

# How to be Healthy and Beautiful

by Mrs. Henry Symes

## THE REVIVAL OF OLD GAMES



Archery an Aid to Grace

IN A "Complete Compendium of Sports and Pleasures," published in 1864, appears the following statement: "Tennis is a game once in favor, but now never played. We mention it simply that those who play at rackets may know why the small, hard, white balls they use are called tennis balls."

This simply serves to show the fluctuations in popular favor in amusements, as elsewhere. Nowadays tennis is one of our most favored sports, while rackets is utterly lost to memory.

Some of those old and forgotten games, however, are well worth a revival. Not only were they pretty and graceful, rather than rough and boisterous, but they were unvaried exercises for the cultivation of balance and poise.

Foremost among them was the French sport of cup and ball. You may remember that one day the English and the French ambassadors were closeted together for hours. All their attaches were greatly worried; no one knew what momentous international decisions might not be pending.

Finally, one of them dared to knock at the French ambassador's door. As he did so, he heard the English ambassador exclaim gleefully, "Forty-nine!"

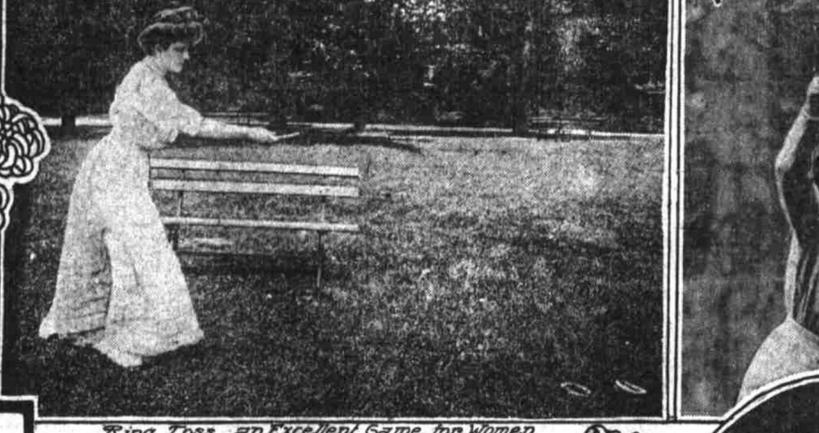
With their countenances expressing the greatest attention and enthusiasm, the two representatives of the powers were busily playing cup and ball.

The instrument for this game consists of a hollow cup, usually of wood, and a ball attached to it by a strong elastic. The principle is much the same as that which governs the miniature bats and attached wooden balls with which the children play.

Of course, the object is to catch the ball in the cup again after throwing it up in the air. When two are playing, the strictest score must be kept, either



Battledore and Shuttlecock



Ring Toss an Excellent Game for Women

to make a record or to decide the supremacy.

This game is again enjoying great popularity in France, and all its ancient conceits are being revived. Again we are presented with cups and balls of all sizes, from the midget, which has a handle the size of a toothpick and a pith ball, to the giant, which has the heaviest of iron balls, of a weight sufficient to injure seriously any but an extremely skilful player; and of all shapes, from the feather duster to the policeman's club.

The chief benefit derived from this exercise is quickness of eyes and alertness of arm. In the lighter varieties, however, it teaches extreme grace also, and certainly the slight excoals the punching bag as a developer of muscle—though it is hardly fit for a woman!

In ye olden days, indeed, the entire sport, was tabooed by the fair sex. It was entirely too strenuous for their unaccustomed muscles. As the utmost possibility of athletic enjoyment a game of grace hoops or of battledore and shuttlecock.

This former game is just what its name implies. It is one of the prettiest sports in the world. The implements are two long polished wood sticks, covered at the upper half with velvet secured by heavy tape and two tips and velvet wound hoops.

It is distinctly a parlor game, though it may be played out of doors in the open air. The hoops are of wood and the object is to toss the hoops alternately from one stick to the other, keeping both going at the same time. The hoops are of light-colored paper mache.

In addition to the benefits imparted by the other sports already described, ring toss gives valuable stooping and bending exercises, and thus develops the muscles of the back, shoulders and neck. It also aids in reducing the size of the waist, as bending is the best exercise known for this purpose.

Archery has always been the favorite sport of the privileged classes, though at the time when it was really the game of games no lady would have dreamed of attempting it. By the beginning of the nineteenth century, however, it had become popular for both sexes, though, according to the current belief of the time in woman's inferiority in all things, "ladies' handicaps" were always provided. For so intricate a pastime rules cannot be given here; it is so far a standard one that books of instruction are easily procurable.

This I will say, however, that archery is the incarnation of grace. Every motion in it is imbued with poise and beauty. It may not be so athletic as golf or tennis, nor so absorbing as automobiling or ballooning, but it is the most poetical thing we have left to us in these strenuous and prosaic days.

And that is the chief charm of all these old games. They are beautiful, not only in themselves, but also because of their world-old symbolism and reminiscence.

And best of all to the practical woman of today is the fact that they are a pleasant way of taking a nauseating or hurried walk, and of combining pleasure with the inevitable and necessary exercise.

## CARE OF THE HAIR

### Hair Thin In Spots

I AM a man, but take the liberty of writing to you on a matter that is bothering me. My hair around my ears is quite thin, in one or two places showing the scalp.

Kindly tell me what I can do to restore the hair. It was quite thick until a few months ago. The hair on top of my head is all right.

Is your scalp in bad condition, or is there any other cause for the sudden falling? I am giving you two good formulas for bald spots. If neither proves satisfactory after a fair trial, write to me again, describing your condition more fully, and telling me especially whether it is dry or oily, and I will advise you further.

### Cure for Bald Spots.

Where the hair falls out in spots try the following wash:

Distilled rosewater	8 ounces
Aromatic vinegar	2 1/2 ounces
Pure glycerine	2 1/2 ounces
Tincture auz vomica	1/2 ounce
Tincture cantharides	1/4 ounce

Mix thoroughly. Apply night and morning.

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

Saltic acid	10 grains
Resorcin	2 grains
Phenol	2 grains
Lanolin (or vaseline)	1 ounce

Rub into the part night and morning.

### Peroxide Not a Dye

Kindly tell me if peroxide of hydrogen is good for coloring hair. My hair is a light red. The color is fading and I don't like to have it faded. I don't like to have it faded. I don't like to have it faded.

Peroxide of hydrogen is a strong bleach, not a dye, and would turn your hair an ugly light yellow. Take my advice and don't dye your hair at all. Its natural shade suits your complexion and the color of your eyes better than any artificial tint could do. You will never cease to regret it if you stain your hair at your age.

### Hair Does Not Grow

My hair is all broken and split at the ends and has not grown for about six years. I am now 34, but have had a great deal of sickness, and it may be that the poor nourishment has affected my hair. I don't like to have it cut off, because one looks so awkward if it is cut off. I don't like to have it cut off. I don't like to have it cut off.

Please let me know whether I should cut each hair off by itself where it is broken, or whether I should have it cut off all out of short.

### Hair Grower.

Bay rum	1 ounce
Distilled witch hazel	1 ounce
Common salt	1/2 ounce
Hydrochloric acid	1/2 ounce
Magnesia	1/2 ounce

### Hair Too Curly

My hair is very curly, and every time I comb it I have to wet it, to make it look nice. I don't like to have it so curly. I don't like to have it so curly. I don't like to have it so curly.

Your case is quite the opposite of that of most of my readers, who wish to have their hair made curly, rather than straight. Here, however, is something which will make it neat and tidy without the use of water. All this, of course, if your hair is dry. If it is oily, write to me again.

### Oil of Sweet Jasmine.

Scentsless castor oil	1 ounce
Cocunut oil	1 ounce
Oil of rosemary	1/2 ounce
Oil of jasmine	1/2 ounce

Mix oils with gentle heat. Bottle. Shake for five minutes.

### Prematurely Gray Hair

Kindly give me your formula for keeping the hair from turning gray. I have a few gray hairs, and my hair is beginning to turn gray. I don't like to have it turn gray. I don't like to have it turn gray.

The stain to which I think you refer, the physician's prescription for restoring hair to its natural color, I have long since ceased to recommend because of its dangerous qualities. Do not let your age think of dyeing your hair. What you need is scalp treatment. The best thing would be a course of electrical or vibrator massage. First, however, you must try to remove the primary cause of your condition. Do you suffer from neuralgia or stomachic disorder? Write to me again, further describing your trouble, and I will be able to give you more accurate advice on the matter.

### Another Who Wishes Her Hair Darker

I have light hair and am very anxious to have it grow darker. Do you know of any dangerous preparation of a dye which will darken it permanently? And, if so, will the same compound darken the eyebrows, as they are light and quite scant?

Read what I have said to "Nelle" and "Blanche P." and apply it to your own case. Nothing but a dye will darken hair or eyebrows, either permanently or temporarily. I am giving you a good eyebrow and eyelash grower, however, which will relieve your other trouble.

### Eyebrow and Eyelash Grower.

Vaseline	1 ounce
Tincture of cantharides	1/2 ounce
Oil of lavender	1/2 ounce
Bay rum	1/2 ounce

Mix thoroughly. Apply to the eyebrows with a tiny toothbrush once a day until the growth is sufficiently stimulated. This ointment may be used for the eyebrows also. It should be very carefully applied, it will inflame the eye, as any oil will, if it gets into them.

### Retarding Superfluous Hair

Kindly give me any suggestion you can as to the retardation of the growth of superfluous hair. I am a woman and I have a lot of hair on my face. I don't like to have it. I don't like to have it.

You can remove the hair by the pumice treatment, renewing the same whenever the growth reappears. Continued use of strong peroxide (hydrogen dioxide) will bleach the hair, but it will turn white and eventually cause them to fall out. Of course, you understand that nothing but electricity or the X-ray treatment will permanently remove the hair.

### Used Indigo on Hair

About a year ago my hair, which is a golden auburn, began to fade in front. I saw the formula for your henna paste and put it on my hair. After following directions my hair became too thin. I then saw how to make light red hair dark by using indigo. I did so and it made my hair beautiful again. But the indigo had to be washed out, and my hair was then brighter than before. If the indigo could be made to hold as the henna does, it would be a great benefit for my hair.

From the address on your letter, I think you are mistaken in my identity, and I am glad to hear that you are well. I am glad to hear that you are well. I am glad to hear that you are well.

### Henna Hair Stain.

Take one ounce of henna leaves, steep in a pint of boiling water for 15 minutes. Strain the liquid, and add a little of the strain of a small tin of soap, and the stain can easily be removed by soap and water.

### Making and Using a Dye

I have prepared some walnut shells, and I am giving you the formula for the walnut stain. Apply with a small, firm toothbrush, after first thoroughly shampooing the hair. Then, after letting the hair dry, apply the dye. Remove any hair that may have clung to the scalp with a tiny sponge dipped in warm water. Let dry again and arrange as usual.

### Walnut Stain for Hair.

Four ounces of walnut shells, steeped in a quart of boiling water for 24 hours. Strain and add a little of the strain of a small tin of soap, and the stain can easily be removed by soap and water.

### Complexion and Hair Troubles

I would like to ask your advice in regard to my complexion. I always had a very good complexion until lately. I am beginning to have "crow's feet" though I am only 30 years of age. I cannot afford to have my face massaged, but would like to know of some simple way that I could do it at home.

I would like to know of some good shampoo for my hair. Kindly give me a few lines in the care of the hair. Mine is very thin in front, but is thick enough in the back.

I am giving you a lotion for premature wrinkles, which, I think, will be

### Whitening Paste for Freckles.

Saltic acid, 10 grains; bay rum, 4 ounces.

Apply night and morning with a soft cloth or sponge. This lotion soon produces a slight roughness of the skin, which may be subdued by the use of glycerine of starch.

### You Are Slightly Mistaken

I see you say that, after using a depilatory for the removal of superfluous hair, the use of aromatic sprays of ammonia in the water used for washing the face would prevent the further growth of hair. Now, I have never used any depilatory, and superfluous hair, although the sides of my face and under my chin are covered with fine hairs. Do you think if I used the ammonia in the water it would prevent the hair growing any longer or thicker? How much should be used each time? It shows very badly,

### Pumice Stone Treatment

Kindly send me the formula for removing hair from arms and neck by the pumice stone treatment.

No formula is needed for the removal of superfluous hair by means of pumice stone. Simply purchase a 5-cent cake of pumice stone, and rub it on the rough, hairy parts of the body. Then, after letting the skin become red (not raw), then apply a little cold cream of lanolin, remove the sting, but rub it off immediately afterward. One treatment will usually prove sufficient; but if not, treatment should be continued once daily until the desired effect is obtained. You understand, of course, that this treatment is only temporary, and must be repeated whenever the hairs reappear.

### Cure for Acne

Kindly give me the formula for acne. I have had it since I was a boy, and it is every way perfectly satisfactory, but I have lost it.

Do you refer to acne molluscum or confluent acne? I am here giving you formulas for both:

### Cure for Confluent Acne (Mollusca)

Powdered alum	20 grains
Oil of zinc	15 grains
Tincture of green soap	1/2 ounce
Glycerine	1/2 ounce

### Acne Mollusca (Whiteheads)

Open each acne with the point of a fine cambric needle. The hardened mass must be pressed or picked out. The empty sac of the gland should then be bathed with a weak toilet vinegar and water, or with a weak solution of carbolic acid and water. Sterilize the needle before using it by dipping it into boiling water, as the use of any instrument, unless the skin, as well as the needle, is thoroughly cleaned, is always dangerous.

### The Vaucaire Remedy

Kindly give me the formula for Dr. Vaucaire's remedy. I would like to hear

## ADVICE TO CORRESPONDENTS BY MRS. HENRY SYMES

### Coul. Not Make Eyelash Stain

KINDLY explain further regarding the Chinese eyelash dye that you describe in your column. I found that the India ink came in liquid and stick form, so purchased the stick form, and applied it to my eyelashes. I found that the stick form was much better than the liquid form, and I had the same trouble trying to powder the gum arabic. As I would use very much to try your eyelash stain, I thought I would write and have you make the same clearer to me.

In the first place, India ink may be purchased in powdered form, thus making lighter the work of preparing it. In the second place, I should advise you to let a druggist have all the trouble, and not to try to prepare the stain at home. Not only will he have all the materials at hand, and thus spare you expense, but by his knowledge of the mixture of ingredients he will make a better dye. It is very hard for the amateur to do a prescription, and I would not advise you to attempt it.

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### Developing the Chest

Is the Vaucaire remedy for women only? I thought it might be good for my boy, who has a small chest.

The Vaucaire remedy is naturally used by women only, as it develops, not the chest, but the chest expansion, which will doubtless be of benefit to your son.

### Chest Expansion.

Depress the chest, letting the shoulders come forward, with the head up and back. Raise the chest by muscular effort, not by breathing, to the point of greatest expansion. Relax and lower the chest in this way eight times.

### Developing Bust and Arms

Kindly publish a massage cream for the bust. I am 21 years old, and my bust measures only 30 inches.

Kindly publish also a cream to fatten the arms.

For the bust I am giving you an excellent massage cream. For your arms, however, I would massage simply with cocoa butter, unless you

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### Peroxide on the Hands

Kindly tell me how to use peroxide of hydrogen on the hands to whiten them.

You must remember that peroxide is a powerful bleach, and you must not be too lavish in its use. Pour a little of it into a saucer, add with half as much again of pure water and apply with a soft cloth. Let it dry on the hands, and then rub on lanolin or cold cream to prevent possible irritation. Repeat every night until the desired result is obtained.

### Cure for a Summer Trouble

Kindly tell me a quick remedy for sunburn.

The quickest remedy for sunburn is hot water, applied immediately after coming out of the sunlight. Here, however, is a good prepared formula:

### Sunburn.

White petrolatum	1/2 ounce
Phenol	1/2 ounce
Oil of rose	1/2 ounce
Alcohol	1/2 ounce

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### Cup and Ball Practice Makes Wrist Agile

Kindly give me a formula for removing freckles.

Kindly give me an excellent and simple remedy. I trust it will prove effective.

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### Severe Case of Chilblains

For the last three months I have been troubled with a terrible itching in the soles of my feet and on my toes. I consulted a doctor, and he said it was chilblains, caused from nervousness, and he told me to rub turpentine on my feet. I did so, but it did not seem to help them. Sometimes after being itchy they swell. They trouble me more at night than during the day.

Turpentine is usually a cure for chilblains. Since it has proved unsatisfactory in your case, however, I am giving you another remedy, which I trust will relieve you permanently.

### Cure for Chilblains.

Zinc oxide	20 grains
Camphor powder	20 grains
Witch powder	20 grains
Opium powder	20 grains

Dissolve the camphor in the lard, which has been melted at a gentle heat; allow this to cool, add other ingredients and mix well.

Before making this application the part should be immersed or bathed in cold water for a few minutes. In drying, it is always better to mop the part, so as to avoid the consequences of violent friction.

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