

How to be Healthy and Beautiful

by Mrs. Henry Symes

THE BENEFITS OF LAUGHTER

Nothing Aids
Digestion Like
Laughing
Exercises



MILTON'S laughter holding both his sides" is, as most persons know, a very good friend to live with. Nothing so conducive to health and beauty as a keen sense of humor and the power to give expression to one's appreciation of a witty tale or comical situation by a good, hearty laugh. In spite of this, those women are proverbial who never advance beyond an acid smile and, indeed, in our grandmothers' time a tendency to laughter, like a good appetite, was considered a mark of vulgarity.

Nowadays, however, when even "whistling girls" are in high favor, no woman is denied by public opinion the privilege of laughing when and how she will. And it is well for her that this is so. An entire volume might be written on the beneficial effects upon the system and appearance caused by healthful and sincere hilarity. Let us see what a few of them are.

How many people think of laughter as a wrinkle preventive? Yet such it is, for while the long wrinkles at the sides of the mouth are known as the "laughing wrinkles," yet, on the other hand, she who gives way to frequent mirth will never suffer from a lined forehead, from creases and puckers under the eyes, nor from seamed cheeks and drooping lips. Here, too, is another of the beauty-bestowing qualities of laughter. A thousand times better is it to possess a few lines around the mouth and eyes, which but impart a kind and pleasant expression to the countenance, than a dull and discontented appearance, caused by the absence of even a spark of mirth to light up the face. The laughter wrinkles are the only ones which add to the serene beauty and apparent goodness and trustworthiness of one's expression, and they should be cultivated, at the expense of those lines which arise from the meaner attributes of human nature.

Even more than this laughter will do, for hearty merriment, of the sort which causes one to throw back one's head and exercise every muscle of the body, is one of the best aids to the digestion in existence. A loud guffaw, or even a quieter laugh, will directly bring into play the muscles of the abdomen and induce the deep breathing that is essential to good health. As an all-round exercise, nothing can supersede the hearty laughter that follows a really funny tale or incident. Hence, doubtless, arose the old custom of having jesters and minstrels at the tables of the medieval barons, and the modern ones of making the mealtime the occasion for all sorts of pleasant chat and amusing description. Indeed, this should always be the case, and in families where now the conversation is limited to such remarks as "Please pass me the butter," or, "The coffee is good today," the various members should, for their own sakes, force themselves to bright intercourse and exchange of repartee!

DEVELOPS THROAT AND NECK

Yet another good effect laughter has, and that is the development of the throat and neck. Like singing and whistling, it gives a beautiful neck and chest to all who habitually practice it, and is one of the best muscle builders known. When the head is thrown back in an outburst of jollity the chin is forcibly stretched upward, giving exactly the same motions as those always prescribed for the cure of double chin. In time, too, hollows in the neck and shoulders are filled out by this very pleasant remedy, and the more one laughs the better is the effect.

Now all these desirable things are the result of laughter—but of correct laughter alone. It will, perhaps, cause general mirth among my readers to learn that there are any special rules for hilarity! But even if one cannot say, "Open the mouth thus," or "Make such and such a sound," one can warn against those harmful and ugly laughs in which so many women indulge. Observe the contrasting photographs which illustrate this article. See what an unpleasant effect is given by the girl with the distorted laugh, and how pretty is her companion, who does not twist her face into painful contortions nor strain her features in a vain attempt to appear unduly imbued with merriment. There are so many variations of the distorted laugh, that it is impossible to specify any of them. Per-

Laughter
as a
Wrinkle
Preventive



Advice to Correspondents by Mrs. Symes

A Good Depilatory

KINDLY have the recipe for superfluous hair on the arms republished. All I can remember of it was that there were but two articles in the formula and that it would take half an hour to five minutes.

I have several formulas for depilatories, but only one containing but two ingredients and taking five minutes for its work. I am giving it to you in the following. It is the one you desire, is it not?

Old Depilatory.

Hydrophosphate of soda.....100 grains
Calcium.....200 grains
Mix thoroughly and keep dry in well-corked bottle until used. 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, 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.

Massaging the Arms

I read your advice on how to develop the arms through massage, but must ask you whether to massage the arms upward or downward; that is, working from the elbow to the wrist or from the wrist to the elbow.

Repeating Lost Formula

Kindly give me the recipe for orange flower cream, as I have lost the copy which I had of the formula. M. P. O. B.

This, I trust, will prove correct and efficacious:

Orange Flower Cream.

(A Skin Food.)
Oil of sweet almonds.....4 ounces
White wax.....4 drams
Spermaceti.....4 drams
Glycerine.....4 drams
Orange flower water.....14 ounces
Oil of bergamot.....15 drops
Oil of petit grain.....15 drops

Melt the first three ingredients, add the glycerine to the orange flower water and dissolve the wax in the mixture; then pour it slowly into the blended fats, stirring continuously.

To Gain Red Cheeks

I am very pale, and I would like to know of some make-up that will not hurt the skin in any way and that cannot be detected. I have a good clear skin, and, though I have some enlarged pores, it is very white. I have taken many remedies to improve the blood, but they do not give me any color. Is there not something that is called "Natural Blush"?

The only way to acquire naturally rosy cheeks is to live as much as possible in the open air, eat plenty of greens and exercise frequently. Some persons, however, are always pale, even when their blood is in good condition, and in those the use of a rouge is permissible. The one I am giving you will be especially easy to make at

Hardening Pomade.

(An astringent.)
This pomade should not be used as a massage cream, but should be applied after massage, to restore shrunken or labby skin.
Oil of sweet almonds.....4 ounces
Tincture benzoin.....14 ounces
White wax.....14 ounces
Rosewater.....14 ounces
Purified tannin.....8 drams

I Am Unable to Advise You

E. S.—Since I am not a resident of your city, I cannot give you the information you mention, even if I could break my rule of never giving any addresses whatsoever. Your physician, or, failing him, your druggist, will probably be able to help you better than I can. I hope to be of better service to you at another time.

The Vaucaire Remedy Will Help You

My bust is very shriveled and small, and has been so ever since I nursed my little girl, who is now 5 years old. Instead of becoming larger, it seems to be growing smaller. Would Dr. Vaucaire's bust remedy help my trouble? It is perfectly harmless? Will it hurt to take it while I am taking an iron tonic that has strychnine, aux vomica and several other drugs in it? I am taking this tonic for impoverished blood and nervousness. I am not thin; I am five feet six inches high, weigh 115, and when I gain flesh I gain everywhere except my bust.

this time of year. I am prescribing you also a formula for enlarged pores, which you will find of benefit.

Strawberry Natural Blush.

Fresh, ripe strawberries, 1 quart, distilled water, 1 pint. Place in a fruit jar and set the jar in a saucepan of water over a slow fire.
Let the water simmer for two hours, and strain through a fine hair sieve. When cold, add pure alcohol, 15 ounces; best Hawaiian tincture (dissolved), 30 grains; pure carmine, that dissolved in the alcohol, 15 grains; attar of roses, 4 drops; oil of rose, 1 drop; attar of cedar, 5 drops.
Keep closely stoppered in a dark place. Apply to the cheeks with a bit of absorbent cotton.

Lotion for Enlarged Pores.

Boric acid, 1 dram; distilled water, 4 ounces. Apply with a piece of old linen or a bit of absorbent cotton.

Try the Formula Again

ANXIOUS 45.—I am sorry you should have had so much trouble with the pomade. Intrinsically it is correct, but perhaps you will have more success with this new formula, compiled by the English system, which comes nearer to the actual weight.

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If Depressed Read a Humorous Story Aloud.

happes, however, the one-sided smile or laugh, giving the appearance of facial paralysis, is the most common. It has been said that not ten people out of a hundred really possess an exactly even smile. However that may be, it is not necessary to emphasize the inequality, and, as far as possible, it should be disguised or overcome. Another ugly laugh is that which closes the eyes and exposes even the gums above the upper teeth. Here it is simply a matter of will power to eradicate the habit, by at first pressing the lips lightly against the teeth and forcing the eyes open. Soon this will not be necessary, and the pretty laugh will come of its own accord.

Another feature of the laugh which may be made extremely unpleasant is the sound uttered. Giggling is the most prevalent evil of the sort, as it is probably the worst. Then there are shrieking, tittering, bellowing—the list is innumerable. Each and every one of them is a bad habit, nothing more or less, and there is no reason for its existence. Do not laugh too loudly and try to attain that soft, silvery chiming which is the envied prerogative of the maiden in the old-fashioned novel, yet which some women actually—and fortunately—possess. It will come largely as the result of practice and suppression, particularly the latter.

There are some persons in whom the sense of humor seems to be extinct or non-existent. For the good of their souls—and bodies—they should be forced to laugh, even against their will, and that frequently. A recent correspondent says, "Don't you think that forcing the lips to smile at sewing or other work relieves the feeling of fatigue and prevents tired muscles, and an aching head?" I certainly do, and her prescription should be followed by every woman. The compulsion to laughter need not be a heavy trial. If one feels depressed, it is usually possible to take up a really funny book, and read, aloud if possible, or get some one to read for one, until the "blues" vanish in the hearty laughter that accompanies the reading. Often, too, simply thinking over and dwelling upon funny happenings and clever speeches of the past will put one in good humor with one's self and the world at large.

So, to return to Milton, "quips and cranks and wanton wiles, pouts and backs and wreathed smiles, are the very best medicines, the best beauty treatments and the best companions one could possibly have. Long may they remain with every woman who desires to be healthy and beautiful—which includes the entire sex!

Prescription Abandoned

B. McR. J. F., "Subscriber," P. I. N. M. D. J. M. J. M. L.—To all those making requests for and complaints of the physician's prescription, which was purely a dye, and not, as you think, a grower as well, I am giving you a cure for partial baldness and hope it will prove satisfactory and have the desired result. In place of the taboored dye, use the brown hair stain given below.

Cure for Bald Spots.

Distilled rosewater.....1 ounce
Aromatic vinegar.....1 ounce
Pure glycerine.....14 ounces
Tincture nux vomica.....14 ounces
Tincture cantharides.....14 ounces

Mix thoroughly. Apply night and morning.

Another very efficient remedy for bald spots is made as follows:

Salicylic acid.....10 grains
Resorcin.....10 grains
Phenol.....10 grains
Lanolin (or vaseline).....1 ounce
Rub into the part night and morning.

Brown Hair Stain.

Green walnut shells.....2 ounces
Alum.....4 ounces
Pure oil.....4 ounces
Heat together in a water bath until the water has been completely evaporated. Then express, filter and perfume.

Sage tea may be used to darken the hair. Make a strong brew of dried leaves, strain the liquid carefully through muslin, and to each pint add two teaspoonfuls of alcohol. This should be rubbed on the hair every night before retiring.

An Excellent Shampoo.

Kindly give me a formula for a shampoo that I could make and always keep in reserve. Kindly give me also a good finger nail polish. Miss T.

A good general shampoo, exceedingly easy to prepare, is the following, which may be bottled and kept, as you suggest:

Simplest of Shampoos.

Dissolve half a cake of white flaking soap in a quart of boiling water. Let it simmer half an hour over a slow fire. Dissolve a tablespoonful of washing soda in a quart of boiling water. Add it to the soap mixture. Stir together and let cool.

For a nail polish, see answer to "X. Y. Z."

Given by Request

Kindly give me the formula for the walnut hair stain. Mrs. C. F. C.

This is the formula for which you ask. This is the earliest it was possible to publish it.

Walnut Stain for Hair.

Four ounces of walnut skins, beaten to a pulp, to which is added pure alcohol, 15 ounces.
Stand eight days and strain. Then apply as any other dye.

To Remove Parasites.

Not long ago I saw a formula for parasites. All I remember of it was that it was kindly published in "ANXIOUS MOTHER."

Both larkspur and flansberry are good for this purpose. Perhaps the most satisfactory formula, however, is the one I am here giving you. It is in many ways the least objectionable, and is very efficacious.

Cure for Parasites.

Cut a cake of bichloride of mercury size into half inch shavings and add 100 grains. Dissolve it in boiling water. Add the mixture to the above over a gentle heat. Stir until the mixture is thick. The water form a jellylike mixture when cold.

Removal of Hair from the Face

Is there anything reliable besides the electric needle to remove superfluous hair from the face? A READER.

Nothing will permanently remove superfluous hair except electrolysis or the X-ray. However, if you can be satisfied with a temporary cure, which must be renewed whenever the hair reappears, here is a good depilatory.

An Efficient Depilatory.

Sulphide of strontium makes an efficient depilatory. It is made as follows:

Sulphide of strontium.....2 drams
Oxide of zinc.....2 drams
Powdered starch.....2 drams

Remove with a blunt knife as soon as the itching changes to stinging, wash with warm water, and apply a good vegetable cold cream.

Scar From Cosmetic

About three years ago I used a cosmetic to remove tan, and it left under my ear a mark like a burn. It looks red and inflamed all the time, especially when I am heated, and aches just like a burn would. I saw your formula for orange flower cream in your advice to others, so I got some of it and used it for six weeks, but it seemed only to make it look more red and tender, so I left it off.

How about using olive oil or hydrogen dioxide? Would the last named be severe on the skin? Mine is very thin, and I would never want to use anything strong on it. Would the liquid hydrogen be good? I need something to take the red look off.

Good Cream Will Not Harm You.

Whenever I use soap on my face it feels drawn and gets very shiny. I assist with the housework, and sometimes I cannot get my face perfectly clean. I have never used a cream on my face, because I have heard that in time it injures the skin. Do you think it is safe to use a certain patent cream?

Nail Powder for Polishing.

Talcum powder.....14 ounces
Purified pumice stone.....2 ounces
Mix thoroughly, add fifteen grains of carmine and a few drops of oil of rose, if a perfume is desirable. Sift through silk bolting cloth.

Rose Cosmetic for the Nails.

Spermaceti.....4 ounces
White wax.....4 ounces
Oil of almonds (sweet).....4 ounces
Alkanet root.....4 ounces
Oil of rose.....1 dram

Melt the first four ingredients, strain, beat until nearly solid; then add the oil of rose. Pour into wide-mouthed porcelain bottles or jars.

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Care of the Hair

Premature White Hairs

EVEN when I was a child I have had white hairs. Later they have increased to such an extent that I am worried. I am thirty-two and have very few white hairs. I have a disagreeable effect upon my appearance. I hate my hair frequently. Does that tell you it is premature? I find it is rather dry. Please tell me what I must do to prevent remainder of my hair from growing white. I am a widow.

Perhaps the most difficult question have to solve is the arresting or restoration of white or gray hair. As a matter of fact, the thing is impossible except by dyeing, and that never advise. Your case points to some contributing cause. I am sorry, but I am giving you a cure for partial baldness and hope it will prove satisfactory and have the desired result. In place of the taboored dye, use the brown hair stain given below.

The Hair Troubles of a Man

Kindly repeat the doctor's prescription for the restoration of color and promotion of the growth of the hair. I am nearly bald on top of my head, and the remaining hair is quite gray.

Owing to the dangerous quantities of sugar of lead and general dissatisfaction on the part of my readers, I have discontinued advising the physician's prescription, which was purely a dye, and not, as you think, a grower as well. I am giving you a cure for partial baldness and hope it will prove satisfactory and have the desired result. In place of the taboored dye, use the brown hair stain given below.

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