The Care of the Normal Skin.

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A military journal is hardly the periodical one would consult for information on beauty culture, and some justification for the inclusion of such an article in this Journal is considered necessary.

We are primarily concerned with the prevention of disease and the care of the normal skin is of paramount importance; some notes on this subject, therefore, can hardly be out of place. In this paper, moreover, an attempt has also been made to show that we have at hand cheap and highly-efficient preparations, the use of which will ensure results as good as, and in some cases better than, those of the most expensive proprietary articles.

All textbooks on dermatology teach us that the chief functions of the skin are to act as a protective covering to the body, to assist in excreting waste products and to regulate body temperature; and there the matter ends. They do not tell us how to assist the skin to perform these functions, but proceed to the consideration of the pathological conditions which arise largely from neglect of preventive measures and from maltreatment. Care of the normal skin appears to be left almost entirely to the unqualified, as is instanced by the large number of "beauty parlours" which exist—and thrive—and the proprietary articles, such as so-called "skin foods," face creams, lotions, etc., which are advertised.

In the course of duty we are constantly being consulted on face treatment, hair lotions, etc., and advice is frequently solicited as to the merits or demerits of this or that preparation; our previous training does not help us nor do textbooks. Consequently our professional reputation is apt to suffer.

The skin protects from trauma by its buffer of subcutaneous fat, by its elastic texture and by its horny external layer; moreover, the author is of opinion that bodily immunity is largely dependent on the lymphoid tissue, and that the resistance to infection of the skin is due for the most part to the large amount of such tissue which it contains. In addition, protection against the injurious action of actinic rays is afforded by pigmentation.

Excretion of waste products and regulation of body temperature are performed chiefly by the sweat glands. The sebaceous glands appear to be for the production of fats, etc., to act as lubricants.

Factors which interfere with the skin functions may be internal—such as any disturbance of the body, i.e., fevers, dietetic errors, organic disease, nervous changes, disturbance of glandular function, etc.—and external such as trauma, chemical action, etc.

The first consideration in the maintenance of a healthy skin is to ensure
that the body generally is in a good state of health. The other excretory organs, such as the bowels and kidneys, must be kept in order or an undue amount of work is thrown on the skin; furthermore, the circulation must be kept vigorous.

Assuming that these matters have been attended to by appropriate means, the next consideration—and one with which it is the purpose of this article to deal—is the cleansing of the skin in such a manner as to ensure the removal of waste products without damaging its surface or affecting its texture.

It has become a fetish, amongst civilized peoples at any rate, that the proper—and only—cleansing agent for the skin is soap and water. This treatment is very excellent up to a point, but it must be remembered that all soaps contain a percentage of free alkali and that water contains varying amounts of chemical substances. The effect of too much washing with unsuitable soap and hard water is the removal of the natural fats resulting in drying of the horny layer which become hard and rough so that cracks occur and later, in advanced cases, eczematous conditions arise. To visualize this state of affairs one has only to consider the rough, red, chapped hands of the household worker which may develop into the classical “washerwoman’s eczema.” Moreover, some skins are more susceptible to damage than others, and the skin on some parts of the body is more vulnerable. To some skins all soaps act as a veritable chemical irritant.

It must not be assumed that the author deprecates the use of soap and water, but he does consider that it should be used with circumspection. The choice of soap and the softening of water require due consideration. Household soap is extremely injurious to the skin and the use of bath salts is not a luxury but a necessity in some districts.

For obvious reasons, the merits of individual proprietary preparations cannot be discussed but some general observations are permissible.

In the first place, it may be stated that, as a general rule, those preparations which are manufactured by well-known firms with a reputation to lose are the best.

For ordinary washing purposes, a good and well-known toilet soap is an economy. As regards the body as a whole it is hardly necessary to stress the importance of a daily hot bath and frequent changes of underlinen. Bath-salts are, as a rule expensive, but they can be prepared very cheaply. Most large chemists sell, at a few pence a pound, granulated sodium carbonate especially for making bath-salts. A layer of these granules should be put in a wide-mouthed, stoppered bottle and sprinkled with any perfume and successive layers similarly treated, taking a week over the preparation of two pounds to ensure even penetration of the perfume. Most bath salts sold at great expense are modifications of this, and bath powders and water softeners are usually borax and sodium bicarbonate suitably perfumed with essential oils.
Whilst on the subject of the body generally, one very distressing condition may, with advantage, be considered. Bromidrosis, or offensive sweating, is a very serious source of annoyance to sufferers and others with whom they come in contact. The condition arises from hyperidrosis which, in its turn, is usually of functional nervous origin; infection of the sweat by Bacillus fætidus giving rise to the unpleasant odour. Usually the axillæ and feet are chiefly affected. The condition is chronic but a great deal can be done to alleviate the symptoms. Naturally the general health will receive attention and as regards local treatment, frequent washing with soap and water is necessary as also frequent changes of socks and underlinen. After washing a good treatment is to use a lotion of 1/100 formalin followed by a dusting powder such as one of the following:—

(1) B Pulv. ac. salicyl. ... 20 gr. (2) B Chinosol. ... 1 dr.
Pulv. amyli. ... 1 dr. Pulv. ac. boric. ... 9 gr.
Pulv. tæc. ... 1 oz. Pulv. tæc... ... 10 gr.
Pulv. ac. boric. ... 4 dr. (3) B Pulv. plumb. substearat. co.

In obstinate cases affecting the feet and also in cases of hyperidrosis of the palms with red, flabby, unsightly hands, small doses of X-ray prove beneficial and are in some cases actually curative. X-ray treatment of the skin is considered later in this article.

Certain lotions are advertised, at a price, as deodorants. We have at hand certain drugs which are very efficient in this respect. One is ac. salicyl., and another is coumarin. The latter is of interest in that it acts not by antiseptic action but it fixes odours; it is said that one part in fifty will fix the smell of iodoform and it is occasionally used for this purpose. An excellent deodorant lotion is the following:—

B Spirit of coumarin ... 1 dr.
Aquam... ... 1 oz.

(Spirit of coumarin is made by dissolving 10 gr. of coumarin in 1 oz. of rectified spirit.)

A good lotion for perspiring hands is:—

B Ac. salicyl. ... 1 oz.
Borax ... 4 gr.
Glycerine ... 10 m
Abs. alc... ... 5 gr.
Ac. boric ... 2 dr.

Heat rash, a distressing condition, which all who have served in the tropics know only too well, hardly comes within the scope of this article, but it may, however, be stated in passing that a simple and efficient lotion for this condition is:—

B Calamine ... 2 dr.
Ol. olive ... 4 gr.
Ol. caryoph. ... 10 m
Liq. carb. deter... ... 5 dr.
Liq. calcis ... ad 2 oz.
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Pulv. ac. boric. 1 oz.
Pulv. camphor. i
Pulv. sulphur ppt. 1
Pulv. zinc ox. 2
Pulv. amyli 3

It is the author's considered opinion that a large number of ladies damage their complexions by too free a use of soap and water and then attempt to repair the damage by the use of cosmetics.

As previously stated, it is not proposed to recommend any special preparations but in general face creams should be avoided as most contain lanoline which, as do most animal fats, tends to stimulate the growth of hair; this does not apply, however, to those preparations which are definitely stated not to contain animal fats or to vanishing creams.

A good routine method which cleanses and also renders the skin supple and gives it a natural bloom is first to massage in a small quantity of oil of almonds and then to wipe the face clean with a soft towel; it is surprising what a lot of dirt comes off on the towel. Almond oil is not too dear and one ounce will last a month. It is made from either sweet or bitter almonds. When pure it is very pale yellow, almost inodorous and has an oleaginous, nutty flavour. One of the chief adulterants and substitutes is oil of peach kernel which is not so good and is far cheaper.

After the oil the following lotion is gently applied:

R  Tr. benzoin simp. 1 dr.
    Aq. aurant flor. aa 1 oz.
    Aq. elderflores
    Aq. rosee

In dry weather, or if the skin tends to dryness, the following may be substituted:

R  Emuls. of bitter almonds (Made from crushed nuts) 3 oz.
    Aq. rosee
    Aq. aurant flores
    Borax
    Tr. benzoin simp.

In humid climates or with greasy skins the following is recommended:

R  Aq. elderflores 1 pt.
    Borax ½ oz.
    Eau de Cologne 2 dr.

After the lotion has dried a little vanishing cream is gently massaged in to form a basis for powder. A good and cheap vanishing cream is the Pasta Hamamelidis or Witch Hazel Snow of the B.P.C.

Ladies who carry out this treatment never touch their faces with soap and water for years on end and as a consequence their complexions are greatly improved.
In cases where the face is inclined to be red and have dilated venules, an astringent lotion is indicated such as:

\[ \begin{align*}
\text{R} & \quad \text{Hydr. perchlor.} & \quad \ldots & \quad \ldots & \quad 2 \text{ gr.} \\
& \quad \text{Calamine} & \quad \ldots & \quad \ldots & \quad \frac{3}{9} \text{ dr.} \\
& \quad \text{Zinc ox.} & \quad \ldots & \quad \ldots & \quad \frac{4}{9} \\
& \quad \text{Glycerine} & \quad \ldots & \quad \ldots & \quad \text{ad} 6 \text{ oz.} \\
& \quad \text{Ag. roseæ} & \quad \ldots & \quad \ldots & \quad \text{ad} 6 \text{ oz.}
\end{align*} \]

A milder astringent is:

\[ \begin{align*}
\text{R} & \quad \text{Liq. picis carb.} & \quad \ldots & \quad \ldots & \quad 15 \text{ ml.} \\
& \quad \text{Zinc colloid} & \quad \ldots & \quad \ldots & \quad \text{ad} 4 \text{ oz.}
\end{align*} \]

In cases where the skin is pale and lusterless a little tinting is permissible and a good lotion giving a natural flesh tint is the following:

\[ \begin{align*}
\text{R} & \quad \text{Finely powdered ochre} & \quad \ldots & \quad \ldots & \quad 10 \text{ gr.} \\
& \quad \text{Finely powdered bolo} & \quad \ldots & \quad \ldots & \quad 3 \text{ gr.} \\
& \quad \text{Zinc colloid} & \quad \ldots & \quad \ldots & \quad \text{ad} 4 \text{ oz.}
\end{align*} \]

Freckles are very often a distressing condition and many lotions have been devised for their elimination; amongst these are the following:

\begin{enumerate}
\item \( \text{R} \quad \text{Ammon. chlor.} \quad \ldots \quad \ldots \quad 1 \text{ dr.} \)
\item \( \text{Aq. lavandulæ} \quad \ldots \quad 2 \text{ gr.} \)
\item \( \text{Aquam} \quad \ldots \quad \text{ad} 1 \text{ pt.} \)
\item \( \text{Apply with a sponge two or three times.} \)
\end{enumerate}

\[ \begin{align*}
\text{R} & \quad \text{Hydr. perchlor.} & \quad \ldots & \quad 6 \text{ gr.} \\
& \quad \text{Ac. hydrochlor. dil.} & \quad \ldots & \quad 1 \text{ dr.} \\
& \quad \text{Spir. vin. rect.} & \quad \ldots & \quad \frac{3}{9} \text{ gr.} \\
& \quad \text{Aq. roseæ} & \quad \ldots & \quad \text{ad} 4 \text{ oz.} \\
& \quad \text{Aquam} & \quad \ldots & \quad \text{ad} 4 \text{ oz.} \\
\end{align*} \]

\[ \begin{align*}
\text{Apply sparingly at night and wash off next morning.} \\
\text{Boil and skim. (Also useful for sunburn.)}
\end{align*} \]

For sunburn the following lotions are useful:

\begin{enumerate}
\item \( \text{R} \quad \text{Aq. laurocærasi} \quad \ldots \quad 1 \text{ oz.} \)
\item \( \text{Liq. carb. deterg.} \quad \ldots \quad 15 \text{ ml.} \)
\item \( \text{Glyc. pb. subacet.} \quad \ldots \quad 4 \text{ dr.} \)
\item \( \text{Aq. roseæ} \quad \ldots \quad \text{ad} 8 \text{ oz.} \)
\end{enumerate}

\[ \begin{align*}
\text{R} & \quad \text{Hydr. perchlor.} & \quad \ldots \quad \frac{3}{9} \text{ gr.} \\
& \quad \text{Eau de Cologne} & \quad \ldots \quad 1 \text{ dr.} \\
& \quad \text{Glycerine} & \quad \ldots \quad \frac{3}{9} \text{ gr.} \\
& \quad \text{Ung. elderfiores} & \quad \ldots \quad 1 \text{ oz.} \\
\end{align*} \]

\[ \begin{align*}
\text{(Also a good application for rough skin.)} \\
\text{(Also useful for chapped skin.)}
\end{align*} \]

Macerate about 50 fresh quince seeds in 6 oz. of water, shake and strain through muslin, and add 2 oz. of glycerine of borax and perfume, q.s.

\[ \begin{align*}
\text{R} & \quad \text{Glycerine} & \quad \ldots \quad \frac{1}{9} \text{ dr.} \\
& \quad \text{Hydr. perchlor.} & \quad \ldots \quad 2 \text{ gr.} \\
& \quad \text{Tr. benzoin simp.} & \quad \ldots \quad 1 \text{ dr.} \\
& \quad \text{Crushed amygdal. amara decor.} & \quad 2 \text{ gr.} \\
& \quad \text{Aq. elderfiores} & \quad \ldots \quad \text{ad} 8 \text{ oz.} \\
\end{align*} \]

(Also useful for chapped skin.)

Whilst the above methods of skin treatment are efficient for ordinary purposes, an occasional so-called “mud pack” is a distinct advantage, as in addition to removing debris it renders the skin supple and smooths out small wrinkles. Mud packs are, however, an expensive luxury, but a cheap and efficient substitute may be prepared as follows:
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R

Ac. salicyl. ... 5 gr.
Kaolin ... 5 dr.
Dental plaster of Paris ... 1 
Pulv. tragacanth ... 12 gr.
Glycerine ... 20 ν
Tr. benzoin simp. ... 3 dr.
Liq. extr. of witch hazel ... 2

To be intimately mixed in a mortar and stored in a wide-mouthed, stoppered bottle (empty Lambkin's cream bottles do excellently).

The method of application is as follows:

The face is first prepared by steaming with towels wrung out in hot water in the same manner as barbers employ them. The paste is then thickly applied all over including the neck and eyelids and allowed to dry. Whilst drying, the muscles should be as immobile as possible. As it dries the paste can be felt tightening on the skin. When completely dry it must be removed by means of towels wrung out in hot water. The face is then dried with a soft towel and a lotion applied. The whole treatment takes about half an hour and should be repeated monthly.

Although, as already stated, face creams are in general to be avoided, in some cases they are beneficial. Where the subcutaneous tissues, as a result of age or illness, have become wasted and the cutaneous muscles lax, tone and suppleness may be restored and hollows filled in by gentle daily massage with a good cream. Massage should commence at the neck and work upwards under the chin, up the cheeks and outwards and upwards from the eyes. Creams for this purpose should not contain lanoline or animal fats, and a good and cheap preparation is the Ceratum Galeni of the B.P.C. (cold cream substitute) or the following:

(1) R

Zinc oxide ... 1 dr. (2) R

Olive amygd. dulc. ... 6 oz.
Adeps benz. ... 2 "
Olive amygd. amar. ... 5 dr.
Paraf. molle alb. ... 2 "
Bals. tolu ... 5 gtt.
Liq. calcis ... 2 "
Gal. rosin ... 1 "

"Face lifting" is in the province of the plastic surgeon, but it may be stated that in the hands of an expert excellent results are obtained. A method of filling in hollows and remodelling features in vogue a few years ago, and I believe still carried out in some cases, is that of injecting warm hard paraffin into the subcutaneous tissues. This operation is not advised. In the first case the paraffin does not always remain where originally moulded but is inclined to sink by gravity, and secondly, new growths—paraffinomata—are apt to form necessitating operation and consequent disfigurement.

Whilst on the subject of face treatment a few words may be of advantage as regards superfluous hair. Many so-called remedies for this distressing condition are on the market, and the author believes that most contain either barium or strontium sulphide as their active principle. The term epilatory in connection with these chemicals is a misnomer as they do not
epilate, they simply remove the hair to the skin level and are in fact a chemical means of shaving. The chief danger in their use is that a severe reaction may result with great inconvenience and temporary disfigurement and in some cases the patient may become sensitized.

There is no treatment for extensive hypertrichosis, but electrolysis is very effective in moderate cases. This treatment is, however, very tedious and requires a great deal of patience both on the part of the patient and the operator. A detailed description of this method of treatment is given in Stelwagon and Gasgill's treatise on "Diseases of the Skin."

X-ray epilation has its advocates but it is a highly specialized subject, and as the line of demarcation between permanent epilation and permanent scarring is so fine, this form of treatment is dangerous. Failing epilation, the hairs can be made practically invisible by bleaching with hydrogen peroxide. Recently a pencil has been put on the market for which it is claimed that $\text{H}_2\text{O}_2$, 10 vols., is contained in a solid form and specially suited for this purpose.

The use of lip-stick is a subject which has called for ridicule in many papers, but a little good lip-salve is a necessity in some cases and its use can prevent the occurrence of cracked and dry lips. A very useful and cheap preparation for this purpose is the Ung. rosatum of the B.P.C. or:—

If the lips become sore, the following is good:—

For obstinate cracked and fissured lips the following is useful, but care must be exercised to prevent staining of the surrounding skin:—

Care of the hands is of the greatest importance and especially so in the case of professional men. In the winter months, in districts where the water is hard, in cases where the hands have continually to be dipped in antiseptics or other chemicals, a good hand lotion is an essential. One of the best for this purpose is the Lotio Emoliens of the London Hospital Pharmacopeia which is:—
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For chapped hands a large number of remedies have been recommended of which the following are fair examples:

1. Glycerine
   Ac. salicyl.
   Ungu. lanoline col.
   Ol. neroli

2. Glycerine amyli
   Unguemol
   Ol. rose

3. Glycerine jelly
   (Pure glycerine thickened with frag. pulv. and scented with ol. rose.)

4. Aqua mellis, B.P.C.

In addition, the Loto Glycerine Co. of the B.P.C. is a cheap and good substitute for glycerine and cucumber.

Pernio or chilblains is a very distressing complaint from which quite a large number suffer, and as yet no satisfactory method of treatment has been evolved. X-ray has proved beneficial in some cases and in the author's hands radiomalt internally and the application of iodex ointment locally with massage has showed promise as a prophylactic measure. It is probable that in severe cases nothing short of the operation of sympathectomy is likely to have any lasting effect. The following are some examples of the local applications which have from time to time been recommended:

1. Lin. sap.
   Ol. cajuput
   Tr. cantharisides

2. Tr. arnica
   Aq. rose
   Glycerine

3. Camphor
   Resin
   Aq. vin.
   White soap

One skin condition which may easily be prevented is corns. Shoes and boots should be made of soft and elastic leather and great attention should be directed to fit. Cheapness in foot gear is a false economy. It is highly important also to dry the feet carefully, especially between the toes, after a bath. Treatment of corns consists of softening them with hot water and carefully paring them down. Softening can be hastened by the application of one or other of the following corn plasters or "corn cures." The former are spread on white leather and cut to the required size:

1. Balsamic Corn Plaster
   Balsam of Peru
   Ac. salicyl.
   Resin
   Turpentine
   Lanoline
   White wax

2. Resin Corn Plaster
   Resin
   Pulv. sal ammoniac
   Ac. salicyl.
   Ac. laetic
   Collodion

3. Corn Cure
   Ac. salicyl.
   Ext. cannab. ind.
   Alcohol
   Ether

4. Tr. iod.
   Ferri iod.
   Antimon. chlor.
Warts, especially on the face, cause considerable disfigurement, and the author has had excellent results with little or no scarring with both diathermy and CO$_2$ snow. Preparations which are very efficient are:

(1) B. Pyrogallol... 90 gr. (2) B. Ac. salicyl. 1 dr.
Ac. carbol... 10 gr. Ac. lactic... 1 gr.
Ac. salicyl... 30 gr. Collod. flex... 8 oz.
Adeps benz... 1 oz.

(3) One drop of oil. cinnamon on each wart.

For moles:

(4) H$_2$O$_2$ applied on cotton-wool for about five minutes morning and evening. Soothe the resultant irritation with a face cream.

(5) B. Ac. acetic... 1 oz.
Tr. ferri perch... 1 oz.

To be applied twice a day.

(6) Formaldehyde 40 per cent.

The bites of insects may to a large extent be prevented by the use of deterrents. Two elegant preparations of this nature are:

(1) B. Ol. eucalyptus... 30 m. (2) B. Ol. bergamot... 1 oz.
Menthol... 2 oz. Ol. caryoph... 3 oz.
Camphor... 30 gr. Ol. lavandula... 2 oz.
Tr. pyrethri florum ad 2 oz. Ol. terebinth... 2 oz.

Care of the nails is of importance and the expense of manicure fees can be saved by taking a little trouble. In the author’s experience, nails are as a rule carefully trimmed, but the cuticle is neglected. After trimming each nail the surrounding skin should be smeared with cold cream and the hands immersed in warm soap water for a few minutes, after which the cuticle should be gently pushed down with a soft towel. Next, take an orange stick dipped in H$_2$O$_2$ and work round the cuticle gently. Do not cut the cuticle with scissors as it leads to thickened growth later.

The following preparations are cheaply made and efficient:

(1) Nail Cleaning Washes

<p>| | |</p>
<table>
<thead>
<tr>
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<tbody>
<tr>
<td>B. Ac. tartaric...</td>
<td>1 dr.</td>
</tr>
<tr>
<td>Tr. myrrh...</td>
<td>1 oz.</td>
</tr>
<tr>
<td>Eau de Cologne...</td>
<td>2 oz.</td>
</tr>
<tr>
<td>Aquam...</td>
<td>3 oz.</td>
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(2) Nail Polishes—

<table>
<thead>
<tr>
<th></th>
<th>Paste.</th>
<th>Powders.</th>
</tr>
</thead>
<tbody>
<tr>
<td>B. Stannous oxide</td>
<td>5 dr.</td>
<td>B. Stannous oxide... 8 dr.</td>
</tr>
<tr>
<td>Talcum...</td>
<td>4 gr.</td>
<td>Carmine... 1 gr.</td>
</tr>
<tr>
<td>Tragac. pulv.</td>
<td>2 gr.</td>
<td>Ol. rose... 6 grt.</td>
</tr>
<tr>
<td>Glycerine...</td>
<td>1 dr.</td>
<td>Ol. neroli... 6 grt.</td>
</tr>
<tr>
<td>Ess. jasmin...</td>
<td>5 grt.</td>
<td>Carmine... 4 gr.</td>
</tr>
<tr>
<td>Aq. rose...</td>
<td>1 q.s.</td>
<td>Ol. rose... 5 grt.</td>
</tr>
<tr>
<td>Carmine sol....</td>
<td></td>
<td>Fine putty pulv... 4 gr.</td>
</tr>
</tbody>
</table>
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(3) For Softening the Cuticle and Curing Hang-nails—

\[\begin{align*}
\text{R} &\quad \text{Paraffin liq.} &\quad \ldots &\quad 1 \text{ oz.} \\
&\quad \text{Powdered Castile soap} &\quad \ldots &\quad 1 \text{ dr.}
\end{align*}\]

(4) Nail Cream—

\[\begin{align*}
\text{R} &\quad \text{White wax} &\quad \ldots &\quad \text{à à à 30 gr.} \\
&\quad \text{Spermaceti} &\quad \ldots &\quad \text{1 oz.} \\
&\quad \text{Soft paraffin} &\quad \ldots &\quad 10 \text{ gr.} \\
&\quad \text{Eosin} &\quad \ldots &\quad \text{q.s.} \\
&\quad \text{Perfume} &\quad \ldots &\quad \text{q.s.} \\
&\quad \text{Alcohol} &\quad \ldots &\quad \text{q.s.}
\end{align*}\]

(5) Nail Varnishes—

\[\begin{align*}
\text{R} &\quad \text{Chloroform} &\quad \ldots &\quad 10 \text{ dr.} \\
&\quad \text{Paraffin dur.} &\quad \ldots &\quad 1 \\
\end{align*}\]

\[\text{R Celluloid (old X-ray film, etc.).} \]

Dissolved in amyl acetate and tinted as required.

Care of the hair is of first importance, and many of the disorders which affect it are due to want of proper care. Occasional washing and brushing is not sufficient to retain vitality. Causes and treatment of baldness are beyond the scope of this article, and if included would render it too unwieldy.

In general it may be stated that every case must be treated on its merits, and that is why so many hair lotions and pomades are advocated. Nearly every doctor has his own pet lotion which he prescribes indiscriminately; most of these have been used on particular cases with excellent results.

The first consideration, as with the skin, is cleanliness; but in some cases too much washing is harmful. For perfectly healthy hair, shampooing once a fortnight is sufficient. If the hair is very dry, three to four weeks should elapse between each washing, whereas with oily, greasy hair, once a week is not too often. Shampoo powders and lotions are easily and cheaply obtained, and most are excellent, but for those who desire to make them for themselves the following are some prescriptions:

\[\begin{align*}
\text{R} &\quad \text{Sp. rosemary} &\quad \ldots &\quad 2 \text{ dr.} \\
&\quad \text{Liq. ammon.} &\quad \ldots &\quad \frac{2}{3} \\
&\quad \text{Ext. quillaiq. liq.} &\quad \ldots &\quad \text{ad 2 oz.} \\
\text{Sig.} &\quad \text{2 dr. in 1 pt. of warm water.}
\end{align*}\]

\[\begin{align*}
\text{R} &\quad \text{Sp. rosemary} &\quad \ldots &\quad 2 \text{ oz.} \\
&\quad \text{Sapo mollis} &\quad \ldots &\quad 1 \\
&\quad \text{Ext. quillaiq. liq.} &\quad \ldots &\quad 2 \\
&\quad \text{Liq. ammon.} &\quad \ldots &\quad 1 \\
&\quad \text{Aq. dest.} &\quad \ldots &\quad \text{ad 8} \\
\text{Sig.} &\quad \text{1 oz. in 1 pt. of warm water.}
\end{align*}\]

\[\begin{align*}
\text{R} &\quad \text{Almond or ol. oliv. soap} &\quad \ldots &\quad 6 \text{ oz.} \\
&\quad \text{Eau de Cologne} &\quad \ldots &\quad 3 \\
&\quad \text{Glycerine} &\quad \ldots &\quad 1 \\
&\quad \text{Sp. vin. rect.} &\quad \ldots &\quad 3 \\
&\quad \beta\text{-naphthol} &\quad \ldots &\quad 2 \text{ dr.}
\end{align*}\]

\[\text{R Spirit or ether soap or flaked washing lux may also be used in emergency.}\]

Massage of the scalp is of value. This should be done, using the finger tips of both hands with a gentle, kneading motion. The movements of the
fingers should be (a) from the ears to the crown, and (b) from the nape of
the neck to the crown. This need only take three minutes daily, and is
well worth the trouble.

Hair lotions should render the hair free from excess of grease and dirt,
etc., should be absolutely harmless and possess a pleasant smell. They
may be divided into (a) those which are chiefly cleansing agents, and
(b) those which are antiseptic and/or medicinal.

Some representative hair lotions of the (a) class are the following:

<table>
<thead>
<tr>
<th>R</th>
<th>Aq. rose</th>
<th>10 oz.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Glycerine</td>
<td>10 dr.</td>
</tr>
<tr>
<td></td>
<td>Sp. vin. rect.</td>
<td>1 oz.</td>
</tr>
<tr>
<td></td>
<td>White coconut oil soap</td>
<td>2 dr.</td>
</tr>
<tr>
<td></td>
<td>Liq. ammon.</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>Ol. geranium</td>
<td>15 gtt.</td>
</tr>
<tr>
<td></td>
<td>Ol. bergamot</td>
<td>8</td>
</tr>
<tr>
<td></td>
<td>Shake before use.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>R</th>
<th>Alcohol, 90 per cent</th>
<th>10 oz.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Borax</td>
<td>5 dr.</td>
</tr>
<tr>
<td></td>
<td>Tr. quillaire</td>
<td>15 ml</td>
</tr>
<tr>
<td></td>
<td>Aq. rose</td>
<td>3 oz.</td>
</tr>
<tr>
<td></td>
<td>Eau de Cologne</td>
<td>2</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>R</th>
<th>Borax</th>
<th>3 dr.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Ammon. carb.</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Aq. rose</td>
<td>9 oz.</td>
</tr>
<tr>
<td></td>
<td>Alcohol, 90 per cent</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>Ether of laurel</td>
<td>6 gtt.</td>
</tr>
<tr>
<td></td>
<td>Ol. pimento</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>Ol. bergamot</td>
<td>15</td>
</tr>
</tbody>
</table>

Large as are the varieties of lotions coming under the heading (a) even
more are those in class (b) varying with the condition it is required to treat.
A number of drugs are prescribed, the chief of these with strengths are
given below:

| Tr. cantharides | 1 dr. to 1 oz. |
| Pilocarpine nitrate | 5 gr. = 8 |
| hydrochlor. | 5 gr. = 1 |
| Chloral hydrate | 4 dr. = 8 |
| Lin. cantharides | 2 dr. to 6 oz. |
| Ol. amygdale | 2 dr. to 6 oz. |
| Paraffin liq. | 1-2 = 6 |
| Ac. salicyl. | 5-15 gr. = 1 |
| Resorcin | 5-15 = 1 |
| Ol. ricini | 1-3 dr. = 6 |

Representatives of this class are:

(1) Lotions —

<table>
<thead>
<tr>
<th>For Oily Hair.</th>
<th>For Dry Hair.</th>
</tr>
</thead>
<tbody>
<tr>
<td>R</td>
<td>Ac. tannic</td>
</tr>
<tr>
<td></td>
<td>Resorcin</td>
</tr>
<tr>
<td></td>
<td>Sp. rosemary</td>
</tr>
<tr>
<td></td>
<td>Aq. dest.</td>
</tr>
<tr>
<td>B</td>
<td>Chloral hydrate</td>
</tr>
<tr>
<td></td>
<td>Ol. ricini</td>
</tr>
<tr>
<td></td>
<td>Sp. rosemary</td>
</tr>
<tr>
<td></td>
<td>Tr. quillaire</td>
</tr>
<tr>
<td></td>
<td>Aq. dest.</td>
</tr>
</tbody>
</table>
The Care of the Normal Skin

Stimulating.

B Ac. salicyl. .... 3 gr. B Cantharidin .... 1 gr.
Ol. ricini .... 1 dr. Sp. rosemary .... 4 dr.
Sp. hq. biniod. (1/5,000) ad 8 oz. Ol. ricini .... 2 dr.
Sp. vin. rect. .... ad 6 oz.

B Pilocarpine nitrate .... 10 gr. (For alopecia areata—rub in on six consecutive nights and wash with soap and water containing ammonia.)
Quinine hydrochlor. .... 10 oz.
Tr. cantharides .... 1 oz.
Aq. rosemary .... ad 4

(2) Pomades—

B Ung. cantharides .... 4 dr. B White wax .... 1 oz.
Adeps preap. .... 1 oz. Beef marrow .... 9
Ol. heroi .... â¼ 1 gr. Ol. caryoph. .... â¼ 15 gtt.
Ol. rosea .... .... â¼ 1 oz. Ol. mace .... .... â¼ 12
Tr. cantharides .... 8

In addition to the above, certain miscellaneous preparations are of value.

Hair Fixative.

B A. salicyl. .... 1 dr. B Liq. ammon. .... 1½ dr.
Chloral hydras .... 2 oz. Pot. carb. .... 2 oz.
Tragac. pulv. .... 1½ oz. Glycerine.... 1¼ oz.
Tr. cantharides .... 1 oz. Sp. vin. rect. .... 1 oz.
Sp. rosemary .... 2 dr. Aq. rosea .... 10
Sp. vin. rect. .... 2 oz. First shampoo and dry the hair; then moisten with the lotion. It will curl on drying.
Glycerine .... 2 dr. Tr. quillais .... 1 dr.
Ol. ricini .... 1½ oz. Aq. .... ad 1 pt.

Hair Curling Lotions.

No account of hair treatment can be complete without some reference to hair dyes. Many chemical substances are used for this purpose, such as: iron, lead, bismuth and mercury salts, silver nitrate, potassium permanganate, acid pyrogallic, walnut, tannin, aniline dyes, henna, hydrogen peroxide, etc.

The majority are definitely harmful and in some cases set up an acute dermatitis which may become a weeping eczema or go on to a chronic and unsightly condition. The only dyes which can be used with any degree of safety are henna and H₂O₂.

Reference has already been made to X-rays and a short note on this very useful adjunct to treatment and to light treatment may be helpful.

As regards the latter, it may be stated at the outset that ultra-violet rays, in spite of claims made to the contrary by certain individual firms, have no depilating action. Some time ago, leading London dermatologists had occasion to complain to the Home Office of the irradicable damage done to patients by certain so-called “Beauty Specialists” who claimed to remove superfluous hair by means of ultra-violet light. The hair was removed but the patients' complexions were ruined by X-ray burns. Both these effects were the result of X-rays which were given off by the source of the ultra-violet light. View with grave suspicion, therefore, any ultra-violet lamp for which it is claimed that depilation can be effected.
Light treatment and X-ray treatment are highly beneficial but require expert and specialized technique; as a rule this more especially refers to X-rays and a radiologist will not take on treatment unless he is constantly doing it on a number of cases.

The subject is far too big for detailed description in this article, but for those interested the following two textbooks will be found excellent reading. "Röntgen Rays in Dermatology," Arzt and Fuhs, translated by C. Kevin O'Malley (Baillière, Tindall and Cox); "Ultra-violet Radiation and Actino-therapy," Eleanor C. Russel and W. Kerr Russel (E. and S. Livingstone).

In conclusion it may be stated that the author has endeavoured to compress into a small space guiding principles only and has given a few representative prescriptions—space does not permit of more. Working on the lines indicated, however, a large number of elegant preparations can be made.