



# How to be Healthy and Beautiful

By Mrs. Henry Symes



## THE GIRL WHO ASPIRES TO PRETTY NECK AND SHOULDERS

IT IS a fundamental theory that health is beauty. A diseased or wasted thing is always unlovely; only perfection of health and strength brings perfection of beauty as its concomitant. It is, therefore, to the interest of even those few girls and women who do not often have an opportunity for wearing décolleté gowns to improve the appearance of their neck and shoulders. Hollows are not only unsightly, but they also indicate a narrow chest, and consequent tendency to pulmonary troubles; redundancy of flesh in the chin and neck is not alone a disfigurement in itself, but it points as well to general obesity, and perhaps fatty degeneration of some vital organ. But even leaving out of the discussion the question of health, a pretty neck and smooth, well-rounded shoulders are desirable acquisitions. A fair face becomes more charming than ever when "set like a flower on a perfect stem," and many faults and defects of countenance seem less in evidence when the neck and shoulders beneath are beautiful and healthy.

The neck, perhaps, needs first consideration, as it is more likely to lack beauty, and is at the same time more amenable to treatment than are the shoulders. If cleanliness is akin to godliness, it is the triad of health and beauty. Proper bathing is an essential; without it the skin becomes red, rough and pimply. The skin of the neck, chest and shoulders is the most delicate of the body and shows improper care the first. No special rules can be given, but the utmost cleanliness should be observed. After the regular washing a rinse with pure buttermilk is a luxury, and this not only tends to render the skin creamy in color and soft in texture, but is a cure for freckles and sunburn. High, tight collars cause an ugly line of dark yellow or brown to appear around the neck, and this is often hard to remove. Applications of lemon juice are good at first, but if the discoloration is of long standing, nothing but peroxide of hydrogen (as it is now generally called, hydrogen dioxide) will permanently eradicate it. The best way to use peroxide is to pour a little into a saucer and apply with a soft linen cloth. When this dries, rub in a small quantity of lanolin. Apply regularly every day until the desired result is attained. A good general bleach, where the entire neck is discolored, is made as follows:

**Bleach for the Neck.**  
Take fresh strained cucumber juice, boil it for five minutes, and for every five ounces of juice add:  
Fulvurate of borax..... 115 grams  
Acetate of soda..... 30 grams  
Tincture of guaiacum..... 2 1/2 ounces  
Tincture of benzoin..... 4 drams  
Rosewater..... 4 pints  
Mix thoroughly and apply two or three times a day until the stain is removed.  
Perhaps the most common fault in the beauty of the neck and throat is discoloration. Most persons' necks need developing, if only to remove the hollows so frequently in evidence. To make the throat full and round, the best exercise is to bend the head slowly forward until the chin touches the neck, and then slowly raise the head to its normal position. Repeat these movements until you are tired. Then bend the head as far backward as possible. Sitting erect in a chair, bend the head from one side to the other, and then roll the head to the right, left and forward. Another good position is to let the arms hang loosely at the side. Raise the shoulders as high as possible, then forward, down and



Massage the Hollows in Shoulders

backward until a circle is formed. Continue this for a time and then reverse the motion. Do this every day for five or ten minutes.  
Again, stand perfectly erect with the arms at the sides. Lift them up vertically, inflating the lungs as the arms ascend. At the same time rise up on the tips of your toes and throw your head back, touching the backs of the hands overhead. As the arms slowly descend exhale from the lungs.  
It is also well to massage the neck and shoulders with cocoa butter.  
One of the best exercises—if not the best—to make the throat and neck round and firm is voice culture. Even if one has not an extraordinarily or even a fairly good voice, it is well to have it trained for this reason. Opera and public singers always have beautiful necks and shoulders and enjoy perfect pulmonary health, and a word to the wise is sufficient!

The massage advised in the foregoing should be done, not by rubbing, but by pinching the flesh between the fingers. Cocoa butter, as heretofore advised, is good, as is also almond oil, and, in fact, any good massage cream will prove satisfactory.  
Occasionally one finds a woman the hollows in whose neck are so pronounced that no massage or exercise can wholly eradicate them. It is, however, easy to disguise them even when in evening dress, as the illustration shows, by the clever adjustment of a necklace. Those clever arrangements called La Valette, now so much in vogue, answer the purpose admirably.  
Now as to the shoulders. Every direction given for the care of the neck applies to them also, though there are some special rules that benefit them alone. Chief among these is the prevention and cure of round shoulders. This condition is due to an improper method of sitting, and is especially in evidence among those of a sedentary mode of life. Clerks, stenographers and seamstresses are most of all affected.

All the exercises previously given will tend to obviate the defect. Another very good one is to lie on the back on a low stool, as described in the article on "Swimming Out of Water," and, without losing the balance or letting the feet touch the ground, to try to touch the floor with the head. At first this is simply impossible, but with practice it becomes easy—and, meanwhile, the round shoulders disappear.  
Often it is impossible for a girl to wear full evening dress, because in childhood she was vaccinated on the arm, too far up for gloves to reach. In this case she must always wear half sleeves or a cap far enough down to hide the scar. Never attempt to remove it, as serious results might ensue. Moles on either neck or shoulders may, however, be permanently removed by electrolysis or by a surgical operation. Be very careful about your choice of a surgeon before submitting to the treatment, for a bad scar may follow unskillful work.  
The two wrinkles that ring the neck are known as the "lines of Venus," and are considered a beauty rather than a disfigurement. Do not, therefore, make any attempt to remove them, but rather cultivate them.  
Finally, do not be afraid to use the muscles of both the neck and shoulders. The muscles become flabby and the skin hangs because no exercise is given by the clever adjustment of a necklace. Those clever arrangements called La Valette, now so much in vogue, answer the purpose admirably.  
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Remove Collar Discoloration with Peroxide.  
The Result of Persistent Treatment.  
Use Buttermilk for the Beauty Bath.  
A Necklace is useful for Disguising Hollows.

### FOR THE CARE OF THE HAIR

#### Hair in Bad Condition

PLEASEN prescribe a formula for my hair. It is split at the ends and is falling out leaving its color.  
Your hair certainly is in need of a good and quick remedy. I am prescribing you a formula to help the dryness and falling, to which the other troubles are due. Write to me again if you are not relieved within a reasonable time.

#### Formula for Dry, Falling Hair.

- Cologne..... 1 ounce
- Tincture of camomile..... 1 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. Shampoo at least once a week.

#### Cure for Parasites

Will you please come to the rescue of a very anxious mother?  
My little girl has a fine head of hair, and I have always taken the best care of it, but in some way, for which I cannot account (probably at school), she has contracted parasites.  
It makes me feel very badly because I have always kept her hair and scalp perfectly clean. Can you tell me of some preparation that will kill them and the pins, and yet not injure the hair or scalp? It will be so grateful if you will help me.  
One thing more, is cocoa butter suitable for massaging the head and lower part of the arms, or would it be liable to grow hair?  
Mrs. F. H. H.

#### Cure for Parasites.

Get a cake of bicarbonate of mercury soap (the impurest is the best), cut it into halves and shave one-half into fine bits. Dissolve it in boiling water. Set the mixture on the

#### Jaborandi Tonic.

Quinine sulphur..... 20 grains  
Tincture of castor..... 1/2 dram  
Fluid extract of jaborandi..... 1/2 dram  
Alcohol..... 1 1/2 ounces  
Glycerine..... 2 ounces  
May rum..... 4 pints  
Kingsland's hair tonic..... 1/2 ounce  
The quinine should be dissolved in the alcoholic liquids by warming slightly, then the other ingredients added, and the whole Rub into the roots of the hair every night.

#### Falling Hair

I am a young man, 23 years of age. My hair has been coming out quite badly for over a year. It has never been thick, but I have a remedy with which I can keep the hair from falling out. I have a very light-brown color, and unless shampooed every week it becomes very oily. Owing to this I cannot use tonics which contain much oil. What will stop the falling and make it grow thicker?  
OBSERVER.

The jaborandi tonic given M. H. contains less oil than any other, and is, therefore, best suited for your condition. It will stop the falling and promote the growth of the hair. It will also have beneficial effects on the dandruff, and will probably take the place of the lotion you are now using.

#### A Variety of Questions

I have been using a certain toilet cream. Do you think it will soften and clear the skin? There are some pimples and blackheads on my face, and a friend advised me to try this toilet cream.  
Will you kindly give me some advice about developing slim arms and a bony neck? My arms and wrists are very thin. Can I tell me why my hair is falling out? I wash it every month and wash it with rinses twice a week, using nothing but water. I have a very light-brown color, and unless shampooed every week it becomes very oily. Owing to this I cannot use tonics which contain much oil. What will stop the falling and make it grow thicker?  
OBSERVER.

It is outside my province either to recommend or to disparage any proprietary article. For your pimples and blackheads I would advise the following formula:  
**Pimple Cream.**  
Petroleum..... 1 ounce  
Lanolin (anhydrous)..... 1 ounce  
Hydrogen peroxide..... 1/2 ounce  
Acetic acid..... 1/2 ounce  
This preparation, usually employed for the removal of pimples, may be also used for blackheads.  
Massage will be the best thing for your arms and wrists. Use some good skin food, such as alcohol, or, if there is no tendency to superfluous hair, cocoa butter. For your neck try stretching exercises in addition to the massage. Ten minutes night and morning stretching the neck upward and from side to side will do wonders.  
Some hair is naturally oily. For this condition and the dandruff use the following formula:  
**Lotion for Oily, Damp Hair.**  
For greasy, moist hair the following is an excellent dry lotion. If used daily it tends to produce a crispy condition and an auburn shade.  
Powdered bicarbonate of soda..... 1/2 ounce  
Borate of soda (also powdered)..... 1/2 ounce  
Eau de Cologne..... 1/2 ounce  
Alcohol..... 1/2 ounce  
Tincture of camomile..... 1/2 ounce  
Distilled water..... 1/2 ounce  
Mix and agitate until solution is complete for general use.  
You really are not so much under weight as you seem to think. If you are very desirous of increasing your weight, follow these rules and you will surely be successful.  
**To Gain Flesh Generally.**  
Abstain freedom from care and anxiety. Sleep six hours sleep out of every twenty-four. In addition to this, nap during the day, if possible. Nothing is so bad for the appearance as a nervous system, as sleep induced by anodynes or narcotics in any form. The diet should be liberal and should consist largely of food containing starch and sugar, potatoes, bread, sweet potatoes, corn, sweet corn, sweet peas, beans, peas, foods of the milk and spaghetti kinds, fish and oysters. Ice cream, custards, and a moderate amount of exercise. Sleep in a well-ventilated room. Do not bed down in a room where there is an internal disease, certainly not in a room where there is a patient with liver trouble. Where the patient is in one part of the body and falls in another, a gymnastic course is indicated. Nothing better than bicycling, unless it may be a regular gymnastic course. In order to prevent an excessive amount of exercise, advised to go to a first-class gymnasium, where the attention and the exercises prescribed by the attendant, physical trainer. These gymnastics, at moderate prices, may be had in almost any city or town in the country. Where the devotee of the gymnasium is in the upper part of the body, a gymnastic course is indicated. Walking is always wholesome. The patient should be encouraged to do as much as he is able to do, and to get the best of his nerves to get the best of his nerves.

#### Use Buttermilk for the Beauty Bath

Use over a gentle heat. You should have water enough to form a jellylike mixture when cold. To use, first wet the hair thoroughly with clear warm water, then rub the soap mixture into the scalp, then care that every part of the scalp is thoroughly saturated. Drive the head a good shampoo with this mixture and rinse several times with clear water.  
If you follow these directions correctly the result will be successful.  
If you have a tendency to superfluous hair, avoid the use of cocoa butter, which is likely to aggravate the condition. Alcohol is good for the purpose, or the massage cream I gave J. P.

#### Peroxide of Hydrogen

I have read a great deal about peroxide of hydrogen as a face bleach, but never tried it. How much do you use and how often? Do you use it full strength or dilute it? Do you wash it off after it has been on a few minutes?  
If you long do you have to use it before the desired whiteness is obtained, or do you have to keep on using it? Will it injure the hair in any way?  
Pour a little full-strength peroxide into a saucer and apply with a soft cloth. Let it dry on the face, and then rub in a little pure lanolin. Do this once daily until results appear, which will be in a short time, varying according to the character of the skin. Of course, its results will not be permanent, and it must occasionally be renewed. It is perfectly harmless.

#### Stiff Hair

I have long, beautiful hair, but it is so stiff that I cannot curl or wave it. Please give me some harmless remedy for this.  
Please prescribe a good face bleach for me, and state the price. VIOLA.

#### Lotion for Dry Hair

- Glycerine..... 1 ounce
- Eau de Cologne..... 1/2 pint
- Liquid ammonia..... 1/2 dram
- Oil of bergamot..... 1/2 dram
- Oil of clove..... 1/2 dram
- Balsam of Peru..... 1/2 dram
- Liquid potash..... 1/2 dram

#### Lotion for Red Nose

- Icthyol ointment..... 1/2 dram
- Bitter oil of almond..... 1 ounce
- Cold cream..... 1 ounce

#### Salve for Scars

- Balsam of Peru..... 10 grains
- White vaseline..... 1 ounce

#### Cream Grows Hair on Face

I have tried some of your cream, and the result is a growth of very fine hair on my face. My skin is dry and full of wrinkles. Please give me the formula for a cream that I can use without danger of more hair appearing.  
You do not say which cream you have used, and as I have five or six, for different purposes, I am not in a position to advise you very well. None of my creams, however, should raise hair on the face, if the skin is properly prepared first. Wash first with hot, and then with cold water, and after drying thoroughly apply the cream. Do this twice daily, and, if you wish, add a little powder after the cream has been well rubbed in. A good cream for dry skin and wrinkles is as follows:

#### Eye-brow Stain

Will you kindly tell me of a good, harmless and inexpensive lotion that would turn my eyebrows and eyelashes the same color as the hair, which is a reddish-brown? They are very light red.  
I cannot advise anything that will surely have the effect you desire. Henna would give the right shade, but it is not intended for the eyebrows. If I were you, I would not try to stain the eyebrows at all, as they probably suit your complexion better in their present shade than they would if they were any other color.

#### Hair Seemingly Dead

My hair has been dead and has not grown at all, seemingly, for about four years. There seems to be no life about it, and the scalp is quite dry. Am using one of your formulas for dandruff, and I think it is helping me, but I am still suffering from this condition. I have read in your columns advice on the care of the hair, such as the vaseline treatment, and shampooing the hair every two weeks. I tried the vaseline treatment, but I did not massage the scalp every night and morning, as you advised, because it made the hair so oily that it was difficult to comb. I cannot shampoo my hair every two weeks very well, because I take cold so easily, but I try to shampoo it once a month. My hair

#### To Curl the Hair

Will you please publish the lotion for curling the hair with potassium permanganate, ammonia, alcohol and rosewater in your issue of May 1st, 1907?  
This, I think, is the formula for which you ask:  
**To Make the Hair Curl.**  
Potassium carbonate..... 10 grains  
Ammonia water..... 1/2 dram  
Alcohol..... 1/2 dram  
Rosewater, enough to make 1/2 pint  
In using, moisten the hair, rub in the lotion, and it will curl upon drying.

### ADVICE TO CORRESPONDENTS BY MRS. SYMES

#### Cocoa Butter as a Massage Cream

Will you please tell me if there is anything better to use as a massage cream to develop the bust than cocoa butter? I have used it for some time, but it has no good results. Kindly tell me what to use. Do not wish to take any medicine. Please prescribe also a harmless stain to darken the eyebrows.  
Cocoa butter is not the best of massage creams for the purpose you mention. Use instead the formula I am giving you. I always advise the Vaseline remedy, but since you do not wish medicine, massage will help you more than anything else.

#### Massage Cream for the Bust

- Lanolin..... 1 ounce
- Spermaceti..... 1 ounce
- Nutrition talley (finest)..... 1 ounce
- Cocoon oil..... 1 ounce
- Tincture of benzoin..... 1/2 dram
- Collet water..... 1/2 ounce
- Oil of rosemary..... 1/2 ounce

The Chinese eyelash stain, which I am giving you, will meet all your requirements, but be very careful in its use. It is harmless, but will naturally injure the eyes, as will anything whatever, if it gets into them.

#### Chinese Eyelash Stain

Gum arabic..... 1 dram  
India..... 1 dram  
Rosewater..... 1/2 ounce  
Powder the ink and gum and triturate small quantities of the powder with the rosewater until you get a uniform black liquid in a powder, and then add the remainder of the rosewater to it. It should be applied with a very tiny camel-hair brush.

#### Too Pale for Health

My son (19 years), though strong, has a pale face, and while he doesn't get quite enough exercise, he walks a good deal. Do you know of something that would give him a good, healthy hue, or something that would even cause his skin to appear flushed? Sometimes his skin is dry, which will cause wrinkles will it not? I will make him walk more, but would like you to tell me what he could apply to darken his skin. Is olive oil good for skin, and will it make light or dark appearance? Mrs. G. W.  
Your son's paleness is undoubtedly due to lack of exercise. If possible, I would advise him to take up some definite form of exercise—some open-air sport, for instance, in which he will become interested for its own sake. Football, baseball or tennis are all good for the purpose, though, perhaps, bicycling is the best all-year-round exercise. Keep

#### Red Nose and Scars From Pimples

My nose gets red when I go out in the cold or am in a cold room. When I am where it is warm it is all right. I sleep in an ill ventilated room. Around my nose there are little indentations. I formerly had a number of pimples there, but now small sores with a scale over them have appeared. I thought perhaps they were enlarged pores.  
If possible, can you not improve the ventilation of your room? By keeping the windows open at the top only you can get fresh air without cold. Apply the following formula to your nose, rubbing it in every night on retiring. It is dark in color, but washing with cold cream in the morning will remove it entirely.

#### Red Nose and Scars From Pimples

- Icthyol ointment..... 1/2 dram
- Bitter oil of almond..... 1 ounce
- Cold cream..... 1 ounce

#### Salve for Scars

- Balsam of Peru..... 10 grains
- White vaseline..... 1 ounce

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#### Lotion for Dry Hair

- Glycerine..... 1 ounce
- Eau de Cologne..... 1/2 pint
- Liquid ammonia..... 1/2 dram
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#### Honey-and-Almond Cream

- Honey..... 1 ounce
- White soap in powder..... 1/2 ounce
- Oil of sweet almond..... 1/2 ounce
- Oil of bitter almond..... 1/2 ounce
- Oil of bergamot..... 1/2 dram
- Oil of clove..... 1/2 dram
- Balsam of Peru..... 1/2 dram
- Liquid potash..... 1/2 dram

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