

HOW TO BE HEALTHY AND BEAUTIFUL

BY MRS. HENRY SYMES

Good Physical Exercise For Women



WE ALL agree that physical exercise of some kind should be taken regularly, if we are to enjoy the best of health. Sometimes this seems difficult to attain. Many girls who are busily engaged during the day find no time for the sports that their more fortunate sisters enjoy; nor are they able to attend gymnastics. Exercising by one's self is apt to become irksome, and to get the best results of any form of exercise it is necessary that the mind should be happily employed.

Exercise No. 1.
One girl holds down the feet of the other, who performs the exercise, which consists of raising and lowering the trunk from a horizontal to the vertical position. This is a valuable abdominal exercise.

Exercise No. 2.
For this you need a light stick—a broomhandle or cane will do. Both persons should take hold of the stick as shown in the picture. The one should allow the other to twist the stick over and over, resisting just enough to make each one exert herself.

Exercise No. 3.
Stand facing each other, at arms' length; clasp the stick firmly and hold. First one and then the other should yield, pulling each other over a given line. Do this several times.

Exercise No. 4.
Stand facing each other. One extends her hands, palms upward. The other presses downward, the first girl yielding and allowing her hands to be lowered right down to the floor. Then she gradually lifts the other girl allowing her to do so. This is a fine exercise for the back, shoulders, arms and legs—in fact, all the muscles.

HOUSEWORK AS EXERCISE

How to Reap Its Benefits

By Dr. Emma E. Walker.

There is no sphere in life where a girl needs so careful attention as in the house. As a rule, the development of her figure as in housework. One reason for this is because the work that girls do in the house lies directly in front of them. It is not such a strenuous task to do most kinds of housework. Suppose you are paring apples; how easy does it curve your back and bow your shoulders. And when you sit up you sometimes forget to straighten yourself out again. The next time you do it is so much to stoop a little further toward your lap; and so it is with everything that you do sitting down, especially when you are washing dishes, or when you are scrubbing the floor, or when you are sweeping. If these bad habits are kept up for several years your shoulders will be rounded, the blades will stand out like wings, and your head will protrude forward as if you were on the search for something out of sight. This means that your chest will be flat and narrow, that your neck will be thin, that your shoulders will be rounded, and your complexion consequently muddy. You must be undeveloped, and your abdomen will be prominent.

many ugly, scrawny necks as well as for the discolored complexion which so many girls are unhappy about. You must treat your neck as carefully as any other part of the body, if you wish it to be beautiful. Aside from making it scrawny, the most important thing to remember in housework is to avoid stooping. This accounts for many serious throat troubles.

Girls are entirely out of place with their housework gowns, and so are your cast-off high-heeled slippers. Perhaps you are lucky enough to have some of the floor-scrubbing or wiping up to do. You do not always realize how much of a strain this work is on the muscles of the arm and chest and improve all this part of the body.

Do not forget when ironing, to apply the principle of double-sided development which you use in other forms of housework. Use first the right hand, then the left, and have the ironing board at a comfortable height. This habit is a most important one in all housework.

Walking forms a large part of housework, and it is most necessary to do this correctly in order to reap its benefits. In walking upstairs, walk straight, do not bend over, and never run upstairs. This is a most pernicious habit, and one as easily overcome as it is acquired, if a little care is used.

Always remember to hold the chin in and let the chest lead. Draw in the abdomen, straighten the shoulders, let the feet fall into the proper place. Then with deep breathing, remember to bend only at the hips; do not bend at the waist. This will give you a good pose, and keep your back straight.

It is well in sweeping to twist just a little, and this will give the side bending of the trunk which is so beneficial to the internal organs, especially the liver. Floor-sweeping is a little like golf.

development of the bust. Deep breathing can be continually practiced in housework; this will develop lung capacity, cultivate a beautiful voice and give color and smoothness to the complexion.

Other exercises for the development of the bust consist in raising the arms in various positions, even in bending the head at different angles or in raising weights. The whole purpose of these exercises is to bring into play the muscles of the parts concerned.

All of these movements, together with those of ironing, washing windows, and scrubbing and sweeping, and bread-kneading and bed-making, develop the muscles of the arm and chest and improve all this part of the body.

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SCRUBBING AND WASHING
When you do the real old-fashioned scrubbing, getting down on your hands and knees, you are really taking one of the most important positions for raising your internal organs; but, you must remember to keep your back straight, your chest forward, and your abdomen drawn in. Then, too, you must use your hands equally, first the left and then the right. This exercise will give you such a good pose, and keep your back straight.

The principle of using both sides equally—of being ambidextrous—is one of the most important to remember in housework. In sweeping, use both sides of the body equally; make one work as hard as the other; change sides frequently from side to side; if you limit yourself to one, soon a difference in the hips will be noticeable and you will develop a figure not to be proud of.

As for washing, you will need more energy than perhaps in any other part of housework. You must combine thought and exercise with bending over the tub, for you are obliged in this work to lean over in one position, and to inhale hot steam at every breath. Be careful to keep your mouth shut during this work, and breathe through the nose; make frequent stops for exercise and deep breathing of fresh air. Straighten yourself up in a good pose, stretching exercise and breathe deeply for a minute or two away from the tub. This will give you a good pose, and keep your back straight.

STANDING OR WALKING
Raising a window is a fine stretching exercise; be careful how you do it. Hold the abdomen in, keep the back nearly straight, do not bend forward, but raise the sash by pushing with your feet.

Holding the vital organs high is one of the first principles of health. When you are standing or walking, you are in a position especially well adapted to the elevation of the internal organs. Hold the shoulders back, lift the crown of the head up and back, hold the chest forward and you will not need to "push the shoulders back." Hold the abdomen in, elevating the internal organs as high as possible.

This position will be too tiring to hold very long at a time, but take it frequently and the muscles will gradually become strengthened so that special attention need not be given to correct position.

Witch Hazel Cold Cream.
One ounce each of white wax and sperm-candle, ½ pint of oil of almonds. Melt, pour into a mortar which has been heated by being immersed some time in boiling water. Very gradually add the witch hazel, and mix all the while until an emulsion is formed, and afterward until the mixture is nearly cold. This cream is particularly useful to heal sore or stretched skin.

Lotion for Inflamed Skin.
Boric acid, 1 dram; distilled witch hazel, 4 ounces. Apply with a piece of old linen or a bit of absorbent cotton. Use three or four times daily.

To Keep the Hair From Falling.
Will you please answer the following questions and do one of your constant readers a great favor. I will try to give you a prescription of my own, and probably help you out. I am 30 years old, I am 130 pounds and stand 5 feet 11 inches. My hair is very thin and does not grow so fast as it used to. I have almost a constant itching and my hair is very dry. Can you tell me of something that will stop the hair from falling, and can you give me something that will make the hair grow again?

Try the following tonic, which has proved most beneficial in cases similar to yours:

Advice to Correspondents Seeking Health and Beauty

Skin Too Dry
Having watched your column for some time with much interest, I feel that you may be able to help me. I am tall and thin, my skin is dry, and aged, face skin dry and harsh, inclined to wrinkle easily. Can you give me a treatment that will feed the skin all out my face to prevent lines? How would you massage a dry face with thin skin?
N. W.

The following lotion will improve the condition of your skin:

Lotion for Dry Skin.
Lanolin, 1 ounce; almond oil, 1 ounce; tincture of benzoin 1 ounce. Mix the three ingredients together and rub into skin at night before going to bed.

Abscess Leaves Mark
I would be pleased to have your advice as a subject that greatly annoys me. Last winter I had an abscess on my nose that left the skin rather raw and red. I am now 20 years old, and the mark is still there. I am commended to face the elements all seasons, but my skin is very fair, with this exception.
M. A. N.

Every night rub a little of the oil which has been created on the discolored skin, and in the morning apply the lotion given below.

Witch Hazel Cold Cream.
One ounce each of white wax and sperm-candle, ½ pint of oil of almonds. Melt, pour into a mortar which has been heated by being immersed some time in boiling water. Very gradually add the witch hazel, and mix all the while until an emulsion is formed, and afterward until the mixture is nearly cold. This cream is particularly useful to heal sore or stretched skin.

Pomade to Reduce Bust.
Iodide of potassium, 3 grams; vasoline, 10 grams; anoline, 50 grams; tincture of benzoin, 50 drops.

Mix the three ingredients and rub all over the fat parts twice a day.

You should abstain from food that is especially fat-forming—cereals, potatoes, corn, peas, beans, etc. You should also avoid sweets of all kinds.

Ointment for Brows and Lashes.
Vaseline, 3 ounces; tincture of camphor, 1 ounce; oil of lavender, 10 drops; oil of rosemary, 10 drops.

Mix thoroughly. Apply to the eyebrows and the growth is sufficiently stimulated. Then repeat often.

This ointment may be used for the eyelids also. In this case it should be rubbed carefully applied, it will inflame the eyes, as any oil will, if it gets into them.

Two Readers Ask Help
We are two girls who have been interested in your valuable recipe. We would like to have you help us to increase our weight by the best method. We should be glad to increase our bust, which is so broad and our shoulders. Thanking you in advance, we are two constant readers for your columns.

Since receipt of your letter directions for increasing weight and bust have been published.

Dark Rings and Wrinkles
Hearing of the good advice you have given to others, I thought perhaps you would help me. My eyes are hollow, with dark purple rings and wrinkles under, and only 21 years of age, and can give no reason for their being like that.
B. H. B.

Dark Circles Under the Eyes.
There is always, in my opinion, some internal cause for the black circles under the eyes. The tendency is sometimes hereditary, but dark lines are usually due to some congestion of the veins of the part, and are rarely, if ever, found excepting under one or more of the following circumstances:

When the subject is anemic, and there is an impurification of the chemical constituents of the blood, or when the system is overworked, or when there is some long study, lack of sleep or distraction of any description. The external treatment is some massage of the part, but cannot be permanent while the cause exists.

Local Treatment.
Baths frequently with cold water and use friction. A little turpentine liniment or weak ammonia, one part of diluted ammonia to four of water, may be rubbed into the skin daily (except), but great care must be taken that it does not reach the eyes.

Massage with a good skin food will help the wrinkles.

Neck Thin and Dark
Will you please tell me what I can do for a dark thin neck? I am also very thin. I seem to be in good health and do no hard work. Perhaps you know of some remedy for this? I have an very fond of it. I also have a few blackheads and large pores. My skin seems to get greasy at times, and has a very yellow color, in my face.
M. M. T.

To whiten your neck and make it thicker, rub it with every night before retiring with orange flower cream. See treatment for blackheads and enlarged pores, advised for other correspondents.

Mrs. Henry Symes' Beauty Recipes

Grinds Teeth While Sleeping
Can you tell the cause of grinding or grinding the teeth while sleeping, and which the best remedy for it? I am a nervous subject, and I describe indicates nervousness or indigestion. Consult a reliable physician in regard to it.

White Eyebrows With Golden Hair
Will you kindly tell me what will darken my eyebrows? I have a golden hair and my eyebrows are white. I am a nervous subject, and I describe indicates nervousness or indigestion. Consult a reliable physician in regard to it.

Blemishes on the Face
I read over the columns in the paper on how to make the face white, and found the formula for pimples cream, but I did not know how to mix or use it. I am a nervous subject, and I describe indicates nervousness or indigestion. Consult a reliable physician in regard to it.

Fossati Cream for Pimples.
Lanolin, 5 ounces; almond oil, 1 ounce; sulphur precipitate, 3 ounces; white of egg, 2½ ounces; violet extract, 10 drops. Apply a very thin film of the cream to each blemish.

Scanty Eyelashes
Can you give me a good lotion for my scanty eyelashes? Mine are short and thin, and I am a nervous subject, and I describe indicates nervousness or indigestion. Consult a reliable physician in regard to it.

Thick Lips
As I have received several useful hints from your beauty-column, I think per-

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White Wax 1 ounce; spermaceti, 1 ounce; lanolin, 2 ounces; coconut oil, 3 ounces; orange flower water, 2 ounces; oil of sweet almonds, 4 ounces; tincture of benzoin, 50 drops.

Melt the first five ingredients together, and add the orange flower water, and lastly the orange flower water.

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