

# CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

## MAKE LITTLE PEOPLE HEALTHY and HAPPY

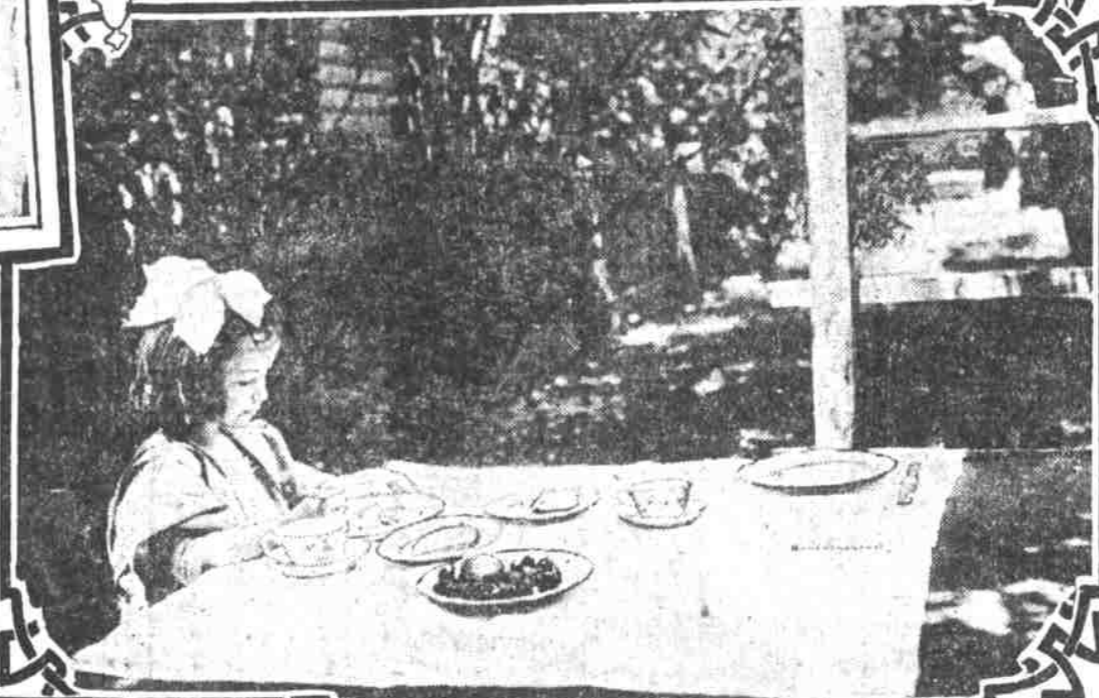
### Aids to Health and Beauty



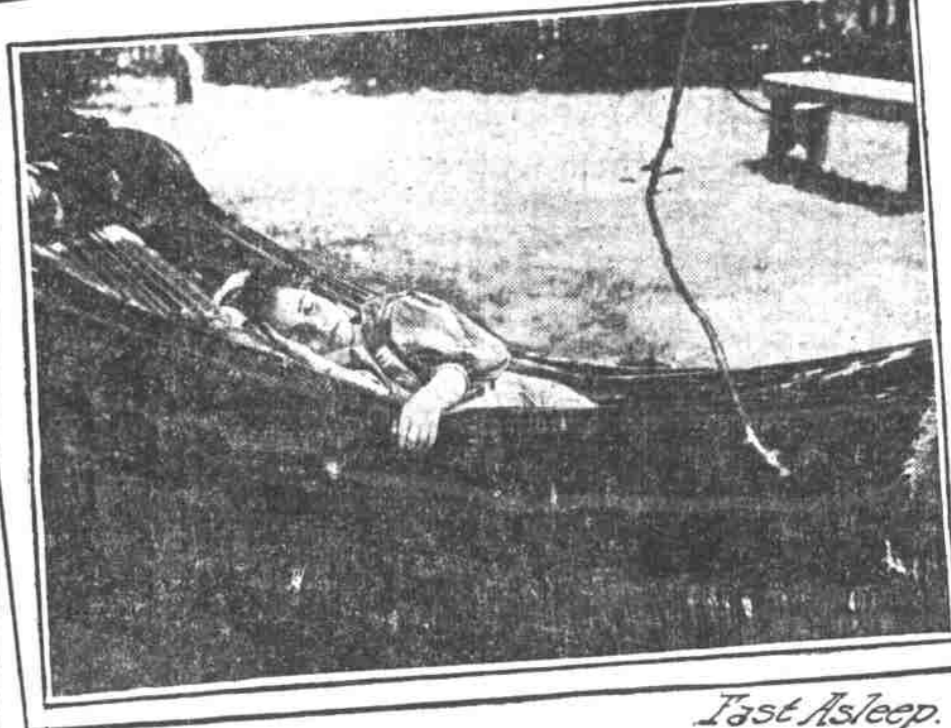
Playing Mother.



Having a Really Good Time



Jane Eating Supper



Fast Asleep.



Teaching Duty

**D**OCTORS all over the world have decided that perfect health may be found in the open. It is the only cure for tuberculosis, it cures pneumonia, and good, fresh air has been recently used to cure a woman thought to be fatally burned. Besides being a remedy, as a disinfectant it has no equal.

Therefore, it would seem but reasonable that those who live, eat and sleep out of doors should be blessed with eternal life, or, at least, longevity.

Knowing this, is it not natural that children should be kept as much as possible in the open air? Is it not the ideal place for them? "Helping mother" is a useful lesson, but it should not be insisted upon to the exclusion of play out of doors. The only salvation of the children of the very poor is that they live almost entirely on the street. The city streets are not the freshest of places, but even they are preferable to the house.

It is a child's instinct to get outside, but as the child grows older the instinct is often educated out of him. A great mistake it is, too. When little Johnny wants to go in swimming instead of chopping wood in the cellar, it is not the natural perverseness of the boy; it is the animal instinct which makes him long to be out of doors.

When little Jane begs to know if she can't carry her supper out into the yard, it isn't that she wants to make trouble; it is because the yard is where—climate permitting—we should all eat. She much prefers sweeping off the front porch to dusting the dining room. Certainly she does. It is the instinct in her.

If a child is delicate, bloodless, if the digestion is bad, send him or her out of doors. Let children take their dolls out of doors, let them have tea parties, climb trees, sleep, eat, play. Fresh air can never hurt them, can never hurt any one.

Persons who work out of doors do not have lung trouble; persons who sleep out of doors wake eagerly and brightly in the morning.

Not in any state of our country is the climate sufficiently equable to allow of outdoor living, but at some time in the year the climate is quite right, and

during those months all advantage should be taken of the opportunity. Even in winter the children may spend much time out of doors, for the little things are so active that they naturally keep themselves warm.

Of course, the country is the ideal place for children, but even in the city the plan should be carried out as far as possible, that the children may be given a chance to grow into strong and normal men and women.

#### To Acquire a Graceful Carriage

**H**ERE are a few things worth remembering if a graceful carriage is to be acquired:

Don't keep your eyes on the ground when walking. Keep them on a level. Don't walk with the weight on the heels. Walk with the weight on the balls of the feet.

Don't wear high heels for walking. Wear low heels, which leave the body in its normal position.

Don't walk with the body bent forward or backward—keep the spine straight.

Don't hold the chest up so high that it becomes an effort.

Don't wear your clothes so tight that it interferes with your breathing.

#### To Cool the Blood

During the hot weather it is necessary that every one should take some simple remedy which will cool the blood. One of the common home remedies is a dose of epsom salts. Many persons object to this, however, because it is unpleasant to take, but this objection can be easily overcome. Put the required quantity of salts into a

tumbler with a little lemon juice and sugar and fill it up with hot water; drink as soon as the salts have dissolved.

#### To Remove Stains From Hands

Lemon juice is very good for removing stains from the hands, and if a little salt is added to this juice it is still more efficacious.

Rubbing with a bit of orange or lemon skin removes tar stains. Care must be taken to wipe the hands dry immediately.

Fresh tomatoes and strawberries, a leaf of sorrel, a little milk are excellent for removing ink stains.

Before peeling Irish potatoes, the hands should be well dried, and should not be washed immediately after. By this slight precaution they will not be stained.

After parting certain fruits and vegetables a little lemon juice removes all stains. The hands must first be moistened in water.

#### Good for Indigestion

The juice of an orange in a cup of hot water, taken before breakfast, is healthful and good for indigestion and constipation.

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## ADVICE TO CORRESPONDENTS

**O**WING to the great amount of mail received and the limited space given this department, it is absolutely impossible to answer letters in the Sunday issue following their receipt. The letters must be answered in turn, and this oftentimes requires three or four weeks.

All correspondents who desire an immediate answer must inclose a self-addressed stamped envelope for a reply. This rule must also be complied with in regard to personal letters.

#### The Hair Falls Out

**NETTIE**—The hair falls out as a result of imperfect circulation of blood in the scalp skin, and the best treatment for this condition is massage and the application of a stimulating tonic.

Professional treatment always produces quickest results, but if you cannot secure the services of a masseuse, the next best thing will be to operate upon your head yourself.

The massage should be continued for twenty minutes each evening. At the same time it would be well to apply a tonic formula for which I am giving below.

Shampoo your hair once a week. Be careful when drying the hair not to handle it too roughly. Fanning and tossing it about is much better than drying it by hard brushing or wringing.

Formula: Phenol, one-half dram; tincture of benzoin, seven and one-half grains; tincture cinchona, one ounce; tincture of cantharides, one-half dram; cologne, four ounces; sweet almond oil, two ounces.

Formula for Tooth Powder  
**EDITH**—A simple formula for tooth powder is this: Precipitated chalk, four ounces; powdered orris root, eight ounces; powdered camphor, one ounce.

Triturate the camphor in a mortar, moistening it with a very little alcohol. Add other ingredients. Mix thoroughly, and sift through a fine bolting cloth.

Use a firm brush when cleansing the teeth and remove all foreign particles with a piece of dental floss. Twice a year have a dentist examine your teeth. If people would only do this they would be saved much pain and expense, for the larger the cavity in a tooth the more suffering and money it takes to fill it.

#### Dandruff Cure and Cornstarch

**MAUD**—An excellent dandruff remedy is made by combining tincture of cantharides, one ounce; liquid ammonia, one dram; glycerine, one-half ounce; oil of thyme, one-half ounce; rosemary oil, one-half dram.

Mix all together with six ounces of rosewater. Rub the scalp thoroughly with the preparation until the dandruff entirely disappears.

Yes, cornstarch is very good to relieve the itching sensation of the skin. Apply

either with a powder puff or put the starch into a little bag made of thin muslin, and pat the skin with same. You will find that very often this will agree with the skin much better than many of the talcum powders on sale.

**Wrinkles**  
**T. E. W.**—Every little frown helps to make a wrinkle deeper; every unpleasant look leaves its mark on the face. One of the best methods to avoid wrinkles is to cultivate a happy disposition.

It is also necessary to keep the tissues well nourished with a good skin food. Take a few massage treatments, and in a short time you will appear much younger.

#### To Increase the Growth of the Hair

**MATILDA**—Apply the tonic for which I am giving you the recipe to the scalp every day, rubbing it in well with the fingertips: Bay rum, seven ounces; distilled witch hazel, nine ounces; common salt, one dram; hydrochloric acid (5 per cent), one drop; magnesia, sufficient.

#### The Finger Nails

**KATIE**—To keep the finger nails in good shape, file them every day rather than cut them once or twice a week. Then hold the hands in warm water for about ten minutes, after which push back the cuticle from the base of the nails.

You will find that the following recipe

makes a very good wart eradicator: Sublimed sulphur, 120 grains; glycerine, five fluid drams; acetic acid, one fluid dram.

Apply repeatedly to each wart, continuing the treatment for several days. The warts dry up and then drop off.

#### Bust Developer

**MRS. D.**—Dr. Vaucaire's remedy is in liquid form and is taken internally. I am giving you the formula below.

Commercial addresses are not given in this department, but you can have the prescription filled by any reliable druggist.

Formula: Liquid extract of galega (goatsrue), three fluid drams; lactophosphate of lime, 154 grains; tincture of fennel, ten grains; simple syrup, thirteen and one-half ounces. The dose is two spoonfuls with water before each meal.

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

#### Oily Hair

**VIOLET**—Here is a formula for a lotion which I think will improve the

oily condition of your hair, so that you will not find it necessary to shampoo so frequently: Alcohol, two ounces; witch hazel, two ounces; resorcin, fourteen grains.

To strengthen and develop the muscles of the legs practice the following exercise: Rise on the toes, count five, lower the body until the heels almost touch the floor; repeat eight times, touching the floor with the heels only on the eighth count. Repeat the same exercise, rising on the heels.

#### Bunion Cure

**SUFFERER**—This bunion cure for which I am giving the recipe has proved successful in many cases and I trust it will help you: Carbolic acid, two fluid drams; tincture of iodine, two fluid drams; glycerine, two fluid drams. Apply with a camel's-hair brush daily.

The following treatment has also relieved many persons: the heels only on the eighth count. Repeat the same exercise, rising on the heels.

Moisten the plaster and put it over

the bunion. Put a small wedge of felt between the great toe and the second toe, which will throw the foot more into shape. It will greatly relieve the pressure of the joint.

Draw the stocking on carefully. When you put your shoe on you will discover that the enlarged joint does not begin to show as much with the plaster on as without. And all pain and irritation are prevented by wearing the plaster, which makes it impossible for the leather to come in contact with the sore joint or irritate it.

#### To Cure a Double Chin

**SARAH**—To help to reduce a double chin practice the following exercise: 1. Stand erect, in military position. Place the hands lightly on the hips, fingers forward. Drop the chin slowly on the collarbone; then throw the head back with a quick, even movement that is not a jerk, but yet puts all the muscles into quick play. Repeat ten times. 2. Turn the head quickly to the right till the chin is just over the right shoulder; then back again. Repeat ten times; then turn the head to the left in the same way. Repeat ten times. Do not tire the muscles of the neck, but gradually increase the number of exercises daily, until you can practice each one

about fifty times without after discomfort.

#### Light Freckles

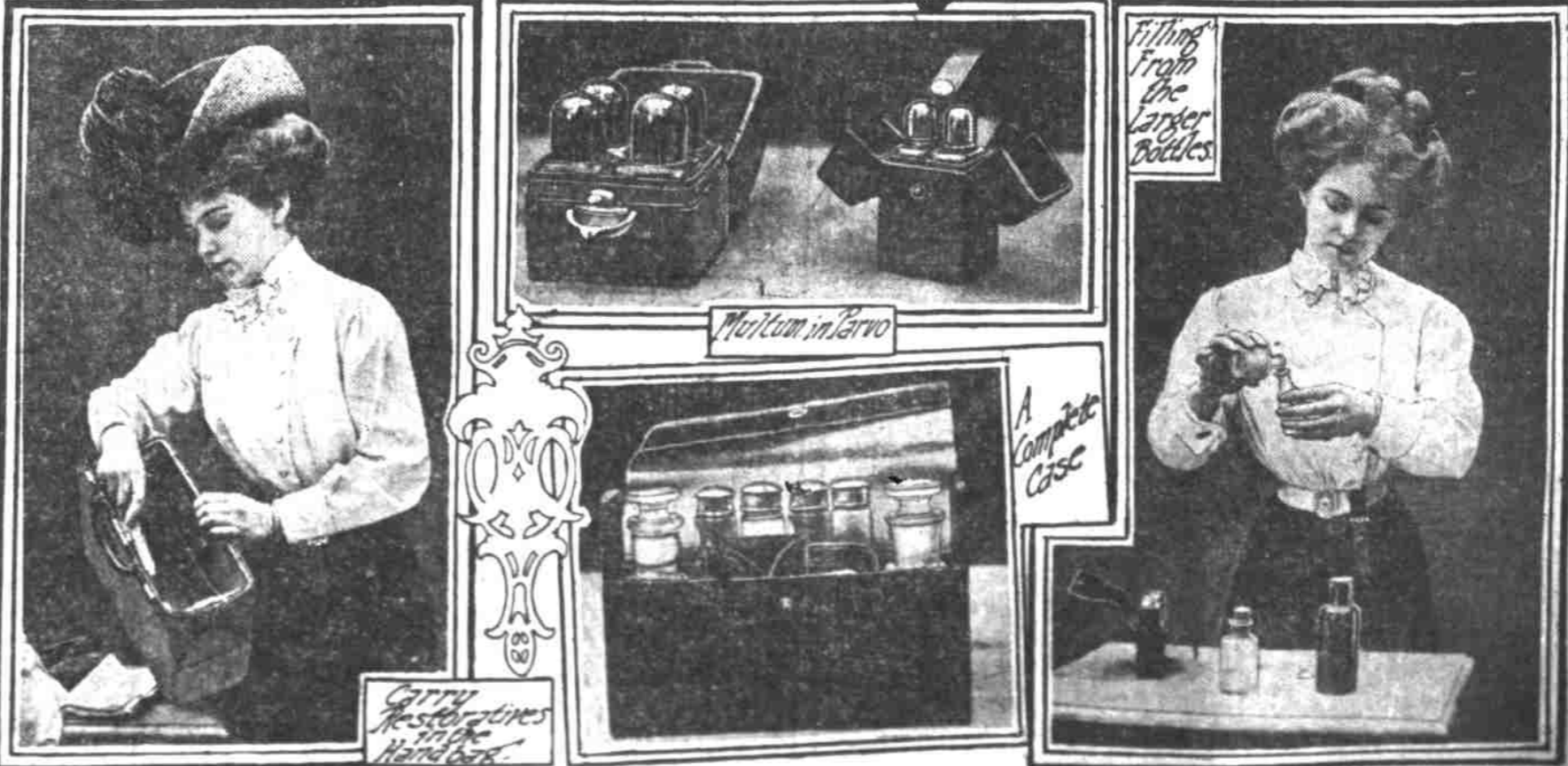
**C. M.**—A very simple remedy for freckles is the juice of a lemon, and the most convenient way to apply it is to cut a lemon in half and rub the skin with it. If this does not prove helpful the following formula will make up into a splendid remedy:

Oxide of zinc, one-half dram; sublimed sulphur, one-fourth dram; dextrine, one and three-fourth drams; glycerine, one and one-half drams. Spread the paste upon the freckles at night before going to bed. In the morning remove what remains with a little powdered borax and sweet oil.

#### Scanty Eyebrows

**M. E. K.**—The lotion made according to the following directions has been most successful in promoting the growth of the eyebrows: Cologne, two and one-half ounces; glycerine, one and one-half ounces; fluid extract of jaborandi, two ounces. Agitate ingredients till thoroughly incorporated. Apply to the eyebrows with a brush and to the lashes with a tiny, camel's-hair paint brush. The brush must be freed from any drop and passed lightly along the edge of the eyelids, exercising extreme care that it touches the eye itself. Rubbing a little vaseline will into the roots is also beneficial.

## The Traveling Medicine Case



**A**S THE home medicine chest is important—even when the drug store is just around the corner—the traveling medicine case is even more so, for the druggist may be far away. Even though he is at hand, he is unable to put up favorite prescriptions unless the formula is on the bottle. It is not necessary to travel with a complete auxiliary pharmacy, but it is certainly a good plan to take along such

remedies as are in common use. To carry these necessities conveniently and compactly several styles of leather cases are made with compartments for bottles. One very complete, yet very small one, has a place for court-plaster and such things as well as for the several bottles. Another very small one holds only four bottles, but such has the lightest of lids, while a third—evidently intended for a very short journey—holds but two bottles.

Of course, these little leather cases are always included in the outfit for the automobile trip. There was a man who carried two such cases full of remedies on his wedding trip, only his consisted almost entirely of patent cures for colds. It is easy enough to fill the little vials from the large bottle in which the medicine is bought. If a funnel is not handy, make one of stiff paper, twisting it into a conus and clipping off the pointed end.

Just here a word of advice. It is a very wise plan to get the druggist to write the prescription on the label of the bottle, not only that it may be distinguished from the medicines of the other members of the household, but so the bottles may be refilled by any druggist. An unmounted label may be procured to fit upon the case bottle. Likewise, remedies, such as soda, mint, camomile and castor oil, should find their way into the traveling case.