comment: "Gentlemen, there can be little doubt that your ancestors were the Great Unwashed." Things have certainly changed, to the better.

Queen Elizabeth, in the sixteenth century, took only one bath a month. On Louis XV's *Cour parfumée* only one washstand was available in each room for bathing, and few, if any, of the people of the Court bathed during the long winter months. For that reason, the excessive use of perfume was well understandable. Mary Queen of Scots bathed in wine to which perfume had been added.

Soothing Influence of Perfume.

The pleasant scent of firs and pines in the warm rays of the sun produces a curative effect on the respiratory organs, it cures inflammation and catarrhs of bronchi and lungs. This sweet fragrance we try to use for nursing purposes. Pine-scented baths don't give only the welcome feel of relaxation and carefree luxury—they are soothing for irritated nerves as well and highly effective against after-work fatigue. In former times fresh boughs of pines and firs were used for a warm bath of this kind, later extracted oils of pines, etc., and artificially produced chemical compounds were used.

The flavour itself of the scented bath has a soothing and relaxing effect on many people. Other suitable perfumes for bath salts are the oils of citronella, lemongrass, lavender, rosemary, etc. Bath oils and essences, according to Bushby, are frequently made with a basis of sulphonated castor oil or sulphonated olive oil. These act, without influencing the flavour, as emulsifying agents when mixed with water, and so prevent the oily rim which otherwise tends to form round the bath.

Perfumes and the scent of toilet water are able to help overcome a beginning irritation in nose, throat and larynx, in case of a beginning cold. A few nurses I have known immediately started pouring some lavender water in their handkerchiefs whenever they felt the first sign of a head cold or sore throat. They were convinced to check the cold by inhaling from the handkerchief.

There is hardly any difference in medical efficiency between a natural perfume and a perfume which has been built up chemically in the laboratory. Chemists were successful in analysing and building up synthetically quite a few of the frail substances the combination of which is so characteristic of odours of flowers. Many more shades and hues of fragrances are available today due to this development. Before the days of modern chemistry, there were only about 200 odours and flavours available to the perfumer. This number has increased to well over 1,000 since inventive chemists have created a whole new gamut of pleasant odours and flavours that do not exist in nature.

Rose Water and Rose Oil.

Roses are probably the most beautiful flowers in the world, and rose perfume was always regarded as most alluring in everyday life. Folkmedicine first and later learned doctors saw in it an efficient antiseptic and a valuable cure for various ailments.

Roses were one of the 400 simples of Hippocrates. The Roman naturalist Pliny, in the first century A.D., listed 32 remedies made of rose petals and rose leaves. Rose flowers were steeped in oil for the unguents used by Roman men and women. Rose wine was used for drinks and baths. For any ailment, the rose was used as remedy in some form or other. Odour of roses was considered a good sleeping remedy. Romans slept on beds filled with rose petals.

Mixtures of roses were considered helpful for stomach trouble. The famous physician Thomas Sydenham, in the seventeenth century, used syrup of roses as a laxative. Headache is another ailment which can be relieved by rose water and rose perfume. Tea of dried rose leaves is used by folkmedicine against diarrhoea and coughing blood.

The old herbalist Gerard used distilled water of roses to make the heart merry, make a good colour in the face and make the vital spirits more fresh and lively. The water of roses which was collected from flowers in the early morning, Dew of Heaven, was said to have high curative properties, particularly for improvement of the complexion.

Both Oleum Rosase and Aqua Rosae are used by the official medicine. A single drop of rose oil is strong enough to give the characteristic flavour to a whole quart of water. This water is a constituent for solutions which are used externally while the oil is used for perfuming ointments of various kinds. In the early nineteenth century a mixture of roses and honey was prescribed by members of the London College of Physicians as a gargle for sore mouth.

The Doctor's Walking Stick.

In past times when no real antiseptics were available, doctors advised continually smelling of perfumes or aromatic herbs in times of epidemics and in places where sick people were gathering. Herbs were strewn on the floors of private sick rooms—favourite was a mixture of hyssop, lavender, basil, tansy, balm and mints—they were stirred and beaten so that a wholesome cloud of fragrance drifted out into the air.

In those times, hardly more than a century ago, doctors used to walk around with a walking stick. One of its uses was to protect the doctor against miasms and odours of infectious diseases by the perfumed sponges or the vinaigrette which were concealed in the silver knob of his stick. Leyel states that the refreshing character of these vinegars is due to to the acetic acid, which dissolves the aromatic substances and forms a perfume with a more refreshing after-odour than the ordinary toilet water which is prepared with alcohol.

The first thing a nurse did when she came to the sick room of a rich man in a medieval city, was to renew his pomander.

This English word comes from the French *pomme d'Ambre*, apple or ball of amber. It was formed like an apple and one of its ingredients was ambergris. The pomander usually had the size of a nutmeg and was made of perfumes and fragrant fixatives. The scents used for its preparation in Roman times were cinnamon, cassia, calamus, cardamom, balm, marjoram, myrrh, saffron, costus and stora, wild vine and betel nut. They were pounded into a paste with wine and honey, and enclosed in a gold or silver case studded with jewels and pierced with holes to emit the scent.

Later, the receptacles became works of art. Pomanders were often hung from long silver chains about the neck or from the girdle. They enveloped the wearer in an aura of perfume. He was inhaling protective perfume scents when the danger of infection was present. Pomander balls, in addition to the perfumes, sometimes included ingredients for sleep-producing effects.

Perfumes for Care of Mouth and Breath.

We hear much today of the unpleasantness of bad breath and its danger for the job of the sufferer. Constant reminders in radio, television and general magazines keep the warning awake. Many people are affected without knowing it, and the condition is more unpleasant for the sufferer's company than for himself. Bad breath, halitosis, was recognised as an undesirable condition in ancient times when its presence excluded its victim from the priesthood and made it impossible to nurse sick people. In our times it has been recognised as legal cause for divorce.

Common causes of halitosis are poor condition of the teeth, inflammation of the gums, chronically infected tonsils, nasal and sinus conditions. Decaying teeth and pyorrhea should be looked for. Some people observe the presence of bad breath on days when they are constipated while the trouble disappears on days when their bowels have moved regularly.

Perfumes and a perfumed mouth wash can be most helpful to render the whole condition inoffensive and innocent even though the actual cause has not yet been removed or changed.

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