HOW TO BE HEALTHY AND BEAUTIFUL---

BY MRS. HENRY SYMES

EXERCISES for STRENGTHENING THE BACK

Sit Easily in a Low Chair

To Relieve Backache

Raise and Lower the Body

OF ALL the muscles of the body, those of the back are, perhaps, the most important. In almost all of our movements, from the simplest to the most complicated, these muscles are used. Walking, standing, bending, going upstairs, lifting a chair, boarding a car and in a hundred other everyday acts the muscles of the back are brought into action. How shall we best develop these muscles and keep them in good condition is the question.

I believe that the easiest and best way to accomplish this is by a few minutes' regular daily exercise, and the following movements are, to my mind, excellent for the purpose: Raise and lower the weight slowly and rhythmically on the toes. This will not only develop the muscles of the back, but those of the calf of the leg as well. It makes the ankles flexible and brings the body into poise.

It is well when practicing this exercise to keep the eyes fixed on some point straight ahead. Now, seat yourself easily in a low chair, placing the feet upon a hassock or footstool. Exhale the breath, and, as you do so, lean forward, stretching the hands toward the toes. Hold the position for twenty to thirty seconds.

This exercise is peculiarly valuable for the correction of a hollow back, and will often relieve a severe backache. Let any one, for instance, after several hours of hard work, writing, sewing, etc., try the above exercise, and she will soon discover that it is a perfect cure for discomfort in the region of the back.

Beauty Hints by Mrs. Henry Symes

CONSTANT READER—To improve your complexion take a good blood purifier, go in for hygienic living, abstain from rich, highly-seasoned food, get plenty of outdoor air and drink quantities of fresh water. Apply the Fossati cream to the pimples as directed.

Fossati Cream for Pimples.

Lanolin, 5 grams; sweet almond oil, 5 grams; sulphur precipitate, 5 grams; oxide of zinc, 2½ grams; extract of violet, 10 drops.

Apply a very little of the cream to each pimple; wait until the pimples are cured before using the face brush, which would irritate them.

Mrs. A. D.—I advise you to consult a skin specialist. It would be impossible for me to prescribe satisfactory treatment in your case.

M. D.—All the formulas you request, except the one for premature wrinkles, have been published since receipt of your letter. I repeat that with pleasure.

Lotion for Premature Wrinkles.

Alum, 70 grains; almond milk (thick), 1½ ounces; rosewater, 6 ounces.

Dissolve the alum in the rosewater, then pour gently into the almond milk, with constant agitation. Apply with a soft linen cloth every night before retiring.

Mrs. F. E. B.—Tying one curl topnot fashion, with a large ribbon bow, and letting the rest hang loose is a becoming style for most children of 4 years. Doing the straight hair up in curlers will produce natural-looking curls.

M. H.—Head rotation is an excellent exercise for preventing and removing a double chin. Do this regularly morning and evening. Massage with a firm, hard movement, and make frequent applications of cold water. The Vaucaire remedy is excellent for bust development. Frequent applications of cold water, followed by brisk rubbing with a rough towel, will also make the bust firmer. The quinine tonic would be excellent for promoting the growth of your hair, and you will find the cream for hands referred to beneficial.

T. J. G.—The Vaucaire remedy would be beneficial in your case. It is for enlarging the bust only, and will not develop any other part of the body.

Mrs. J. B. V.—Your case seems to be a stubborn one, and I think massage with a good skin food would be helpful. A good skin food may be used on any part of the body.

E. M.—A good exercise for reducing the hips and abdomen is to lie flat on the back with the feet under some object which will hold them firmly to the floor, then, without bending the knees, raise the body to a sitting position. Repeat this as many times as you can without becoming overtired. I do not know of any method of making the hands smaller.

NAN.—Peroxide of hydrogen will bleach the superfluous hair on your face so it will be less noticeable, but will not remove it. The following depilatories have been used with success and there are also satisfactory liquid depilatories on the market.

Depilatories.

One of the oldest depilatories manufactured, and which has a very large sale, is as follows:

Sulphydrate of soda, 100 grains; chalk, 300 grains.

Mix thoroughly and keep dry in well-corked bottles until wanted for use. Take enough to make a paste and add warm water to it until the proper consistency is secured. Spread over the hairy surface and allow to remain for from one to five minutes, according to the nature of the growth and the susceptibility of the skin, then scrape off with a blunt blade—a paper knife, for example. It should be removed, as in every case with a depilatory, when the burning sensation is produced. Too long contact with the skin should be avoided, and immediately after the hair has been removed the denuded surface should be gently washed with warm water and a cold cream or a bland oil applied to prevent irritation.

Another good depilatory is made as follows:

Sulphide of soda, 100 grains; slaked lime, 80 grains; starch, 20 grains; lime water, 4 fluid drams. Apply as the preceding.

Barium sulphide is also used as a paste for depilatories. The standard formula is:

Barium sulphide, 80 grains; powdered chalk, 400 grains.

Mix with water. The barium sulphide must be absolutely dry to be effective when it is mixed with the chalk. Enough water should be afterward added to make a thin paste. Sulphide of strontium makes also an efficient depilatory. It is made as follows:

Sulphide of strontium, 3 drams; oxide of zinc, 3 drams; powdered starch, 3 drams.

F. B.—Take the Vaucaire remedy for developing the bust. Wearing the hair very high on the head makes the face appear longer, and, consequently, narrower.

CONSTANT READER.—The little red spots you describe are, I think, a species of moles, in which case they should only be treated by a skin specialist. I advise you to be careful not to irritate them until they bleed, as troublesome results might follow. Commercial addresses are not given in this department, so I cannot recommend a wig maker.

A. E. B.—Apply the lotion for oily hair to the scalp just as you would a tonic. A small brush is convenient for the purpose.

R. D.—The lotion for enlarged pores will not promote growth of superfluous hair.

Hot Weather Hints

Water Ices are Cooling

Cold Water on the Wrists is Refreshing

A Short Rest in the Heat of the Day

BY paying proper attention to diet and clothing we can more fully enjoy the summer weather and avoid many of its discomforts.

Our digestion is sluggish during the summer, which is nature's way of telling us to eat less concentrated solids. It's a good plan to cast off all fatty meats and use a small quantity of lean meat, beef, lamb, young chickens, delicate fish, etc. Green, watery vegetables, such as cucumbers, tomatoes, green peas, lettuce, cress and young cabbage, are wholesome, nourishing and cooling to the blood.

Buttermilk, if clean and pure, is excellent summer food. With buttered brown bread and a small dish of cress it makes a delightful and hygienic luncheon.

Ice cream cools for the moment, but keeps you fanning later. Water ices and sherberts, if taken slowly between meals, are far more cooling.

That fruit is meant to form a large part of our diet in summer is beyond all doubt a fact. Every inducement is offered us by nature to partake of it.

Fruit juices quench thirst in the most wholesome manner, and at the same time delight the palate. They do more than this; they keep the blood pure and cool, neutralizing injurious acidity and aiding digestion.

In hot weather the whole body should be washed at least once daily. If cold morning tubs are indulged in, they should be supplemented by hot evening baths.

Bathing the wrists in cold water during the day will cool the whole body. Don't overtire yourself. You should never tear along at winter's speed on a hot day. Heat has the effect of relaxing your physical power, and, consequently, your system cannot stand the same strain that can be put on it with impunity in cold weather.

Active sports should be indulged in moderately on hot days. In summer every woman will be better for a short rest in the heat of the day. Men can seldom pursue this plan, but very many women can, and those who are able should make a point of this rest on hot days.

Remember, too, that more sleep is required in summer than in winter to make up for the waste of the body, which is always going on. Don't worry. Never worry or grumble about the heat; it is quite unavoidable, and worrying will only make you hotter and more uncomfortable. If you feel the heat very much, there is all the more reason for keeping calm and, therefore, cool on hot days.

On Care of Hair and Complexion

GRATEFUL.—A good brilliantine will add a temporary lustre to the hair and is not injurious. Apply a very small quantity at a time. The best way is to use an infant's hair brush, which will distribute it evenly over the hair.

M. E.—Try the following tonic for your falling hair:

Formula for Falling Hair.

Cologne, 8 ounces; tincture of cantharides, 1 ounce; oil of English lavender, oil of rosemary, ½ dram each.

Apply to the roots of the hair once or twice a day. It is positively necessary that the scalp should be kept clean. Shampoo at least once a week.

K. M. C.—Persevere with the treatment a little while longer.

ANXIOUS READER.—I do not remember the powder to which you refer, but the one I am giving you is excellent for perspiring feet. Bathing the feet night and morning with a saturated solution of boracic acid in alcohol will also prove most beneficial.

Foot Powder.

Burnt alum, 5 grams; salicylic acid, 2½ grams; starch, 15 grams; violet talcum powder, 50 grams.

Dust over perspiring feet, which should be bathed at least once daily.

The Reduction of Flesh

JANE.—You will find some helpful hints in the little set of rules I am giving you:

Avoid all starchy and sweetened food, all cereals, vegetables containing sugar or starch, such as peas, beans, corn, potatoes, etc. Have your bread toasted; sprinkle it with salt instead of butter. Milk, I regret to say, if it be pure and good, is fattening. Skimmed milk may be drunk. Hot water is an excellent substitute for other liquids. Add a little of the juice of limes or lemons to it, if you choose. Limit your sleeping hours to seven at the outside. No naps. You must take exercise.

If you cannot walk at least five miles a day, and do not wheel, go to one of the institutions where mechanical massage is given. Several of my correspondents report excellent results from this method of getting the vigorous exercise they require. The system is thoroughly wholesome and not expensive. In reducing flesh the one fact to recollect is that fat is carbon; oxygen destroys or burns out carbon. You must consume the carbon by the oxygen you take through your lungs. The more exercise the more oxygen and consequent destruction of fat by the one healthful method of curing obesity.

The more starch and sugar you eat the more carbon to burn away.

SUBSCRIBER.—Since receipt of your letter the Vaucaire remedy has been published. I cannot advise you in regard to the eczema—it requires specific treatment.

Lotion for Enlarged Pores

EDITH MAY.—Continue using the almond meal as a substitute for soap and apply the following lotion:

Boric acid, one dram; witch hazel, distilled, four ounces. Apply with a piece of old linen or bit of absorbent cotton.

Pimples Leave Marks

I am a constant reader of your department, and would greatly appreciate your kindness if you would inform me of something that will remove marks on the face left from pimples; also how and when to use it. READER.

The witch hazel cream will be beneficial in removing the marks left from pimples. Rub in gently several times a day.

Hair Split at Ends

I am a reader of your articles and would like you to help me. I am 16 years old, and my hair (of a brown color) splits at the ends. Sometimes one end grows and the other does not. Can you tell me of some harmless and simple remedy to stop this? Q. C. D.

Have the ends of your hair carefully singed once in six weeks until all split ends have disappeared.

Hair Falls After Fever

Two years ago my little girl had scarlet fever, which caused her hair to fall out. It had grown back and was thick and beautiful, when she had an attack of pneumonia. Now it is beginning to come out again. Do you advise cutting it again? or would it be better to use something to prevent its falling out? Your advice will be gratefully received. M. E.

Use the following lotion to prevent the hair from falling. In addition to this rub a little vaseline into the root of the hair at frequent intervals.

Falling of the Hair.

Tincture of nux vomica, one ounce; spirits of rosemary, two ounces; alcohol, two ounces.

Apply several times a week to the roots of the hair.

Harmless Liquid Powder

Will you kindly publish a recipe for a harmless liquid face wash, to use in place of powder? Also if it is not too much trouble to print it over again, I would like a good cold cream recipe—something that will not increase the growth of hair. J. B.

For Whitening the Skin—A Liquid Powder.

Pure oxide of zinc, 1 ounce; glycerine, 1 dram; rosewater, 4 ounces; essence of rose, 15 drops.

Sift the zinc, dissolving it in just enough of the rosewater to cover it, then add the glycerine, next the remainder of the rosewater.

Shake well and apply with a soft sponge or an antiseptic gauze. The face must be well wiped off before the liquid dries or it will be streaked.

Witch Hazel Cold Cream.

One ounce each of white wax and spermaceti; ¼ 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 three ounces of rosewater and one ounce of witch hazel, and assiduously stir the mixture until an emulsion is formed, and afterward until the mixture is nearly cold.

This cream is particularly useful to heal sore or stretched skin.

To Fill Out Hollow Necks

Will you please publish a remedy that will fill out the hollows in the neck; also one for enlarging the bust? M. P.

Massage with a good skin food will fill out the hollow places in your neck. Dr. Vaucaire's remedy is excellent for developing the bust, and massage with skin food will also prove beneficial.

Dr. Vaucaire's Remedy for the Bust.

Liquid extract of galega (goatsrue), 10 grams; lacto phosphate of lime, 10 grams; tincture of fennel, 10 grams; simple syrup, 400 grams.

The dose is two soupspoonfuls with water before each meal.

Dr. Vaucaire also advises the drinking of malt extract during meals.

Itching Scalp

I am a young girl, 16 years old, and wish to ask your advice in regard to a certain matter. My hair is long and thick and as black and glossy as jet, but I have a little dandruff, and at times my scalp itches terribly. But the worst of all is that my hair is so straight that I cannot dress it becomingly. It flattens right down to my head, in damp weather especially. I dread to wash it, for, when I do, every month, I am not able to do anything with it at all. Will you kindly publish a formula to make the hair fluffy, and tell me what I can do to ease my scalp when it irritates so? S. T. N.

Remove the dandruff from your scalp by using the following mixture. I think this will stop the itching. I advise you to do your hair up in curlers two or three times a week, using a harmless curline, which will make the wave last longer. You should then be able to arrange your hair becomingly.

To Remove Dandruff.

Tincture of cantharides, 1 ounce; liquid ammonia, 1 dram; glycerine, ½ ounce; oil of thyme, ½ dram; rosemary oil, ½ dram.

Mix all together with six ounces of rosewater. Rub the scalp thoroughly with this preparation until no further evidence of dandruff is noticed.

Borax in the Shampoo Water

I have seen where you have helped others very much by your ready advice, and now I write to ask you about the hair. Do you think that too much borax used constantly tends to make the hair turn gray?

I have heard that both ammonia and borax tend to make the hair gray. And do you think that after a time borax loses its effect? TROUBLE.

Ammonia and borax should each be used with moderation and judgment; and their excessive use will prove injurious to the hair. A teaspoonful of either in the shampoo water is enough for ordinary purposes, and, used in this proportion, they are harmless.

Oily Skin

I am a constant reader of your paper, and would like to know if you could tell me of something to keep my face from being shiny after washing, and also something to make my hair grow; it is very thick, but short. BESSIE S.

As your skin is oily, I advise you to wash your face twice a week at night before retiring with a flannel first dipped in hot water and then in a beaten-up white of egg, in which a little lemon juice has been dissolved. At other times, after washing your face, dust it over with a little boracic powder. Quinine hair tonic is excellent for promoting the growth of the hair.

Quinine Hair Tonic.

Sulphate of quinine, 1 dram; rosewater, 3 ounces; diluted sulphuric acid, 15 minims; rectified spirits, 2 ounces. Mix, then further add glycerine, ¼ ounce; essence of royale, or essence of musk, 5 or 6 minims. Agitate until solution is complete. Apply to the roots every day.

Pimples and Blackheads

Will you kindly recommend through your column a good cure for persistent pimples and blackheads which appear on face and neck? I have heard that you named Fossati cream for same. Would you mind giving me the recipe and advise how to use the same? Is vaseline or camphor ice bad for the skin? I have used the same, and my face appears oily and at times shiny. GEORGIA K.

Pimples usually indicate some internal disturbance, and should be treated internally. The Fossati cream is excellent for external use, but will not effect a permanent cure if the trouble is from within. You will find the lotion for blackheads very satisfactory. I do not advise the use of either vaseline or camphor ice as a face cream or skin food. They are good for many ills, as in case of inflamed skin, chapped lips, cold sores, etc., but for general use a regular face cream is better.

Fossati Cream for Pimples.

Lanolin, 5 grams; sweet almond oil, 5 grams; sulphur precipitate, 5 grams; oxide of zinc, 2½ grams; extract of violet, 10 drops.

Apply a very little of the cream to each pimple.

Lotion for Blackheads.

Pure brandy, 2 ounces; cologne, 1 ounce; liquor of potassa, ½ ounce.

Apply at night after washing the face thoroughly with soap and water.

Importance of Rest and Recreation

By Dr. Emma E. Walker

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A GIRL wrote me the other day that she had both the time and the opportunity for half an hour's rest at noon after her luncheon; and that she generally took advantage of both by throwing herself into a reclining chair and taking a nap for ten or fifteen minutes. Some one had told her that it was not hygienic, and she was in a quandary, for she was afraid that she would develop indigestion.

Although digestion is slower during sleep, a few minutes' rest after a meal is beneficial and will do no harm.

Just a word more about rest in the middle of the day. If you have been sitting all the morning, take a walk in the open air. If you have been standing, recline for a few minutes if you can. If you have been working hard with your hands, read a few minutes. If you have been using your brains, go for a little walk, or to your punching bag. Do something to stir up your sluggishness.

You remember the little suggestion about resting the eyes, by looking up from your work and off to the distance every half hour or hour during the day. Relax your mind in the same way. Stop thinking of your work now and then and call up the memory of some beautiful sunset that you have seen—of something broad. You have no idea how this will rest you and relieve the nervous tension.

Stand in front of your mirror and relax your eyes, your mouth and your fingers.

Pain gives us warning of trouble in the body. So do restlessness, depression and irritability give us warning of trouble with the nerves and mind.

The nervous system needs various changes. Monotony and overattention are both important elements of fatigue. If you are able to do so, take one afternoon in the middle of every week for recreation. Or take a week-end holiday. Take an hour in the middle of every day. Take a minute out of every hour to think of your horizon and your sunset.

Change of work is often as much recreation as play. Take up some work that you really like. There is nothing like having a hobby in life that interests you very much, even if it is a card index.

It is said, and I believe with truth, that no skilled workman can do his best work for more than eight hours a day for six days out of the seven.

Have you ever watched a skilled pianist or a drum beater? You have noticed the many flourishes of the hands that are made in the midst of the playing. This is not affectation, nor is it useless. It rests and relaxes the hands in the midst of work, and makes them all the more ready to proceed.

In the matter of sleep you must be your own judge as to the amount necessary. The general opinion, and I believe the right one, is that an adult requires eight hours of sleep out of the twenty-four.

In most cases, especially if you are regularly employed every day, nine hours will be better. Take eight at night and one in the middle of the afternoon—if you can. If you are not able to arrange it so, then take nine at night and plan as much rest as possible some time after luncheon.

Do not work up to the minute of going to bed, but change the current of your thoughts and relax the tension for at least a few moments before you seek your night's rest.

Keep the air of your bedroom pure. Remember that you spend one-third of your life there. The skin is very active during the night and throws off much waste matter. This, as well as the air breathed out from the lungs, makes the necessity of changing the air from time to time very urgent.

Never cover your head with the bedclothes. Covers should be light but warm.

The temperature of the sleeping room should not be too cold. From 55 to 60 degrees Fahrenheit is about the right temperature.

Do not fill your bedroom with draperies and knickknacks, but have it as plain, cleanly and dust-free as possible.

The bed and bedding should be exposed to the sun every day. Feather pillows should be excepted, as the sun is said to draw the oil out from the feathers. They should be exposed to a current of air, however.

Two light blankets are warmer than one heavy one on account of the layer of air that is between them.

Bedclothing should be thoroughly dried and aired. Special precautions should be taken in traveling, and if you find the sheets damp and cold it is much better to slip them down and lie next to the blankets. Many a severe cold, with its consequences, would thus be avoided.

Banish the feather bed, and sleep on a fairly hard mattress. Never let the light of the moon or the sun shine directly on your face. Never wear any garment at night that you have worn in the daytime. Air the day clothes at night and the night clothes during the day.

It is well not to lie in the same position all night. Turn at least once from one side to the other. The right side is considered the preferable one. It is not well to lie on the back very long at a time.

Do not doze all the evening, but if you are tired and sleepy give up to it and go to bed.

It is not wise to go to sleep with a sensation of hunger. You can take any light, simple food if you wish—something that you like and that agrees with you—this is your problem to decide. You will do well to let tea and coffee alone. Never lay plans at night for the next day's work.

Sleep in the country when you can. Getting accustomed to city noises uses up stores of nervous energy.

Insomnia is often due to cold feet. Never go to bed until your feet are warm. Take some exercise to stir up the circulation in them such as has been given before. Standing on the tip toes is good. You can get them warm by a warm foot bath or by vigorous rubbing.

Massage is very soothing to many girls, and does more than anything else they can try to produce sound sleep.

A warm bath is often soothing just before going to bed. People vary, however, in this respect, as well as in regard to exercise just before bedtime. Some it prepares for sleep, while others are disturbed by it.

If you are troubled with sleeplessness, you should not work more than from four to six hours out of every twenty-four, and you should do this work in the early part of the day.

If you are very seriously troubled with insomnia and are not able to overcome it, the best thing you can do is to take a little trip and look at other scenes and talk with other people for a few days. It will change the current of your life and you will come back home refreshed.

A natural consequence of insomnia is increased sensitiveness. Sensitiveness is a form of nervous tension. Get rid of yourself. Go to Nature, your eyes need the broad expanse of the horizon, the yellow of the sand, the blue of the skies and sea, the green of the grass and leaves, the purple of the hills.

When you have to hurry, hurry with your muscles—not with your nerves. What good does it do to hurry? What are we hurrying for? "While we live, we die," and hurry does not prepare for death.

If you have contracted the habit, you can unlearn it only by persistent effort. You must exercise your will-power to stop it.

We would do well to imitate the Oriental calm. The story is told of the Shah of Persia that he tried to join a party of sightseers [illegible]. He replied: "It is already [illegible] me that one hour and you [illegible] another, and wherever [illegible] to the Derby?" He then [illegible] his progress.