

**THE CARE OF THE HAND: A
PRACTICAL TEXT-BOOK ON
MANICURING AND THE CARE OF
THE HAND, FOR PROFESSIONAL
AND PRIVATE USE**

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The Care of the Hand: A Practical Text-book on Manicuring and the Care of the Hand, for professional and private use by William A. Woodbury

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THE CARE OF THE HAND

*A Practical Text-book on Manicuring
and the Care of the Hand*

FOR PROFESSIONAL AND PRIVATE USE

BY

WILLIAM A. WOODBURY

DERMATOLOGIST

AUTHOR OF "BEAUTY CULTURE," "THE CARE OF THE HAIR AND SCALP,"
"HAIR DRESSING AND TINTING," "THE CARE OF THE FOOT,"
"THE CARE OF THE FACE," "HOW TO GET THIN AND
HOW TO ACQUIRE PLUMPNESS," ETC.

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—to whose soft seizure
The cygnet's down is harsh, and spirit of sense
Hard as the palm of ploughman.
—*Shakespeare.*

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The Care of the Head

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INTRODUCTORY.

WITH his hand and brain man has made himself master of the world. It is true without the brain the hand could have done little, but it is a question how much the brain could have accomplished without the fingers to work its commands. Whatever might have been, the hand is next to the brain and has become the highest developed and specialized part of the human body.

The ideal hand is soft and white with tapering fingers and enough plumpness to cover the sinews and bones, yet not plumpness enough to suggest pudginess. The hand itself should be white, but the finger tips should have a warm rosy tinge, the nails partaking of this pinkish color. The nails should be long enough to project the slightest bit beyond the padded cushion of the finger tips and should be daintily rounded or pointed, the half moon—beauty sign of the perfect hand—showing at the base of each nail.

Nothing adds more to the realization of womanly perfection than smooth, white, well-formed hands, the fingers of which are adorned with shapely nails carefully trimmed and manicured.

The nails are transparent, hardened developments of the epidermis or outer skin. In good health they assume a pink tint, due to the color of the underlying tissues. When, however, the blood is in an anemic condition they are frequently very white.

The development of the nails depends largely on keeping in good health; during ill health the nails grow