

How to be Healthy and Beautiful

By Mrs. Henry Symes

Insomnia The Enemy To Good Looks

A Rotary Motion of the Head wos Drowsiness

Watching Gold Fish Often Induces Sleep



NO sufferer from the disease needs to be told of the tortures of insomnia. The mere strain of waiting through the long night for the rest which never comes is ruinous to the nerves, leaving the subject of the disastrous effects of loss of sleep out of the discussion. Few, however, know of the really damaging ravages it makes on whatever good looks its unfortunate victim may possess.

Only one night of sleeplessness brings as its concomitant heavy eyes, dull skin and flabby muscles; think, then, of the results of many weeks absolutely devoid of slumber! One hesitates before a catalogue of the ills this dread disorder brings in its train. Lustreless hair, wrinkles, dark circles under the eyes, trembling hands—all are numbered with it.

Fortunately, insomnia is no longer an incurable ill. It occupies, in fact, something of the position of the proverbial cold, for which there are more remedies than there are sufferers from it. The fact that it was so long considered irremedial was due to the failure of the old and established "cures." "Counting the sheep as they go over the wall," once the most widely believed of these, is a sure road to insanity rather than to sleep! So, too, of the counting exercises, where one was supposed to lie wide-eyed and count one thousand, or ten thousand, or a hundred thousand, the agony usually being terminated only by the cock's crow and the breakfast bell. All of these tasks are impositions upon the already overworked nervous system, and generally aggravate the condition instead of relieving it.

fit, and should be practiced regularly before retiring. Stand in loose negligé at a wide open window, and take twenty or thirty of the deepest breaths you can muster, throwing the head far back and rising on the toes with each one.

Many persons already afflicted with insomnia have cured themselves by systematic reading. Naturally the book chosen should not be too absorbing or exciting, but neither should it be so dull as not to hold the attention at all. One of the modern light novels is admirable for the purpose. Unfortunately, most persons attempting this method wrap themselves securely in a kimono or nightgown, and sit in a chair by the bedside to read. As a result, when they begin to grow drowsy they must arise, lay down the book, turn on the light, remove the wrapper and climb into bed, all of which effectually destroys any tendency to slumber. The correct "method" is to do your reading sitting up in bed, with the light near enough at hand to extinguish without getting up at all. Better still, if you have an invalid's table, you may simply place your book on that, and push it away from the bedside without even leaning over. Last of all, the book should not, unless you are possessed of one of these tables, be heavy enough to prove a serious weight.

Concentration is the keynote of all these mental exercises. Perhaps the easiest way to obtain this is by starting at either some bright stationary object, or at one whose movements bewilder the mind by their brilliancy and velocity. An electric light, often with in the range of one's window, in the city, at least, is perhaps the best exer-

ample of the former, and a bowl of goldfish, of the latter. Gazing steadily at either of them, or at anything of the sort, will soon close the eyelids from utter weariness.

Perhaps the worst thing that could be done by the sufferer from insomnia is to lie in a strained position, with the eyes tightly closed, in an effort to force the coming of sleep. This is all wrong. In the first place, one should lie in a perfectly relaxed position, with the head at least on a level with the feet, which precludes any but a very low pillow. The bedclothes should be as light as is consistent with warmth, and the room should be well ventilated. Far from closing the eyes, the very best thing one can do is to hold them wide open. When exhaustion causes them to drop, they should be forced open again, until one is too weary to lift them, and sleep comes as a result.

Nearly every one of these cures is a preventive as well, and if for any reason one fears that he is going to lose sleep, nothing better could be recommended to forestall the expected attack. Indirectly each of them is, too, a beautifier, for the slumber they induce is the surest road to good looks. By removing the nervous strain incident to insomnia they remove a host of petty ills, and that beauty which only health can bring comes as a result.

Finally, the victim of insomnia need fear the effects of none of these remedies. Each is absolutely harmless, and the surest proof of this assertion lies in the fact that even those who suffer from this "fell disorder" would benefit greatly by their use. That is the best medicine which is the well man's food!

THE VALUE OF REPOSE

The new science teaches the value of repose. Only by perfect rest, and that forgetfulness that comes only through extreme concentration, can one acquire sleep. First of all, the body must be thoroughly relaxed and as little encumbered by clothing as possible. Lie flat on your back and make no effort to close your eyes; in fact, abjure muscular effort entirely. Then, striving for the utmost concentration, carry out one of the following exercises: Imagine the word "Sleep" or "Repose" to be hung on a sign over your bed, and, even though the room be in utter darkness, pretend to yourself that you can see it perfectly. Continue staring at this fictitious word, concentrating all your attention on it, until the eyelids fall of themselves and sleep rewards your efforts. The second exercise is more difficult and requires some practice. In the same way as in the previous drill, imagine the word "Peace" to be written in letters of fire, and allow the flame to travel over your entire body, from your head to each of your feet. At first this feat appears impossible, and even ridiculous, but in a short time it becomes easy, and is a sure way of inducing slumber.

To pass from the purely mental to the purely physical, insomnia is often cured by taking nourishment before retiring and during the night. On a small table by the bed place a spirit or electric lamp, a glass of milk, or orange or lemon juice, and a few crackers or biscuits. This is best for intermittent sleepers, as it lets a warm milk and a cracker taken whenever one awakes soon destroy the reason for their presence. Oranges are also good for this purpose, if the sleepless one's neighbors do not object to the odor. Never take any heavy food, but have something warm if possible, if it is only a glass of hot water.

Exercise plays an important part in the new treatment. One of the finest of these, causing actual drowsiness, is to roll the head from side to side, and backward and forward, until it drops from exhaustion. Do not, however, employ this exercise immediately after eating, as it may induce nausea. Deep breathing is of the greatest bene-



Quieting the Nerves to Induce Sleep

TIMELY ADVICE BY MRS. HENRY SYMES

Face Troubles
Will you please let me know if the lines that run from the nose to the chin can be removed? I have given me rules for massage and a good skin food or cream to massage with. Let me know if I must press heavily or lightly with the middle finger when massaging the lines? I am 38 years old and do not know if I should have wrinkles, as neither father nor mother has them.
My skin is very dry, and when I laugh I can feel my face draw. Can you give me anything for such a dry skin?
I am a heavy coffee and tea drinker. Has that any drying effect on the skin? Will you also tell me why I can't have the Vasoline formula filled?
Is cocoa butter good to use for a massage?
Let me know the name of some good face powder or rouge. ANKIDON.
For massaging the wrinkles see answer to L. M. T. If, as you say, the wrinkles are premature, and are not

hereditary, the following formula might help you instead:
Lotion for Premature Wrinkles.
Alum 20 grains
Almond milk (Oiled) 1/2 ounce
Rosewater 1 ounce
Oil of geranium 1/2 ounce
Pour gently into the almond milk with constant agitation.
Apply with a soft cloth every night before retiring.
Too much coffee or tea is bad for the skin, causing it to become sallow and dry. It would be best to discontinue or, at least, to moderate their use. Use a good skin food, such as the Pomade Glycerine, often given in these columns. Cocoa butter is one of the best massage creams known. Use it just as you would a prepared cream.
I cannot give you any face powder which will be a substitute for a rouge, as your question seems to imply. One of the best rouges I know is the liquid



Face Troubles
Bloom of Roses. A good face powder is the following:
Powder of White Geranium.
Starch powder (A Toilet Powder) 1 pound
Powdered iris root 1 ounce
Oil of geranium 1 ounce
Crush free from lumps. Add the perfume, a drop at a time.
If you prefer a cream rouge, this is the cream Bloom of Roses:
Rosa dil 50 grains
White wax 50 grains
Spermaceti 50 grains
Alcohol 1/2 fluid dram
Perfume to suit.
Dissolve the wax in alcohol, add this solution to the fat previously melted, and incorporate the whole together, continuing the stirring until the mixture has cooled.
Any reliable druggist should be able to fill Dr. Vaseline's formula. If your local druggist cannot do so, ask him to

CARE OF SKIN AND HAIR

Oily Falling Hair

Will you prescribe something to prevent hair from falling out, and to cure dandruff? My hair parts on either side of the head, showing the scalp very much. Can you prescribe any lotion to make it grow in and fill up rapidly? A. J. B. M. K.

Almost all lotions promoting the growth of the hair have a certain degree of oiliness. The Jaborandi tonic, for which I am giving you formula, has less oil than many others. It is as follows:

Jaborandi Tonic.
Quinine sulphur 30 grains
Tincture of benzoin 1/2 dram
Fluid extract of Jaborandi 1/2 dram
Alcohol 1/2 ounce
Glycerine 1/2 ounce
Rosewater 1/2 ounce
The quinine should be dissolved in the alcoholic liquids by warming slightly, then the other ingredients added, and the whole filtered.

Rub into the roots of the hair every night. For the oiliness itself use the following mixture daily, rubbing well into the scalp:

Formula for Oily Hair.
Alcohol 2 ounces
Witch hazel 2 ounces
Resorcin 1/2 ounce

Serious Scalp Disease

My hair has been in bad condition for three years. I think my brother, while away from home, must have contracted some serious scalp trouble, as each of the family now has a similar trouble. At first I combed from my hair a quantity of black substance, but only thought it some form of dandruff. My hair gradually lost its lustre, became dead, and there seemed to be no oil

due to the oil ducts of the skin of the nose, throwing off too much grease. They should be stimulated by massage to strengthen their retaining qualities. Be careful that this massage does not degenerate into simply rubbing the skin, which will exaggerate the condition rather than improve it. Press the fingers deep into the flesh and massage.

If the oiliness is excessive, the following lotion, applied two or three times a day, is excellent:

Lotion for Oily Skin.
Sulphate of zinc 5 grains
Cosmoline tincture of lavender 1/2 ounce
Distilled water 1/2 ounce

Care in diet should exercise a beneficial influence over the skin texture. Avoid spicy, stimulating, greasy foods, sweetmeats, pastry and acids.

I give you below a lotion for dry skin, which is said to be effective in many instances:

Lotion for Dry Skin.
Lanolin 1 ounce
Almond oil 1 ounce
Simple tincture of benzoin 1/2 ounce

Mix the three ingredients thoroughly together and rub into the skin, massaging with rotary motions all over the surface of the face before going to bed.

For Dry Falling Hair

Will you kindly publish a recipe for falling hair and dandruff? I am 38 years old, and my hair, which is light in color, falls out in handfuls. I also have a good deal of dandruff. My hair has been falling out for the last year and has now become so thin that I can see the scalp through it. Will you please tell me how and when to use recipe, as I never before have used anything on my hair.

In case the falling hair is due to excessive dryness, of which dandruff is only another symptom, try first the lotion for dry hair, and if that dandruff does not then disappear, use the formula to remove dandruff.

Tonic for Dry, Falling Hair.

Colony 1 ounce
Tincture of cantharides 1/2 ounce
Oil of English lavender 1/2 dram
Oil of rosemary 1/2 dram
Apply to the roots of the hair once or twice a day. It is positively necessary that the scalp should be kept clean, and washed at least once a week.

To Remove Dandruff.

Tincture of cantharides 1 ounce
Liquid ammoniac 1/2 ounce
Glycerine 1/2 ounce
Oil of thyme 1/2 dram
Rosewater 1/2 ounce
Mix all together with six ounces of rosewater. Rub the mixture thoroughly into the preparation until the dandruff entirely disappears.

A Multitude of Queries

When using the ether and soap liniment for obstinate blackheads do you then grease them out or does this lotion dissolve them? Do you use the liniment at any time during the treatment or plain water bath?

Do you ever make a good face wash? It draws my face just like any strong astringent.

The liquid whiteness safe to use only stantly and could it be tinged a bit pink color?

How long does the milk and sulphur keep good enough for use?

I have a great deal of little blackheads and freckles. Then I should like to know the best daily care for the skin, my face is so dry, and I do not use a face food, but would like to know a good solid cream to keep pores cleaned out and wrinkles away.

After using the lotion, try to remove the blackheads by gentle pressure between the thumbs. A daily scrubbing with soap and moderately warm water, in which a pinch of borax has been dissolved, using a good complexion brush, should aid the treatment of blackheads.

If you have a complaint of the liquid whiteness being injurious from correspondence, even when constantly used, and see no reason why a pinch of castor oil should not be added if desirable.

The length of time the milk and sulphur will keep sweet will depend on the temperature in which it is kept. You can surely tell when the milk is opened, whether it is sweet.

I append herewith a formula said to remove freckles and good cold cream recipe for general massage purposes.

Freckle Cream.

Petrolatum 1 ounce
Lanolin (anhydrous) 1 ounce
Hydrocort. dissolving 1/2 ounce
Acetic acid 1 fluid dram

Witch Hazel Cold Cream.
One ounce each of white wax and spermaceti; one-quarter ounce each of almond oil and glycerine. Melt; pour into a mortar which has been heated by being immersed some time in boiling water, and gradually add one ounce of rosewater and one ounce of witch hazel. Stir the mixture until the mixture until an emulsion is formed and afterwards until the mixture is nearly cold.

For a Rough Skin

I would like to have a good cold cream for my face. How would you advise me to treat my face? It is so rough, and the pores are large, giving my face a coarse, sunken, and my face seems yellow. I would like a good cream that will whiten the skin, and make my skin fine and smooth. Also something to take that gritty look away. I want a cream that can use as a cleansing cream, as my face is dry, stretched and aching, and that think washing it so often does it. Do you advise the face wash and soap? Some people say it makes large pores. My skin is very thin and sensitive, and I am so afraid of hair on the face that I am afraid to use any creams, but have heard yours are so good. Please give the cream I can use that will help my face, and also a plain perfume, and anything that will make natural red cheeks? BERTIE.

The cream of sweet oranges, so often given in this page, is as white as a skin food as you could find, and if it is used faithfully should greatly improve your skin.

Then you might try the following cleansing cream, if you think washing your face during the day hurts you. By all means use a face brush, but be careful not to be too vigorous at first, as you say your face is so sensitive. Follow these directions carefully, and you need not fear superfluous hairs from the cream:

How to Use the Camel-Hair Face Scrubbing Brush.

Immerse the brush in water as hot as can be pleasantly borne. Squeeze it well, and as you would if you were about to use it for your hands, scrub the face thoroughly, taking special care of the places which require special care. Rinse the face with cool clean water, so as to get the sweat out of the pores. Dry carefully and apply cream or toilet balsam; say good emulsion will answer.

Cleansing Cream.

White wax 1 ounce
Spermaceti 1 ounce
Brown almond oil 1 ounce
Distilled water 1/2 ounce
Glycerine 1/2 ounce
Sulphate of zinc 5 grains
Perfume to suit.

X-Rays for Superfluous Hair

You mention X-rays as having a very good effect on the hair, and I am sure that the electric current has a very good effect on the hair. I can very easily see that it is a powerful agent for the hair, and I am sure that the electric current has a very good effect on the hair. I can very easily see that it is a powerful agent for the hair, and I am sure that the electric current has a very good effect on the hair.

Store at the Imagery and Word Repose

A Simple Wash May be Taken by Night

give you the name of some city druggist who can.

Wrinkles Under the Eyes

Could you give me some recipe for getting rid of wrinkles under the eyes? I have three deep wrinkles under each eye, and when I laugh about a dozen under-neath and at the outer corner of each eye. There are also two deep lines at each corner of my mouth which I laugh.

L. M. T.
If the wrinkles are not of very long standing, you might try the following:

Milk of White Roses.
(A Cure for Wrinkles.)
Rosewater 1 pint
Simple tincture of benzoin 1/2 ounce
Put the rosewater in a basin. Add the tincture of benzoin a drop at a time. Add a little of rose, and bottle.

Perhaps the best thing you could do, however, would be to massage the wrinkles. Full directions for massaging the face have been given in so recent an article that it will not be necessary to repeat them now. Almost every one has these "laughing wrinkles," and they are very hard to get rid of, especially when of long standing. Massage is slow in its results, but cure is practically certain by its means.

Enlarged Pores and Wrinkles

Find your green soap treatment for blackheads fine. Please let me know how to treat enlarged pores and how to remove wrinkles on the forehead.

I am glad you like the green soap treatment. The enlarged pores ought to disappear under this lotion.

Lotion for Enlarged Pores.
Boric acid 1 dram
Distilled water 1 ounce
Apply with a bit of old linen or absorbent cotton.

Constant massage alone can remove the wrinkles. Massage the forehead at night and morning with a good cream, and they will finally be removed.

Massage Cream.

Lanolin 1/2 ounce
Spermaceti 1/2 ounce
White wax 1/2 ounce
Almond oil 1/2 ounce
Distilled water 1/2 ounce
Perfume to suit.