths, and every thing of a nutritive kind. The *beef tea* is a pleasant and proper liquor.

The

The white of a new laid egg, well beaten together may be deluted with half a pint of milk, seasoned with spice, and sweetened to the taste. — Panadas, prepared from biscuit, &c. with sugar and Rhenish wine, or lemon or orange, are agreeable. Fish, particularly, shell-fish, chocolate, sago, occasionally with a glass of good generous wine, will be highly beneficial. The Peruvian bark will prove especially serviceable, accompanied with the use of the Bath, Bristol, Spaw waters, and moderate exercise.

To a strict adherence to the foregoing advice, the following medicine may be added, which is admirable adapted for restoring the tone of the vessels, and re-establishing a good texture of the blood.

Take of compound powder of arum root, half a dram and candid nutmegs, two scruples.

Angelica and orange-peel, candied, each a dram, prepared steel, three drams.

Conserve of garden scurvy-grass, and conserve of Roman wormwood, each three drams.

Compound powder of rosemary flowers, half an ounce.

Syrup of candied ginger, enough to make electuary.

The quantity of a nutmeg may be taken every morning fasting, and about four or five hours before going to bed at night, drinking a glass of bitter wine after each dose. A fortnight or three weeks continuance in this course is generally attended with the happiest effects.

For external application, a decoction may be made of gall-nuts with red wine, and a few cloves, in o which dip a linen compress, and apply it to the part.

Or the following injection (advised by Dr. H. Smith) may be equally useful.

Dissolve half a scruple of Roman or blue vitriol in two ounces of spring water, and inject a small quantity every night at going to bed.

An attention to these medicines, and a virtuous resolve (which will increase with health and strength) to abandon gratifications attended with thame and destruction, may be relied on for answering the patients highest expectations, without hurting natural delicacy by a communication of their unhappy state.

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F I N I S.

Hebe, or, the art of preserving beauty
London, 1786
WZ 260 H433 1786
National Library of Medicine
Bethesda, Maryland

CONDITION PRIOR TO TREATMENT

The full leather cover is soiled and abraded. The edges and corners are worn, exposing the underlaying boards. The front board is detached, the back hinge is broken. The spine is brittle and has losses to the leather especially the endcaps. The endbands are worn and partly detached. The inner hinges are broken. The sewing is intact. The paper is lightly discolored with some random foxing spots. The paper is in good condition and has maintained an overall flexibility. The edges of the textblock are lightly soiled.

TREATMENT

The cover, the edges of the textblock and the leaves were cleaned using grated and solid white vinyl eraser. The cover was reattached by drilling miniscule holes in the boards and lacing unbleached Irish linen cords through the boards and the shoulder of the book. The outer joints and the inner hinges (between pastedown and flyleaves) were repaired with acrylic toned Japanese paper hinges and wheat starch paste. The headband was repaired with cotton and linen threads and wheat starch paste. The cover boards were repaired with acrylic toned Japanese paper and wheat starch paste. The leather and the Japanese paper were consolidated with an acrylic polymer/wax emulsion. A new leather label was stamped in gold and attached to the spine with wheat starch paste.

Conservation Center for Art and Historic Artifacts
Accession # 99.57
August 1999

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1786

