

This was well known to the Roman Emperor Nero in the first century who invited his friends to lavish meals but insisted that everyone of them used perfumed mouth-washes before coming to the table.

Most modern dentifrices and mouth-washes include one or several perfumes. They are no lasting help, but they cover and relieve. Using a discreetly perfumed mouthwash several times a day, or an aromatic cachou, or scented chewing gum will at least mask and cover the unpleasant condition of bad breath. This will not only give the feel of comfort and security, but it may actually mean the difference between a job and unemployment in quite a few occupations.

#### Perfume Dermatitis.

I attended once an international medical congress when one of the nurses asked a dermatologist in the lobby to have a look at her face. He happened to be a German doctor and he said: "Well, that seems to be a dermatitis des rinnenden Tropfens"—while the French colleague with whom he was conversing, confirmed the diagnosis by stating: "We call it dermatite pigmentee en forme de coulee."

If an American or British doctor had been present, he would have said, "Indeed, this is a case of Perfume dermatitis."

And they all meant the same condition. Dermatitis due to perfume probably is more common than generally assumed. Recently new cases of this kind of skin troubles on face, eyelids, neck, arms, etc., have been published. The perfume may be part of a nail polish or a toilet water or a hair lacquer.

Perfume dermatitis as a rule affects only circumscribed parts of the body—those parts with which the perfume or lacquer has been in touch. This is obvious in the German name "dermatitis des rinnenden Tropfens," which actually means an inflammation of the skin along the track which a running drop of perfume has left on the surface of the skin. Treatment of the skin condition, which mostly concerns single individuals, must start with avoiding the irritant perfume or essential oil.

### A Thought for the Month.

OLD AND YOUNG in this world, all need encouragement to overcome the depression which from time to time, sweeps over the mind like a thick mist apparently without reason.

So often a word of cheer, especially an unexpected one, will, like a flash of light dispel the cloud of depression.

Words are queer things, but how powerful to call up beauty and banish ugliness. It is good to know that someone has seen that a difficult task has been achieved, an obstacle overcome. The young need constant help to get the right focus on life to be able to talk things over without fear of being laughed at makes the talking worth while. Ridicule of an unskilled thought may frustrate the expression of thoughts for years. The thoughts of youth are of paramount importance and should not be discouraged when expressed in speech.

The ageing need encouragement too, perhaps more than the young. They need the encouragement of the sympathy of those of their own generation, of those who have walked beside them and who have perhaps shared their hopes and fears, successes or failures. They are perhaps a little frightened now by the strength and capability of the present day young people, who may possibly be thinking wrongly that, life at a "certain age" should be over.

But perhaps they do not think so at all; each person is self contained, alone, itself: no-one can really know what the other is thinking, most certainly not people of two different generations. The world, however circumscribed, is the whole world to the individual, and a kindly encouraging remark may alter the outlook of that world considerably.

It may ripple like water ripples in a pond, in ever widening circles and may, who knows, ripple into Eternity.

A.R.B.



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[previous page](#)

[next page](#)