The Lady’s Dressing Room

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The Dressing-Room

Its Furnishing

The dressing-room of every well-bred woman should be both elegant and comfortable in proportion to her fortune and position; it may be simply comfortable if its owner cannot make it luxurious, but must be provided with everything necessary for a careful toilette.

Under the heading “The Bath-Room” I shall describe a dressing-room which also contains baths; but at this moment I wish to speak of the dressing-room alone.

The great ladies of the eighteenth century, whose ablutions were somewhat restricted, employed Watteau, Boucher, Fragonard, and others, to paint their dressing-rooms, wherein they received their friends while they were themselves being painted, powdered, and patched. In time present day no one would dream of exposing delicate fresco wall-paintings or beautiful ceilings to the hot vapour and damp which are necessitated by an abundant use of hot and cold water.

Some dressing-rooms have their walls entirely covered with tiles—blue, pink, or pale green. This tiling has the merit of being bright and clean, but the effect is a little cold to both sight and touch. Hangings are generally preferred; they should be in neutral tints or very undecided tones, so as not to clash with the colours of the dresses. Very often light or bright-coloured silks are covered over with tulle or muslin, so as to attenuate their vividness and at the same time preserve their texture from the effect of vapour.

Sometimes the walls are hung with large-patterned cretonnes or coloured linens; but cotton or linen stuffs are always a little hard, and any very conspicuous pattern on the walls is apt to detract from the effect of the toilette, which should be the one thing to attract the eye when its wearer is in the room. Personally, I prefer a dressing-room to be hung with sky-blue or crocus-lilac under point d’esprit tulle. These hangings, which will form an admirable background to dresses of no matter what colour, should be ornamented with insertions of lace.

The floor should be covered with a pearl-grey carpet with a design of either roses or lilac. From the centre of the ceiling should hang a small lustre to hold candles; and care should be taken to place wide bobèches on these candles, so as to prevent any danger of the wax falling on the dresses.

One or two large windows should light this dressing-room. The ground-glass panes should have pretty designs on them; and double curtains, of silk and tulle, the latter edged with lace, should drape them voluminously.

Indispensable Accessories

There must be two tables, opposite to each other, of different dimensions, but the same shape. The larger table is meant for minor ablutions, and on it should be placed a jug and basin, which should be chosen with taste and care. The table is draped to match the walls; above it should run a shelf, on which are placed the bottles for toilet waters and vinegars, dentifrices and perfumes, the toilet bottle and glass, etc. At either side of the basin should be placed the brush and soap trays, the sponges, etc.

The other table, which is smaller, bears the mirror, which should be framed in a ruche of satin and lace; the table itself is draped like its companion. As this table is meant for the operation of hair-dressing, everything necessary to that important art must be found upon it. The various boxes for pins and hair-pins; a large casket, in which are placed the brushes and combs, whose elegance should be on a par with that of the rest of the room; the bottles of perfume and of scented oil or pomades the powder boxes; the manicure case, etc., should all have their places on this table, at either side of which should be fixed a couple of tall candelabra.

The fireplace should, occupy the centre of the wall opposite the windows; a Dresden clock or a pretty bust in terracotta, with some vases of fresh flowers, is all that need be placed upon it. At one side of the fireplace should be placed a chaise-longue in blue or mauve damask, the pattern on it being in white; and here and there about the room a few arm-chairs and smaller ones of gilt cane will be found convenient.

At either side of the dressing-table there should be a wardrobe. One of these should have three mirrors in its doors, for the ordinary wardrobe with a single panel of glass has been banished from all artistic bed-rooms and dressing-rooms. The side doors open at opposite angles, and thus form a triple-sided, full-length mirror, in which one can
judge of the effect of both dress and coiffure from all points of view. The second wardrobe, which should be lacquered like its companion, has no mirror, its doors being painted with garlands of flowers. In it are placed the reserve stock of bran, starch, soaps, powder, creams, etc. etc.

No slop-buckets or water-cans should be seen, nor should any dresses or other paraphernalia be visible; everything of that kind should be hidden from sight in special closets or cupboards near at hand. If the dressing-room does not adjoin the bath-room, the tub, of which we shall speak farther on, should be brought each day into the dressing-room for the daily sponge bath, which replaces the larger bath one may have to go and take elsewhere, or which may be forbidden on account of health.

A More Simple Dressing-Room

A dressing-room, however, may be much more simple than this. All excess of luxury may be suppressed without preventing a woman of taste from making the little sanctuary of her charms both elegant and tasteful.

A pretty wall-paper should be chosen, and the floor covered with an oil-cloth. Drape the deal tables with wide flounces of cretonne edged with frills of the same material; cover the tables with linen toilet-cloths edged with deep thread lace, and on them place the washing utensils in bright coloured ware. If the tables are small, have shelves made—which you can cover in the same style as the tables—to accommodate the bottles and boxes, which should be chosen with care, to make up for their moderate price. If your mirror is somewhat ordinary, you can dissimulate its frame under a pleated frill, which you can fasten on with small tacks. You can ornament your wardrobes and the water-cans should be hidden under the flounces of the tables.

If it is necessary to keep your dresses, your band-boxes, your boots and shoes, etc., in your dressing-room, you should have some shelves placed across the end of the room at a sufficient height to allow you to hang your dresses from hooks. On these shelves you can put your boxes, parcels, etc.; the whole being hidden by curtains to match the draperies of the tables. These curtains should not be placed against the wall, as they would then reveal the outlines of all the things they are meant to hide. They should be hung from the ceiling, and enclose the shelves as in an alcove; behind them also may be placed the bath-tub, which is not usually exposed to view. The great matter in a dressing-room is to have one large enough to be comfortable.

The Bath-Room

Its Arrangements and Appointments

The bath-room should be arranged according to the pecuniary resources at one’s disposal; but here, as everywhere else, one should do one’s best.

The millionaires of New York have sometimes bath-rooms worthy of Roman empresses. In Europe some very rich women, artists, and others whom it is unnecessary to mention, are particularly luxurious in everything that concerns the bath-room. The walls of these rooms are sometimes panelled with vari-coloured onyxes, framed in copper mouldings, which are polished every day. From the ceiling hang quaint chandeliers of rose or opalescent crystal; and a rich Oriental curtain, hanging from a golden rod, veils the bath of rose-coloured marble. At the opposite side of the room is placed a couch covered with the skin of a Polar bear, whereon, clad in a luxurious peignoir, one reposes after the fatigues of the bath and the douche. In one corner, also screened from view by a silken curtain, are the various apparatus for douches, shower, wave, needle, or any other kind of spray bath which may be desired. In the opposite corner is placed the flat tub or sponge-bath in porcelain. This immense basin is accompanied by another one of smaller dimensions, and both are painted with designs of waterlilies and aquatic plants. Near each bath is handily placed taps for hot, cold, and tepid water; and on small shelves of marble all the articles one requires when bathing.

Utensils and Accessories

When the bath-room has to serve at the same time as a dressing-room, one must place therein a large wash-stand with a complete toilet set in porcelain ware or silver, with all the minor articles to match. There must, of course, be also the dressing-table, which may be ornamented according to the taste of the presiding divinity. Everything placed upon it—brushes, combs, boxes, scent-bottles, etc.—should be chosen with artistic taste. One must not forget to mention the large wardrobe, with its three doors of plate-glass mirror, such as I have already mentioned. Therein are placed the bath-linen, the flesh-gloves, loofahs, and all the arsenal of feminine coquetry—creams, cosmetics, perfumes, etc. etc.—which should be hidden from every eye, as no one likes to be suspected of adventitious aids. One should not be able to see in this dressing-room and bath-room combined either trinkets, dresses, laces, or ribbons.
Jewels and trinkets, as well as valuable laces, should be kept in the bed-room, and all dresses put out of sight in wardrobes or closets.

In many houses, however, the bath-room is used by all the members of the family, and can therefore not be treated as a dressing-room. Under such circumstances it is not difficult to arrange a bath-room from which all unnecessary luxury may be banished while preserving every necessary comfort.

It is best to paint the walls in oil colour—with an imitation of marble, if you can get it well done. The floor should be covered with linoleum, and the ground-glass windows should have the family monogram engraved in the centre. The various kinds of baths should be ranged round the wall: sitz-baths, sponge-baths, and the smaller baths for children. The taps of hot and cold water should be placed over the large bath, unless the water for it is heated by means of a “geyser”; and there should also be a porcelain sink, into which the smaller baths can be emptied. Before each bath, large or small, should be placed a mat in cut-out leather, or, what is perhaps better, in cork, whereon the bather may stand; and near each bath, at a convenient level, shelves should be fastened to the wall to carry the necessary soaps and sponges.

In many bath-rooms where the water is heated in the room itself by means of some gas apparatus, the heater should contain a linen-box, for it is best to wrap oneself in hot linen on leaving a bath. The bath-heater must have a pipe leading into the outer air, to obviate the possibility of noxious fumes; and with this precaution it is a useful thing, as it maintains the temperature in the bath-room.

A wardrobe should contain a supply of bath-linen, fine towels, Turkish towels, bath-sheets, etc.; herein are also placed on the shelves the various kinds of soaps, the boxes of starch, the bags of bran, the perfumes, almond paste, cold creams, carbonate of soda, etc. etc. In one corner of the room should be placed the hand-lamp and aromatic perfume-box which are sometimes used in cases of illness for sweating-baths. There are certain kinds of portable apparatus for vapour-baths which can, if desired, be placed in the same room. These apparatus, and those for shower and “rain” baths, are generally hidden behind a curtain, which divides them off from the rest of the room.

Besides the actual baths, there should be in the bath-room a couch or ottoman, whereon to repose after the bath; a little table, in case one would wish to have a cup of tea; some chairs; and enough towel-horses whereon to lay out both the warm dry linen before the bath, as well as the wet linen after. It is unnecessary to place a dressing-table in such a bath-room as this: one returns to one’s bed-room or dressing-room to complete one’s toilette.

On Bathing

Regular bathing should enter into the habits of all classes of society. If it is absolutely impossible to immerse oneself completely every day in a large bath, or if it is forbidden by the doctor, a sponge-bath may be considered sufficient for the needs of cleanliness and health.

The human skin is a complicated network, whose meshes it is necessary to keep free and open, so that the body may be enabled through them to eliminate the internal impurities, from which it is bound to free itself, under pain of sickness, suffering, and possible death. The healthy action of the pores of the skin is stimulated by the bath, especially if it is followed by friction with a flesh-glove or a rough towel. One can dispense with massage if one objects to be manipulated by a strange hand. Both fevers and contagious maladies of many kinds are often avoided by such simple precautions as these.

In cases of internal inflammation and congestion, and of bilious colic, there is no more certain remedy than a hot bath. It is also known to have worked surprising cures in cases of obstinate constipation. Anyone who is afraid of having caught a contagious malady should immediately have recourse to a hot bath, as it is quite possible that the infection may make its way out of the body through the pores. Of course, particular care would be needed not to take a chill on leaving the bath.

Cleanliness of the skin has a great effect in the proper assimilation of nourishment by the body; and it has even been recognised that well-washed pigs yield superior meat to those that are allowed to indulge their propensities for wallowing in the mire. It is therefore hardly necessary to repeat that the salutary expulsion which the body accomplishes through the skin, teaches the necessity of keeping the pores open by absolute cleanliness, the smallest particle of grime or the finest dust being sufficient to block the tiny openings with which Nature has so admirably endowed the cuticle.

Pitiful Middle Ages that ignored the use of soap and water! “A thousand years without a bath!” cries Michelet in one of his historical works. It is not surprising that plagues and pestilences ravaged poor humanity in those days. Even in the time of Henri IV. the use of the bath must still have been sufficiently rare, when one remembers the naif
astonishment of a grand seigneur of the period who asked, “Why should one wash one’s hands when one does not wash one’s feet?”

Even at the Court of Le Roi Soleil the fair ladies were yet so neglectful on this point that one shudders with disgust when one reads about their habits; and yet in all ages les grandes coquettes have recognised the good effects of baths and ablutions. Isabel of Bavaria, having heard that Poppaea, wife of Nero, used to fill her bath of porphyry with asses’ milk and the juice of strawberries, determined not to be behindhand in similar researches. Even in those days marjoram was recommended, and justly so, for its refreshing effect upon the skin; so the spouse of Charles VII. had enormous decoctions of this plant prepared, in which to bathe.

It is on record that Anne Boleyn took baths, a fact which is more or less supported by the story of certain of the courtiers, who, by way of flattery, drank her health in part of the water wherein she had bathed. Diane de Poitiers bathed every morning in a bath of rain-water.

In the eighteenth century the great ladies became fanciful in the matter of baths, and had them concocted, like Poppaea, of asses’ milk; of eau de mouron, like Isabel; of milk of almonds; of eau de chair, or weak veal-broth; of water distilled from honey and roses; of melon-juice; of green-barley water; of linseed-water, to which was added balm of Mecca, rendered soluble with the yolk of an egg. All these decoctions were undoubtedly good for the skin, but the bath for cleansing purposes does not need so much preparation.

The Dauphine Marie Antoinette “invented for her demi-bain,” says a writer of her time, “a half-bath which yet bears her name.” It was a deep basin of oblong shape, mounted in a wooden frame supported on legs, the back of the frame being raised and stuffed like the back of an armchair. This shape is more conveniently imitated in zinc at present. For her large baths the Princess had a decoction prepared of serpolet, laurel leaves, wild thyme, and marjoram, to which was added a little sea-salt. The prescription for these baths was made by Fagon, chief physician to Louis XIV, who also desired that they should be taken cold in winter and tepid in summer, so as to balance the external temperature with the sensibility of the epidermis.

**Hot, Cold, and Sponge Baths**

There are many people who immerse themselves every day for a few instants in a cold bath; one must be very strong to support this form of bath, and it is perhaps wiser not to try it without having consulted a doctor. Even when the cold bath is allowed, it is best to take only one plunge and come out at once. The water ought to be about 50º to 60º Fahrenheit, and a good rubbing is indispensable after a bath of this kind.

The hot bath is good for those who are subject to a rush of blood to the head. Its temperature should not exceed 100º. The tepid bath is the one most used, and its temperature may range from 68º to 96º. It is a mistake to remain too long in a tepid bath; thirty minutes is the maximum time one should stay therein, and it is perhaps best to leave it after a quarter of an hour, unless of course medical orders decide otherwise.

If it is impossible, for various reasons, to have a large bath every day, a sponge bath will replace it conveniently, and is sufficient for the necessities of health and cleanliness. One should begin by taking a sponge bath of tepid water, and then by degrees one can lower the temperature of the water until at last the daily tub is a cold one. In all cases, however, the bath-room should be slightly warmed in winter, spring, and autumn; and care should be taken that the towels are warm and dry. People with delicate lungs should remain faithful to the warm bath. A good rubbing is a necessity after all and every bath; but of that we shall speak farther on, as well as of massage. It is often a good thing to take a little air and exercise after the bath, but only on condition of walking very fast. Never take a bath, or in any way immerse yourself in water, immediately after having eaten; a bath would be distinctly dangerous, and even minor ablutions are apt to trouble the digestion. One should allow three hours to elapse between any meal at all copious and a bath.

When soap is used in a large bath, it should be used towards the end of the time of immersion, and should be immediately washed off with clear water. In a sponge bath this is an easy matter, as the fresh water is ready to hand in a large basin alongside of the bath. The soap chosen should be white and very pure, and little, if at all, perfumed. It seems almost superfluous to say that it is contrary to cleanliness and hygiene that two people should bathe in the same water, no matter how healthy they may be; but as some fond mothers have a habit of taking their little ones into the bath with them, it is as well to warn them that the delicate skin of babies is often apt to suffer from such a custom.
Soothing and Refreshing Baths

It is unnecessary here to speak of Russian or Turkish baths, nor even of vapour baths. These last belong properly to the domain of the doctor, who can order or administer them when necessary. The others demand an installation which it is almost impossible to have at home, even when expense is no object.

But there are other baths whose soothing properties may be recommended without having recourse to a doctor. In spring it is best to take one’s bath at night, just before going to bed, so as to avoid all possibility of a chill, which is more dangerous at that time of year than any other, and also so that the skin may benefit by the moist warmth which it will thus be able to keep for several hours after having left the water. A delicious bath for this season can be prepared with cowslips or wild primroses. Three handfuls of these flowers, freshly gathered, should be thrown into the bath, which thus becomes not only delightful, fully perfumed, but extremely calming to the nerves by the virtue in the sweet golden petals.

The bath of strawberries and raspberries which Madame Tallien took every morning, as we are told by the gossips of her time, was prepared in the following manner: Twenty pounds of strawberries and two of raspberries were crushed and thrown into the bath, from which the bather emerged with a skin freshly perfumed, soft as velvet, and tinged with a delicate pink.

A bath of lime-flowers (also a delightful perfume) is particularly soothing to over-excited nerves. A decoction of spinach, if a sufficient quantity were obtained, would make an excellent bath for the skin. Here, however, is a recipe equally good for rendering the skin fresh and delicate: Sixty grammes of glycerine and one hundred grammes of rose-water, mixed with two quarts of water, are added to the bath five minutes before using it. Some women mix almond-paste with their bath, and perfume it with violet; others prefer oatmeal and orange-flower water; others, again, prefer tincture of benzoin, which gives the water a milky appearance. Nothing is better for the skin than a bran bath. Two pounds of bran, placed in a muslin bag, are allowed to soak in a small quantity of water for three hours before the bath, to which it is added, is required. A bath of aromatic salts is easily prepared. Pound into powder some carbonate of soda and sprinkle it with some aromatic essences (of which only a small quantity is needed). These aromatic essences can be prepared beforehand, according to the following recipe:

- Essence of fine lavender ... 15 grammes
- Essence of rosemary ... 10 grammes
- Essence of eucalyptus ... 5 grammes
- Carbonate of soda crystals ... 600 grammes

Pound the crystals, sprinkle and mix them with the essences) and keep them in a well-stoppered bottle. For a large bath, 315 grammes of this aromatic salt will be required; for a basin, a teaspoonful to a quart of water.

For a tonic and refreshing effect upon the skin the aromatic bath is one of the best: 500 grammes of the various aromatic plants enumerated in Fagon’s recipe for Marie Antoinette’s bath (of which I have already spoken) should be allowed to infuse for an hour in three quarts of boiling water; the water should then be strained, and added to the bath. Another bath which is both strengthening and soothing is thus composed: Dissolve in the bath half a pound of crystals of carbonate of soda, two handfuls of powdered starch, and a teaspoonful of essence of rosemary; the temperature of the bath should be 36° to 37° C., and the immersion should last from fifteen to twenty minutes.

When the nervous system is much exhausted, the following bath will be found useful, viz., an ounce of ammonia to a bucket of water. In a bath of this kind the flesh becomes as firm and smooth as marble, and the skin is purified in the most perfect way. It would be unkind to finish this section on baths without remembering those who suffer from rheumatism, to whom I can recommend the following bath as likely to ease them from their pain. A concentrated emulsion should be made with 200 grammes of soft soap and 200 grammes of essence of turpentine; it should be well shaken together, until the mixture is in a lather. For a bath, take half this emulsion, which has an agreeable smell of pine when mixed with the water. After five minutes’ immersion in a warm bath thus prepared, the patient is aware of a distinct diminution of pain, and a pleasant warmth spreads all over the body. At the end of a quarter of an hour he feels a slight pricking sensation, which is not at all unpleasant; and he should then leave the bath, and get straight into bed, where lie will at once fall asleep; on waking in the morning he will find his pain greatly alleviated.

Massage and Rubbings

Massage comes from the Greek word masso, “I knead.” The masseur or masseuse kneads with the hands all the muscular parts of the body, works the articulations to make them supple, and excites the vitality of the skin. This custom has come to us from the East, where it has been known since the days of antiquity. The Romans employed it greatly. In the Russian form of massage, the hand of the operator is covered with a well-soaped glove; and sometimes the kneading of the body is followed by a slight flagellation with birch twigs. Massage must follow the
bath, and not precede it. When the skin is moist with water or vapour, it is naturally more supple and flexible, and is therefore more easily kneaded. The patient feels a great fatigue at the end of the operation, but this is soon followed by a sense of well-being and vivacity. Care should be taken, however, not to make an abuse of massage—for if it is over-done, its effects are exhausting rather than strengthening; but in certain climates, and in certain maladies, there is no doubt it is very beneficial. In many cases judicious rubbings are an excellent substitute for massage, and are rendered all the more easy by the various modern inventions which help one to apply friction to the back and sides. It is best to use for these frictions a flesh-glove or a broad band made of horse-hair, coarse wool, or rough linen. It is called a “dry-rubbing” when applied alone. Nothing is better, after a foot-bath or a sponge-bath, than a vigorous rubbing; it increases the force and vigour of the body, benefits the general health, and consequently is an admirable aid to beauty. After the dry-rubbing, all the body should be rubbed with a piece or a band of flannel dipped in toilet-vinegar or perfume.

Sea-Bathing—River-Bathing

It is not well to take a sea-bath either the day of, nor the day after, one’s arrival at a watering-place. It is best to exclude from one’s diet wine, coffee, and spirits, and to allow one’s organisation time to absorb the ozone of the salt sea-air. The best moment for a bath is high tide: at low tide, or when the tide is coming in or going out, there are certain drawbacks which it would take too long to explain here. One should never enter the sea unless three hours have elapsed since the last meal, so that the digestive organs may be in complete repose.

It is unwise to bathe if one happens to be very much excited, if one is suffering from any acute or chronic malady, if one has had a sleepless night, or if one has been undergoing any violent exercise. One should undress slowly, and, once in one’s bathing costume, and wrapped in a cloak, it is a good thing to walk a little on the beach, so that the body may be warmed by exercise, and therefore better able to resist the shock on entering the cold water. Delicate women and children who suffer from cold feet even in summer, would do well to take off their sandals for a few minutes before entering the sea, so as to warm their feet and ankles on the sun-baked sand; and such persons will find it is advisable to take a few drops of Malaga or port before entering the sea.

It is best to go rapidly into the water, so that the whole body may be immersed in as short a time as possible, care being taken, however, to cover up the hair carefully, as there is nothing so disastrous in effect to a woman’s hair as sea-water. Unless one is strong, the bath should be a short one, and a few minutes’ immersion is sufficient. On leaving the water, one should again be wrapped up in one’s cloak and return slowly to one’s cabin, where it is best to stand in a pan of warm water while one is drying one’s body. If the hair is damp, it should be rubbed dry at once, and then, if necessary, allowed to float loosely on the shoulders for half an hour. Open-air exercise should be considered a necessity after a sea-bath.

As to children, it is extremely dangerous to bathe them in the sea before they are at least two years old; and even at that age, if the waves frighten them, they should not be plunged in the water. A little baby has not sufficient nervous force for the necessary vigorous reaction, without which immersion is harmful; his little body would be chilled, and lie would be exposed to the danger of internal convulsions. A child should never be forced to undergo the shock of a wave if he is frightened thereby, as nothing is more unwholesome than to bathe during violent emotion; and there is no more violent emotion than terror: It is best, therefore, to give him a salt-water bath at home, and then let him run and roll on the sand and shingle, and paddle with his little feet in the sea-pools; he will thus take a bath of sunshine and salt sea-air, which will probably be much better for him, and lie will thus get accustomed little by little to the sound and the force of the waves, whose attraction lie will not long resist, if he is not frightened at the outset.

River-bathing has many attractions for young and vigorous persons, and is very strengthening to delicate individuals who venture on it under proper conditions. Even when strong and vigorous, it is not well to unduly prolong a fresh-water bath, as anything of fatigue is likely to bring on cramp, than which there is nothing more dangerous. One should not embark on this sport without being well acquainted with the currents of the river, and one can always find some intelligent native to give one the necessary indications.

River-bathing should be surrounded with exactly the same precautions as sea-bathing. After a storm one should abstain from the bath, as the water of the river will be soiled and muddy; and it is as well also not to bathe on the chilly rainy days with which we are unfortunately familiar even in summer.

Hydropathy and Hydropathic Appliances

Hydropathy is a system of treatment of maladies (especially chronic ones) by the exclusive use of cold water in various forms Baths and douches of course form part of it; and besides these, the sick person is undressed, wrapped up in blankets on a couch, and made to drink innumerable glasses of cold water. Perspiration naturally follows, and
he is then given either a cold bath or is enveloped in damp sheets. It is unwise, however, to attempt this method of cold applications within and without, unless under the advice of a competent doctor, this treatment requiring a considerable amount of practical experience. Above all, the water should be of a uniform temperature—not more than 46ºF., nor less than 43º; the exact temperature is 46º. It is not by any means easy to obtain this undeviating, unvarying temperature of 46º; but one can always find it at the hydropathic establishment of Divonne, which is situated between the mountains of the Jura and the Lake of Geneva. There several springs unite and form a torrent, which in its turn joins that of the mountain. It is this water which is used for the baths and for all the different methods of treatment of the establishment. After a few baths, which are followed by vigorous rubbings, one feels a sensation of warmth and comfort, a sort of expansion of the body, wherein the vital principle seems to be born anew. The temperature of the water at 46º seems icy to the body, whose warmth is 98º; and on the first plunge into the bath one can hardly tell whether the water is icy cold or scalding hot, and one has a stinging sensation as if one were whipped with nettles. The immersion should only last two minutes, and on leaving the water one should be well rubbed down with some rough woollen stuff. Pleasant warmth soon returns, and remains if one takes some exercise, or if one is wrapped up in blankets.

One need not be afraid of catching cold by the sudden plunge into icy water the very moment one leaves one’s bed. The body has not time to lose its natural warmth, and the violent shock of the cold water only gives a stinging, prickling sensation, which brings the blood almost immediately in a rush to the surface, and obviates all possibility of chill. Not only is there no risk of catching cold, but very often one can stop and cure a cold at the beginning by the use of hydropathy.

Though this cold—water treatment sounds very alarming, most people, even delicate women, who try it, become passionately attached to it, and have the necessary apparatus established in their own houses. One of the most appreciated forms of douche is that which is called the “crinoline,” a circular one, as its name implies, which brings a fine rain to bear on the whole body at the same time, and about which the lady habituées of Divonne express themselves in enthusiastic terms. In fact, all these different forms of cold-water treatment are liked by women in general, on account of the benefit their nerves derive from their calming and strengthening effects.

Another method is called “packing,” and thoroughly deserves its name. The patient is made up like a parcel—first in a wet sheet, over which are placed two woollen blankets, a quilt, and an eider-down counterpane. These are wrapped tightly round the body of the patient, who, thus bound hand and foot like a mummy, is very soon in a state of profuse perspiration. The coverings are then removed, and the patient plunged in the cold bath. The effect is prompt, soothing, and beneficial.

There is no denying that the science of medicine has found in hydropathy a puissant ally wherewith to vanquish chronic maladies, which before its discovery were often declared incurable. Feminine coquetry has also become aware of the beneficial effect of the cold-water treatment, for the brusque transitions of temperature, followed by the reactions which bring back the warmth to the surface of the body, revive the functions of the skin, strengthen the muscles, and soothe the nerves, all of which result in an increase of beauty in the feminine patient. Of course, to obtain the full benefit of hydropathic treatment, it is necessary to go to some such establishment as that at Divonne; but there are many forms of hydropathic apparatus which it is quite easy to establish in one’s own house. Baths, douches, needle-baths, “packing,” rubbing, and massage—all these are perfectly possible to attain at home with a certain amount of fitting-up. This is why mention has been made of hydropathic apparatus when speaking of the bath-room. There are three kinds of douches ascending, descending, and horizontal. In the two latter the reservoir must be placed at a fair height, and the pipe should be of a good size, so that the column of water may be strong and voluminous. These are the more common forms of douches. In the ascending douche the reservoir is placed at a lower level, and the pipe should be small in diameter.

How to Clean Sponges

Nothing is so horrible and disgusting as a sponge that looks grey and dingy, even if it be not really dirty.

A sponge in this state should be steeped in milk for twelve hours. After this time rinse it in cold water, and it will be as good as new, minus the expense. Lemon-juice is also excellent for whitening a sponge.

Sponges always become greasy and sticky at last, and no amount of soap and water will make them fit to use when they get into this state. Hydrochloric acid must then be used, and a teaspoonful of this in a pint of water will be enough to take out the grease and clean the sponge. One may also have recourse at first to carbonate of soda, which sometimes proves sufficient. These are small but very important details, over which the mistress of the house should herself keep watch, for servants think them unworthy of their attention…..
Little Hints
How to Take Care of Jewelry

Pearls—If pearls are shut up with a piece of ash-tree root, it prevents them losing their colour. Should wiseacres laugh at this recipe, let them laugh, and believe the experience transmitted in old families from generation to generation. This precaution will prevent them even from growing dim, and is well worth knowing for those who possess finely-shaped pearls of fine quality, which might perish at the end of a hundred years.

It is well to take an experienced connoisseur with you when you buy coloured pearls, as they are easily imitated. The beauty and “skin” of the real pink pearl is evident to the most superficial observer.

Pink pearls set with white ones and diamonds form—the most beautiful of all ornaments. The pink pearl of the Bahamas looks at first sight something the colour of pink coral, but is of a softer shade. It is not only lustrous, but its velvety surface has also charming iridescent effects.

The value of a pearl depends on its shape, size, “skin,” and shade of colour. When it is round, it is called button-shaped; when irregular, baroque.

The happy possessor of a row of pearls the size of wild cherries may be interested to know that in the seventeenth century they went by the name of esclavage de perles, and that the knots of diamonds sometimes suspended from it were called boute en train.

Pearls are said to foretell tears. But women of the people, who do not possess a single one, weep as much as the duchesses whose jewel-cases are filled with these most beautiful of feminine ornaments.

Diamonds—Diamonds should be brushed in a lather of soap, and rubbed afterwards very carefully with eau de Cologne. Diamonds shaken in a bag of bran acquire extreme brilliancy.

To discover whether a diamond is real, make a hole in a card with a needle, and look at the card through the stone. If it is false, you will see two holes in the card; if it is real, only one. Or, again, put the gem on your finger, and look through the stone with a lens; if it is false, you will see the grain of the finger perfectly well, but it will not be visible if the diamond is real. The setting cannot be seen through a real stone, but it can be seen quite clearly through a false one.

Gems—Cut stones should never be wiped after they are washed. A soft brush dipped in a lather of white soap should be used to clean them. They should then be rinsed, and put on their faces in sawdust till they are quite dry. Sawdust of boxwood is the best.

Gold Jewels—Gold ornaments should be washed in soap and water, and well rinsed afterwards; they should be left in sawdust for some time, and when they are quite dry, rubbed well with chamois leather.

Opals—Russian superstition has caused this many-coloured gem to be looked upon as a fatal stone. But medieval alchemists did not agree with the subjects of the Czar about this. They maintained that the opal renewed affection, and kept the wearers from all evil, from all contagious germs, and that it also preserved them from syncope and all diseases of the heart. The Orientals allege that it is sentient, and that it changes colour according to the emotions of its wearers, flushing with pleasure in the presence of those they love, and paling before their enemies.

“The ancients,” says Buffon, “held the opal in high repute,” for its beauty chiefly. Charming things have been said about its varying tints. “Its light is softer than that of the dawn.” “It might be said that a ray of rose-coloured light lies captive under its pale surface.” It has been called the “tear-drop of the moon.” It has been dedicated to the month of October, and those who are born in that month should prefer it to all other gems.

I might say much more about it, but I am forgetting that my object was simply to say how to restore its polish when it has been scratched and dimmed by wear. Rub it well with oxide of tin, or with damp putty spread on chamois leather, and finish with chalk, powdered and sifted, also spread on chamois leather and dampened. Then wash the opal in water with a soft brush. If you are very careful, you can do all this without taking the stone out of its setting.

Silver Jewellery—Filigree silver can be cleaned in various ways when it has become black and dull. It should be first washed in potash water, not too strong, and well rinsed. The objects should then be immersed in the following solution :-Salt one part, alum one part, saltpetre two parts, water four parts. They should not be left in this for more than five minutes, then rinsed in cold water, and wiped with a chamois leather.

Or they can be washed in hot water with a brush dipped in ammonia and green soap, then steeped in boiling water and dried in sawdust. They should always be put by wrapped in silver-paper.
Oxidised silver should be steeped in a solution of sulphuric acid one part, and of water forty parts.

Silver ornaments can also be cleaned by being rubbed with a slice of lemon and rinsed in cold water, then washed in a lather of soap and again rinsed, this time in hot water; dry them with a soft cloth, and polish with chamois leather.

Nickel and silver are kept bright by being rubbed with flannel dipped in ammonia. Tarnished amber should be rubbed with powdered chalk wet with water, then with a little olive-oil on flannel, till the polish has reappeared.

Ivory can be whitened with a solution of peroxide of hydrogen. Letting it stand in spirits of turpentine in the sunshine will also have a good result. A simple way of cleaning ivory is with bicarbonate of soda; rub it with a brush wet with hot water and dipped in the soda.

How to Take Care of Furs, Feathers, and Woolen Things

Many things and substances are highly spoken of as preservatives against insects.

Pliny relates that the Romans used lemon to keep moths and their grubs from their woollen garments.

Nowadays some people use horse-chestnuts, others cloves, others walnut-leaves, others again kitchen salt, to keep this destructive insect from furs, feathers, and woollens; they vaunt the efficacy of these remedies, transmitted from one generation to another.

Generally, however, cedar-shavings, pepper, and large lumps of camphor (if powdered, it evaporates too quickly) are unanimously considered the best preservatives.

Whatever you prefer to use, you must be careful to shake, beat, and brush the fur the wrong way up, as well as everything you are putting away, when the season for wearing them is over. Sprinkle them then with pepper, and scatter pieces of camphor, or anything else of that kind you like, among them; pack them, well sewn up, in clean linen, and put them into a well-dusted case, into which you should also scatter some of the same disinfectant.

Cigar-boxes are the best receptacles that you can choose for your feathers when you are not wearing them.

If you have trunks of cedar-wood, or cupboards lined with it, you will find it quite sufficient simply to shake and brush your things before putting them away.

There are yet other preventives against moths. A liquid may be made by mixing half a pint of alcohol with the same quantity of spirits of turpentine and 65 grammes of camphor; it should be kept in a stone bottle, and well shaken before used. When you are putting away your winter clothes, soak some pieces of blotting-paper in the liquid, and scatter them about in the cases; after the things have been wrapped up in linen, put a layer of the paper under the things, and others over them and at the sides.

Another plan is to cover an old brandy barrel with pleated cretonne trimmed with brown guipure. Wrap up your furs and best woolen things in linen, and put them into the barrel; it will not look amiss standing in the corner of your dressing-room, with a pretty plant on top of it, and is the safest place possible for your things at the dangerous time.

If you have neither cedar-boxes nor barrels, it will be sufficient to sew up your winter garments in linen bags, taking the same precautions, and then hanging them up in a dark cupboard.

Dark furs are cleaned by rubbing them the reverse way with warm bran, and light ones with magnesia.

How to Clean Lace

Many ladies have their valuable pointlace washed before their own eyes whenever it is absolutely necessary, for good lace should be washed as seldom as possible. It is, however, easily cleaned. Make a lather with hot soft water and glycerine soap. Roll the lace on a glass bottle covered with a strip of fine linen, and leave it in the lather for twelve hours. Repeat this three times; then rinse it slightly by dipping the bottle in clear soft water, taking it out almost immediately. The soap which is left in serves to give a little stiffness to the lace when it is ironed. Each point must be pinned down before ironing it, which should always be done on the wrong side, with muslin over it. When it is done, all the flowers which have been flattened should be raised with an ivory stiletto.

Lace can also be cleaned by being put out in the sun in a basin of soapy water. It is then dried on a napkin, the points being pinned out as before, and very gently rubbed with a soft sponge dipped in a lather of glycerine soap; when one side is clean, do the other in the same way, and then rinse the lace in clear water with a little alum in it, to take out the soap; sponge it with a little rice-water before ironing it, and raise the flowers as above. If lace is not very much soiled, it can be cleaned by rubbing it very gently with bread-crumbs.
Blonde lace should boil for an hour in water with a little blue in it; this should be repeated twice in fresh water, and the third time the blue should be left out. It should not be rinsed. The blonde should be put into gum mixed with a little brandy and alum, then it is lightly sprinkled with sulphur, and ironed while it is damp.

Valenciennes should be rolled up in a convenient-sized packet, then sewn in a bag of fine white linen, and soaked for twelve hours in olive-oil, and boiled for a quarter of an hour in water in which a little white soap is cut up. Rinse it well, dip the bag in a thin rice-water, then unsew it, and pin the Valenciennes out flat, to let it dry. Iron it with muslin over it.

Black lace should also be folded up so as to form a small lengthy packet (which should be kept together by being well tied up with strong cotton), and then dipped into beer. Rub it in your hands, but very gently, to clean it. Squeeze it so as to get the beer out, but do not wring it, and roll it up in a cloth. Iron it when it is more or less damp, according to the amount of stiffening that you want, placing it right side upwards upon a thick blanket, and covering it with muslin to prevent it looking shiny.

When you put away dresses trimmed with lace, cover up the lace with silver-paper.

To clean silver lace or braid, enclose them in a linen bag, plunge the bag in a pint of water to which 2 ounces of soap has been added, and boil; then rinse it out in fresh water. Apply a little spirits of wine to the parts that are tarnished.

How to Clean and Wash Woollen Materials

Pink cashmere should be cleaned in a cold lather. Do not try putting any colouring into the water; you will spoil the stuff.

Rinse it well in cold water, and dry indoors in a subdued light.

For cleaning serge, use a strong decoction of the root of soapwort, which will make it very white and soft to the touch. Soap hardens materials, and always makes them a little yellow.

Knitted and crocheted garments should be washed as follows: Cut up a pound of soap into small pieces, and melt it till it is as thin as jelly; when cold, beat it with your hand, and add Three spoonfuls of grated hartshorn. Wash the things in this liquid, and rinse them well in cold water.

Plunge them into salt-and-water to fix the colour, if they are coloured. Put them in a bundle before the fire, and shake them frequently to dry them; never spread them out for this purpose.

If you want to refresh a faded black cashmere, rub each breadth separately with a sponge dipped in equal parts of alcohol and ammonia diluted in a little hot water.

Merinos and cashmeres should be washed in tepid water with some potato grated in it, and well rinsed in fresh spring-water. They should not be wrung out, but spread out singly on a rope, where they can drip till they are two-thirds dry, and then ironed.

Black cashmere can also be washed in Panama-water (that is to say, water in which Panama wood has been boiled), ivy-water (prepared in the same way), or ox-gall; this last is also very good for green cashmere. Here is another way of cleaning black cashmere: Pick it to pieces, carefully taking out all the threads, cover the stains with dry soap. Put 6 ounces of mustard-flour in six quarts of boiling water, and allow it to boil up for two minutes. Strain it through a cloth, and let it cool till you can bear your hand in it. Put the stuff into an earthenware crock, and pour the mustard-water over it. Soap carefully, especially where it is stained, rinse it several times till the water runs clear, and stretch the material on a rope. When it is quite dry, cover it with a damp cloth, and iron it.

Coloured flannels should be washed in a warm lather, but never rubbed with soap. Shake them well, so as to get the water out as much as possible, and hang them up to dry.

Blue flannel must be washed in bran-water without soap; to preserve the colour, throw a handful of salt into the water it is rinsed in.

The juice of potatoes will remove mud-stains from woolen materials.

The white woolen fichus in Russian or Pyrenean wool, which are so useful in winter, can also be easily washed at home. Prepare a lather by boiling good white soap in soft water, which must be beaten continually while the soap is dissolving; then plunge the fichu into it, after having soaked it in clear tepid water. Squeeze without rubbing it, and repeat a second time; but this is not all. Dilute well two spoonfuls of powdered gum-arabic in rather less than a quart of luke-warm water. When the liquid is thick, dip the fichu in, and squeeze it with your hands several times. Wring it
out first in your hands, and then in white napkins. Dry the fichu by stretching it out and fastening it along the edges on a cloth, and covering it with another.

**How to Clean Silks**

Silks can be very well-cleaned if carefully done. Mix well together 12. drachms of honey, the same quantity of soft soap, and 12/10ths of a quart of brandy. When the dress is unpicked and spread on a table, brush it well with the mixture. Rinse twice, and a third time in a tub of water in which 15 drachms of gum have been melted. Hang up to dry without wringing, and then iron it on the wrong side.

Another recipe: Grate five potatoes in some clear fresh water. If your silk is a thin one, cut up the potatoes instead of grating them, and in any case do not forget to wash them well before using. Leave the water to stand for forty-eight hours, and then strain it. Dip the silk into it several times, taking care not to crush it; spread it on a table, and dry it well with a clean cloth on both sides. Iron on the wrong side. If the silk has any grease-stains upon it, they must be taken out first, either with chalk, or with magnesia and ether, or with yolk of egg and water.

White brocade should be cleaned with bread-crumbs; plain white silk (not satin) as follows: Dissolve some soft soap in water as hot as you can bear it. Rub the silk between your hands in this soapy water, giving the stains extra attention, and rinse in tepid water. To dry, spread it out pinned on a cloth.

**How to Clean Velvet**

If you have a good lady’s-maid, you can easily get her to renew your worn, stained, or shabby velvet garments. It is necessary to unpick them, whatever they may be, so as to clean each breadth or piece separately.

Heat a thick plate of copper of suitable size; when it is very hot, put on it a cloth folded several times, and damped in boiling water. Then spread the velvet on it right side up, and do not be surprised to see a very thick black steam rising from it. At this moment pass, very lightly, a soft brush over the velvet. Take it off, and dry it by stretching it out on a table; when dry, it will be as good as new. If you are not going to use it at once, wrap it up in silver-paper.

When velvet is crushed and flattened, it should be held stretched over boiling water, with the wrong side exposed to the steam, and then brushed up the reverse way.

Before putting away dresses and garments of all kinds made of velvet or plush, they should be well dusted. To do this, shake very fine dry sand on them, and brush them till the last grain of sand has disappeared. To take off mud-stains, brush with a soft brush dipped in gall diluted with some nearly boiling water, to which a little spirits of wine has been added; repeat if necessary. Lastly, sponge a weak solution of gum on the wrong side of the velvet.

**Stains**

Spots on a dress are disgraceful; they should be removed the moment they are discovered.

Ink-stains on wool and cloth can be removed with oxalic acid; but to prevent it from taking out the colour, put some strong vinegar over the stain. Lemon, milk, the juice of ripe tomatoes, etc., are infallible for stains in white materials.

Should the colour of a material be accidentally destroyed by any acid, it will re-appear if the place be rubbed with ammonia. Candle-grease can be removed with eau de Cologne.

Varnish or paint stains should first be covered with butter or sweet oil, and then rubbed with turpentine. If it is an old stain, replace the turpentine by chloroform, which should of course be used with precaution.

Sherry will take out stains of claret; they must be gently rubbed with it.

Blood-stains should be soaked with petroleum, and then washed in warm water.

Fruit or any other stain should be removed by rubbing according to the grain of the material, and in no other direction.

Grease-stains are the most unsightly, more especially as they gradually increase in size. Fortunately, there are means to get rid of them. Before trying to take them out, place over them a piece of blotting-paper, iron with a hot iron, then use soap and water and ammonia. Chloroform and a mixture of alcohol and ammonia are also efficacious.

Stains can likewise be damped with ammonia and water, a piece of white paper placed over them, and ironed with a hot iron. Or they can be rubbed, on the wrong side of the stuff, with chalk, which should be left on for a day; then split a visiting-card, lay the rough side on the place, and iron lightly.
Many people prepare balls for taking out grease, so as to have them ready to hand. Make a stiff paste of fuller’s-earth and vinegar, roll it into balls, and dry. To use it, grate the ball over the stain, which you must damp first. Leave it to dry, and then remove it with tepid water. Here are three more recipes for lotions and mixtures for removing stains:

1. Twenty-six parts of very pure spirits of turpentine, 31 parts of alcohol at 40º, and 31 parts of sulphuric ether. Cork the bottle, and shake well to mix the ingredients. In using the mixture, spread your material over a cloth thickly folded; damp the stain with the liquid, and rub lightly with a soft rag. If it is an old stain, warm the place first.

2. Mix equal parts of ammonia, ether, and alcohol. Wet the stain with a sponge, then put a piece of blotting-paper over it, damp it with the mixture, and rub the place. In an instant it is absorbed, and dispersed by the sponge and the paper.

3. Here is a recipe which no stain will resist:—Pour two quarts of clean spring water into a large bottle, add a piece of white amber about the size of a walnut, a piece of potash the size of a hazel-nut, and two lemons cut into slices. Let it stand twenty-four hours. Strain, and keep it in well-corked bottles. Damp the stain with it, and rub the place with fresh water immediately afterwards.

_Five Hints on Various Matters of Dress_

Faded ribbons can be cleaned in a cold lather; they should be rinsed, shaken, and spread upon the ironing-board, covered with muslin, and ironed while damp.

Long crape veils falling from the back of the bonnet, and crape trimming on the dresses worn in mourning, are often more spoilt by the ignorance of the lady’s-maid than by the rain. Crape should be quickly dried by being spread out, but never put near the fire. If it is stained with mud, wash it in cold water, and dry it without exposing it to the sun, the air, or the fire. If the crape has become limp, put it round a wooden roller, damping it throughout with brandy. Milk may also be used to damp it, and will restore the colour, but it should be carefully sponged afterwards. The black thread stockings which are worn in mourning during summer are washed as follows:—You must not use soap, but a sort of lather made with bran (about a teacupful), shaken about in tepid water in a muslin bag. Wash your stockings in this; when you take them out of the water, roll them up in a clean cloth, wringing them out well, and dry them by a quick fire, not in the open air.

By this process the stockings will keep a good black instead of turning brown. If this precaution has been neglected, and they have turned rusty, the colour can be restored by boiling them in a quart of water, to which have been added some shavings of logwood.

A felt hat may be drenched without being spoilt, but do not let it dry without brushing it. Unpick the trimming at once, begin to brush round the edge, and continue in the same way till you come to the middle of the crown, then place it on a block, and let it dry before putting it away. It will be as good as new. Nothing is better for preserving white dresses than wrapping them up in blue paper. Although you should be careful not to crush the trimmings, the garments should be so covered as to entirely exclude the air. They should then be hung up in the wardrobe. White silk dresses should have a second covering of linen. The bodices should be put separately in boxes of their own. The trains should be left hanging their full length.

To clean the collars of garments, dissolve one part salt in four parts alcohol, put it on with a sponge, and rub well.

Cloth, serge, and felt hats may be cleaned with a short hard brush dipped in spirits of ammonia. Brush till the grease-spots have disappeared.

**Appendix**

_Stings of Insects_

Country life has one great drawback: we refer to the unbearable stings of mosquitoes or gnats. If you are stung, run into the garden for a leek or an onion, and rub the place with it. This is, no doubt, a remedy as heroic as it is excellent.

The leaves of scented verbena keep off unpleasant insects; and washing with vinegar and water or syringa-flower-water preserves the skin against their onslaughts. Honey-and-water allays the irritation produced by them; use a teaspoonful of honey in a quart of boiling water, putting it on the place while the liquid is tepid.

Flour applied on the sting takes away redness, itching, and swelling. A good and easy remedy can be made by covering it with a little soap and water, letting the lather dry on the skin.
Lastly, a small quantity of menthol mixed with alcohol is excellent as a lotion for the painful stings of wasps, bees, gnats, and nettles.

Many people use little sticks of butter of cocoa as a cosmetic. If a little cocaine (2 per cent.) be added to it, and the sting rubbed with the stick, it will procure immediate relief, and the irritation will diminish at once.

If a bee has mistaken red lips for a rose or a white brow for a lily, and if you have nothing better at hand to cure the wound inflicted by the busy insect beloved of Virgil, rub the sting with a bunch of parsley for several minutes. Chloroform is also very useful for mosquito bites; it diminishes the swelling, the irritation, and the pain which they cause. Ammonia is equally good for these little bites. Before applying it, remove the sting which the insect may have left in, and then dab the place with the alkali.

**Migraine and Neuralgia**

External applications of oil of peppermint are much recommended for the terrible pain of neuralgia. The simple remedy recommended by a country doctor of poultices of black night-shade (plant and berries) is rapid and permanent in its effects. The same doctor ordered a spoonful of common salt to be taken directly a patient showed the first symptoms of migraine, and the indisposition disappeared in half an hour: a harsh remedy, certainly, but, to save hours of suffering, worth trying.

It is stated that the Queen, who was very subject to bad headaches when she was middle-aged, used to have her temples lightly stroked with a camel’s-hair pencil, which cured her in a quarter of an hour.

A negress has been known to relieve her mistress from the same distressing complaint by applying slices of lemon to her temples, and pressing her head firmly.

**Inflammations**

Poultices of cooked apples are good for styes and inflammation, of the eyelids. Crushed leaves of bindweed applied to styes are also very efficacious.

**Insomnia**

Pillows stuffed with camel’s-hair, and covered with the skin of the same animal, are useful against insomnia.

Hops have the same properties, and so have onions. Sleep on a mattress of the former, and inhale the latter.

**Hay-Fever**

This indisposition concerns us, for it makes the sufferer look ugly and almost ridiculous. Its symptoms are well known: a red and swollen nose, eyes full of tears a smothered voice, constant sneezing, etc. etc. No beauty can withstand it.

It should therefore be struggled against from the beginning. Aromatic vinegar is much used as a remedy in England; a little is poured into the hand, and is inhaled up the nostrils till it is quite evaporated.

Some doctors recommend inhaling salt water several times a day, others ammonia (the bottle containing it being held to the nostrils for a minute at a time, and then withdrawn); and a little camphorated powder used like snuff sometimes has good results.