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Body Art

Get the
facts

What is body art?

Body art is about making yourself look different.

jewelry

Some people decorate themselves with jewelry.



piercing

Sometimes people pierce parts of their body so they can wear jewels or other decorations.



Many people pierce their ears. Others pierce their noses and lips.

Some people pierce in even more painful places!



tattoos



Tattoos are popular with people all over the world. Sometimes these patterns are permanent. But they can be painted on.

Mehndi designs, often called *henna tattoos*, have been used in India for thousands of years. They are often used during marriage ceremonies.



face paint

Children paint their faces at special events.



Some sports fans like to show which teams they support.

Painting your face might make it hard for your enemies to spot you.



Is body art a new idea?

Even people who lived thousands of years ago decorated their bodies.



The **ancient Egyptians** wore eye makeup. They made their eye makeup from powdered **minerals** mixed with animal fat.

Tattoos sometimes showed how important a person was.

The oldest tattoos we have seen are on **Oetzi, the iceman**. Oetzi is the mummy of a man who lived 4,000 years ago. His body was found in the Alps.



Many people had tattoos on their **faces** and **hands**.

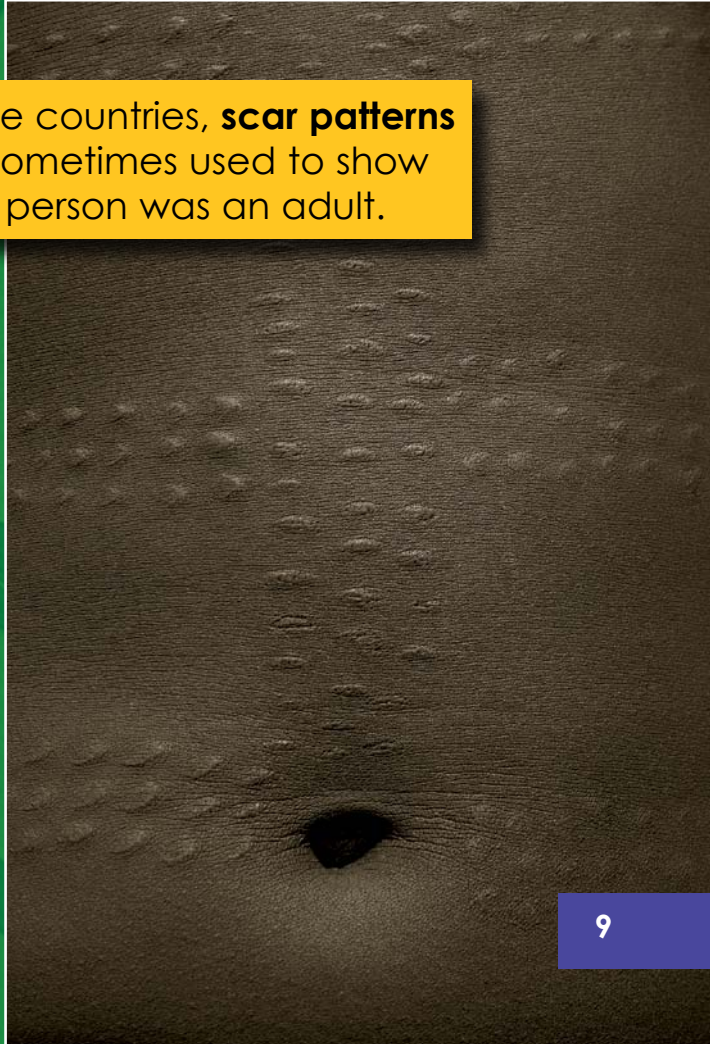
Sailors often had tattoos. They liked to show they had visited lots of different countries.



In some countries, **scar patterns** were sometimes used to show that a person was an adult.

A scar pattern is made by first **cutting** and then rubbing in something that causes the healing skin to puff up.

The scars were sometimes colored by **rubbing in ashes** or **soil**.



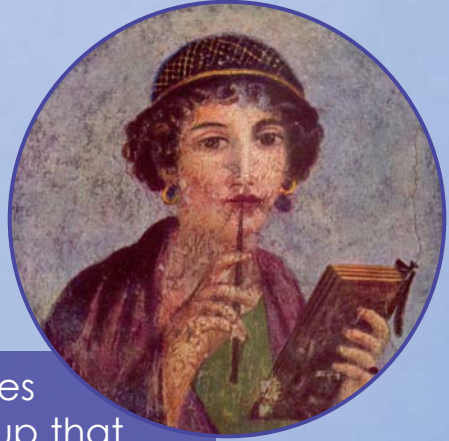
Looking good

All women like to carry their makeup around with them.



This is a very old makeup case.

It would have been owned by someone very rich.



Roman ladies used makeup that was similar to the things we use today.



This jar of cream was found in a Roman coffin.

You can see the owner's finger marks.

Today women use **cosmetics** similar to those used by women thousands of years ago. But today's women have more choices.



Hair
can be dyed in lots
of different colors and
worn in many different
styles.

We have **lipstick** and eye
makeup in hundreds of different
shades. Women can use **glitter**
on their faces and bodies.

Going to extremes

Some societies wanted more than just painted designs on their bodies. They changed their **body shape**.

These people thought that **long flat heads** looked good.

Babies had their heads tightly wrapped to make them grow like this.



Some people in Europe did this too. In parts of **France**, head-binding was done until the 19th century.

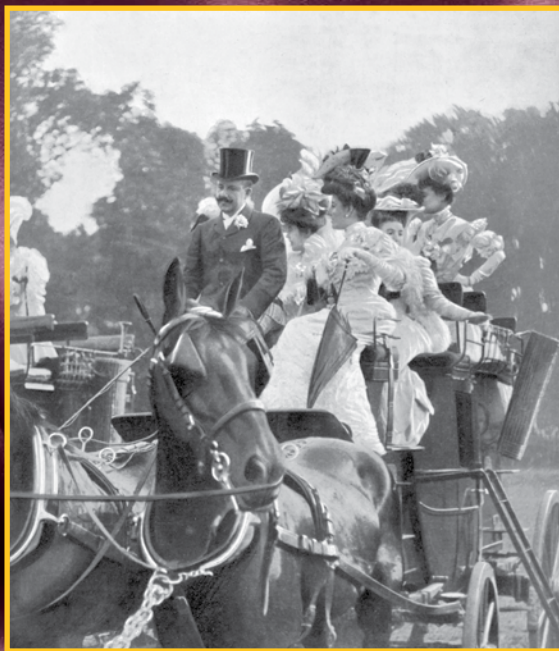


In **China**, from the 10th century until the beginning of the 20th century, women wanted **very small feet**.

Baby girls had their feet **tightly wrapped** so they could not grow properly.



In the middle of the **19th century**, many women tried to change their body shape by wearing **corsets**.



The corsets pulled in their waists to as little as **18 inches**. This fashion caused lots of **health problems**.

You can look gorgeous too

Tattoos can look great, but what happens if you **change your mind**?

These days you can get tattoos that will **wash off**.



Tattoo artists will paint tattoos for you. You can choose from lots of exotic designs.



Henna tattoos are very popular in Britain and the United States.



Fingernail art is the latest fashion. In Japan, there are even **contests** for nail artists.

Fingernail art is easy to do for **yourself**. You need:

- 🌀 2 colors of nail polish
- 🌀 small sticky paper shapes to stick on your nails. You could make these yourself if you like.



Paint your nails with one color and let it dry thoroughly.



Stick the shapes to your nails.



Paint your nails again with the second color, and let them dry.



Peel off the shapes.

or for **glittery nails** . . .



Paint your nails. Stick on small jewels and glitter before the polish dries.



Don't try this!

Until modern times, people used **very dangerous** substances as cosmetics.



In **Victorian times**, many women used **arsenic** to make their skin look soft.

Arsenic, now known as a poison, was often mixed with vinegar and chalk and then eaten to make women's faces fashionably pale.

A tonic called **Fowler's Solution** was used at this time. This also contained the poison arsenic, as people believed it was good for them.



We should know better, but we still do things that are **dangerous**.

If people try to pierce their own ears, or other parts of their bodies, they can get **painful infections**. Always have piercings done by a professional.



Trying to do your own **tattoos** is even worse. Some people have made themselves very ill.



It is probably better to have **temporary tattoos**. That way you can change your tattoos when fashions change. Or when you decide to get a new boyfriend or girlfriend!



A stylized illustration in shades of green and black. On the left, a profile of a person's head is shown in a light green color. A wavy, black line extends from the neck area, resembling hair or a decorative element. Below the head, a hand is shown in silhouette, reaching out towards the right. The background is a solid, dark green color.

Death by Arsenic

Chapter 1

My journal: 1860

At last! I'm going to be a lady's maid. It's what I've always wanted.

The missus said that I can be a maid for Miss Ruth. Miss Ruth is fifteen now. The same age as me.

Miss Pearce will teach me all the things I need to know. I've got to learn to do hair and look after Miss Ruth's clothes.

When I get to be a real grown-up lady's maid like Miss Pearce, I will be called Miss Clark, not just Molly.



You will have to learn to do hair and look after Miss Ruth's clothes.

I'm going to be a lady's maid. It's what I've always wanted.

Being a lady's maid is a good job. Miss Ruth has lots of new clothes.

Her dresses are lovely. Every day I have to help her get into them. She is thin, but she has to have her waist pulled even smaller to fit in the dresses.

It takes a long time to do her hair. Now that she is a young lady, she looks at the fashion magazines, and I have to try to copy the hairstyles.



Her dresses are lovely.
Every day I have to help her
get into them.

She is thin, but she has to have
her waist pulled even smaller
to fit in the dresses.



Chapter 2

Pale and beautiful

Miss Pearce says I am doing very well. Miss Ruth is pleased with me.

Miss Ruth says that a lady's maid must keep all of her mistress's secrets. She says I must never tell anyone what she talks to me about.

Miss Ruth is in love! She is in love with Master John's friend. His name is Michael. He is quite grown up, like Master John, who is 20 years old.

Michael comes to visit Master John a lot. When he comes, Miss Ruth wears all her best clothes.



Miss Ruth is in love with Master John's friend, Michael.

A lady's maid must keep all of her mistress's secrets.



Miss Ruth has asked me to go to the chemist. She wants me to buy face cream and paint for her cheeks and lips.

She says I must never tell anyone. Her mama would be very cross if she found out.

I bought some cream to make her face look pale and beautiful.



Miss Ruth wants me to buy face cream and paint for her cheeks and lips.

Miss Ruth's mama would be very cross if she found out.

Chapter 3


Fowler's Solution

Miss Ruth is not well.


She told me to get a tonic when I got the face cream. I got something special. It is called Fowler's Solution. The man said to use it once a day.

Miss Ruth said she is much better. But she is sad because Michael does not talk to her.

She has spots on her face, so she uses her cream all the time to hide them.



Get a tonic when
you get the face
cream.



The man told me
you should use it
once a day.



FOWLER'S
SOLUTION

Miss Ruth's spots are getting worse. She has open sores on her face now. I am the only person to see them.

When she covers her face with the cream, her cheeks are pretty and pink and the spots don't show.

Miss Ruth is using the cream on her lips. She says that if it makes her cheeks pink it will do the same for her lips.



The cream will hide my spots. It will make my lips pink.

Miss Ruth's spots are getting worse. She has open sores on her face now.


Chapter 4

Dying of love

Miss Ruth is dying of love. She spends much time crying. Michael is courting another girl.

She sends me for more Fowler's Solution two, or even three, times a week. I tell her the man says to take it only once a day, but she will not listen.

She says she is sick and weak. Only the solution makes her feel better.



She sends Molly for more Fowler's Solution two, or even three, times a week.

The man says to take it only once a day.

Miss Ruth is sick and weak. Only the solution makes her feel better.

FOWLER'S
SOLUTION

FOWLER'S
SOLUTION

As I read this, I knew what was going to happen. I turned the page and read the words.

“Miss Ruth is dead!”

My great-great-grandma never did get to be a lady's maid. It was back to being a housemaid for her.

I wonder if Ruth's family ever knew what killed her.

I know though. She died from poisoning. Death by arsenic!

My great-great-grandma
never did get to
be a lady's maid. I know what
killed Miss Ruth. She died from
poisoning.
Death by arsenic!



Body Art word check

arsenic

corset

cosmetics

Egyptians

face painting

henna

infection

jewelry

marriage ceremonies

Mehndi design

minerals

tattoos

pierce

scar patterns



Fact to Fiction

Get the facts: Tattoos, body piercing, jewelry, and face painting—people have been decorating their bodies for thousands of years. Who thought that flat heads were the latest in fashion? Who had a 4,000-year-old tattoo? Now you can find out.

Fiction: Then read *Death by Arsenic*, a story about what happens when you start to believe product advertisements.

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