

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

TOTAL RELAXATION - THE ONLY REST

An Attribute to Attractiveness

A SWEET breath has an influence on beauty and on the preservation of the teeth. In fact, it is quite self-evident that pure and fragrant breath is a matter of supreme importance to a woman, and no one can afford to neglect to care for this detail. In a few lines we may sum up the general conditions which keep the breath pure and fresh; sobriety, good health and avoidance of onions and garlic, and clean, healthy teeth.

Should the breath be objectionable, such a condition may be caused by the stomach. In such a case, purgatives, mineral waters, magnesia or bicarbonate of soda may be used.

For the preservation of the teeth the Japanese eat the bark of the cinnamon, and it is very good. The resinous substance which flows from the bark of the mastic tree hardens the gums and gives a delicious odor to the breath. The Roman dames, if history may be believed, used toothpicks cut from the wood of the mastic tree.

A mixture of camphor and myrrh, a few drops of each, in a glass of water, is excellent as a wash for the mouth and for a gargle. If myrrh alone is used, ten drops will be sufficient.

After eating a dish cooked with onions it is a very good idea to take a cup of black coffee, which is an antidote for the repulsive odor imparted by this vegetable to the bronchial tubes.

About Acne

BLACKHEADS are a form of acne which appear in the skin, chiefly about the nose, forehead and chin. Each speck marks an obstructed outlet of the sebaceous glands, and if pressure is applied on either side, something having the appearance of a small white worm will appear. Upon careful examination, this so-called worm proves to be a mass of matter or sebum which assumes this shape. The technical term for this is comedo, and the black at the top is, shocking as it may seem, simply dirt.

Obviously there is but one way of getting rid of blackheads, and that is by forcing them out of the pores. But if they are removed before the skin is properly prepared for the process the patient ruptures the delicate tissue, causing either a scar or the enlargement of the opening, which immediately fills up again, each time increasing in size.

Really blackheads may not only be removed without leaving a scar, but the patient need never be troubled with them again if the following directions are carefully followed:

For three weeks apply Eucamer cream every night before retiring, and let the cream remain on the face during the night. In the morning wash it off with water as hot as may be borne, and then rinse the face thoroughly in cool water.

Then, when the skin is thoroughly softened, apply a little of the cream to the spot and softly press out the offending matter. Be careful not to be rough and injure the skin in any way by sharp fingernails or any steel instrument. If the blackheads are not easy to remove, it is because the skin is not properly softened, and the first part of the treatment, in that case, must be patiently continued. Operate on the blackheads at night, and do not attempt to get rid of them all at one time.

After they have been removed, bathe the face in warm water, and then use a little pure soap once or twice a week, so the skin may be kept thoroughly clean. Do not suppose, however, that the troublesome blemishes will not return if proper treatment be neglected.

A Recipe for Cologne

ONLY very delicate and carefully prepared toilet waters should be used.

A good cologne is made of the following ingredients: Essence of lemon, ten grams; essence of cedar, ten grams; essence of bergamot, ten grams; essence of fine lavender, ten grams; essence of rosemary, four grams; essence of thyme, two grams; alcohol, two quarts. Mix the essences with the alcohol and filter through paper.

ever place the body may happen to land. This should all be done with no effort on the part of any muscles, save those of the neck, which should be flexed to allow the head to drop easily to the floor. Otherwise it would receive a rather severe bump.

From a perfectly reasonable standpoint it would seem that total relaxation is an art worth learning. How can one fail to be tired when every muscle the whole day long is on the alert? It is so much more comfortable to let those muscles not in use rest of their own accord.

When sitting in a chair, for instance, it is not necessary to hold the ankles perfectly stiff, nor is it necessary to have the wrists and hands rigid. Let the feet and hands fall gracefully and naturally, so that, when the respite is over, they may again take up their part of the day's work.

start it is an attainment to fall unhurt from a standing position to a recumbent position on the floor. This is done, as shown in the picture, by first dropping to the knees, swinging round from that position so that all the spine is resting on the floor, then falling back in what-

To Develop the Bust
Will you kindly give me a recipe for developing the bust? I would like one that would not take very much of my time and that will show quick results. In Dr. Vaucaire's remedy safe and may I buy it ready prepared? SHIRLEY.

I do not know of anything harmful in Dr. Vaucaire's remedy. On the contrary, it is extremely good for most people and quite simple. To be quite sure that you are getting just what you want the prescription should be taken to a druggist, who will make it up for you. I have also a massage cream which is sure to be beneficial. Rub it on every night. It will not take very long. A druggist will also make it up for you.

Both recipes are given for "Blue-Eyed Maiden."

To Ward Off Age
THE way to ward off old age is not to fear it, not to allow one's self to be oppressed by the dread of advancing years.

Use only legitimate preventives and avoid trying experiments with preparations not indorsed by physicians.

Do not wear toilets intended for young girls. They only add years to the appearance. Keep up your interest in the young, but do not envy them. Retire with dignity from the struggle; do not pose as your daughter's rival. Above all, surround your life with sweet, true affections, which prevent the heart from growing bitter.

Do not lose interest in the growing events of the day; do not fall behind the times, and do not hurry on other and better days. To those who come to you for advice be always kind and sympathetic.

An you advance in years preserve carefully your personal appearance, for once lost, it may not be regained save by strenuous effort.

Last of all, your costume should be simple and unpretentious, yet graceful. These rules, carefully and sensibly followed, will keep you young and attractive.

Uses of Camphor

A BOTTLE of spirits of camphor is a friend to be relied upon when traveling, for it quickly relieves many discomforts.

If the day be warm and everything seems sticky and grimy, bathe the face with camphor. It frees the pores of accumulation of waste matter, brightens the eyes and is cooling and invigorating.

A little camphor in water will often relieve a sick stomach caused by train motion and heat.

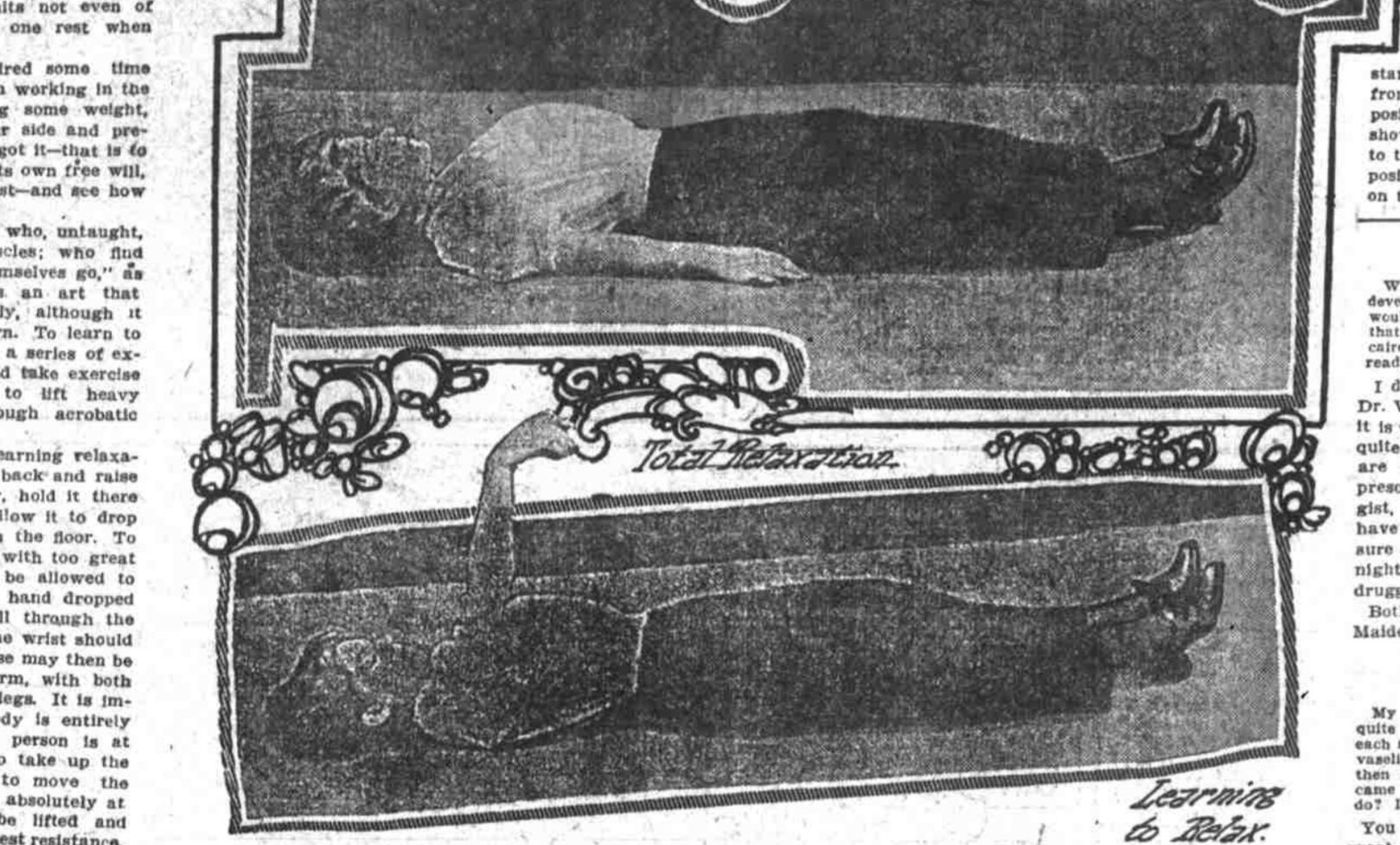
Camphor will keep away mosquitoes if the exposed portions of the body be bathed with it, and it is excellent to use as a wash when one has been bitten by an insect.



In Process of Falling



Second Position - Dropping to the Knees



Total Relaxation

Learning to Relax

THE only real rest in the world is when every muscle in the body is relaxed. That is an axiom, a truth that admits not even of discussion. How can one rest when every muscle is tense?

Let your arm get tired some time either with writing, with working in the garden or with holding some weight, then let it drop at your side and pretend that you have not got it—that is to say, just let it hang of its own free will, with every muscle at rest—and see how soon it becomes rested.

There are some people who, untaught, cannot relax their muscles; who find it impossible to "let themselves go," as it were. Relaxation is an art that should be acquired early, although it is never too late to learn. To learn to relax, one must practice a series of exercises, just as one would take exercise to train the muscles to lift heavy weights or to go through aerobicic feats.

The first exercise in learning relaxation is to lie flat on the back and raise the right arm in the air, hold it there for a second and then allow it to drop with its whole weight on the floor. To prevent the hand falling on the floor, the elbow should be allowed to drop first, and then the hand dropped from that height; but all through the exercise the muscles of the wrist should not be flexed. This exercise may then be practiced with the left arm, with both arms, and then with the legs. It is impossible to tell if the body is entirely relaxed unless a second person is at hand to make the test—to take up the hand, to lift the head, to move the shoulders. If the body is absolutely at rest any member may be lifted and there will not be the slightest resistance.

It is a well-known fact that a relaxed body may fall almost any reasonable distance, provided it does not

land on its head, without injuring itself. For instance, those who have acquired the art of relaxation (and there

are a few) may with ease fall down an uncarpeted stairway and land on the floor at the bottom, not the least

worse for the tumble. For amateurs in relaxation, it is better not to attempt anything quite so strenuous. At the

ADVICE TO CORRESPONDENTS

OWING 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.

Wants Higher Instep
Since you have helped others, I also come to you for aid. Is there any way for me to get a higher instep, and can you tell me how I can develop my bust? BLUE-EYED MAIDEN.

I do not know any way for an adult to make an instep higher. Perhaps some expert shoemaker can make a special shoe to give the appearance of a high instep. No amount of exercise will increase the height of the arch of your foot after it has grown its full length.

You will find the following a very good tonic to develop the bust. I am also giving you a massage cream, which you may find satisfactory.

Dr. Vaucaire's Remedy for the Bust
Liquid extract of galega (goatruer), three fluid drams; lacto-phosphate of lime, 154 grains; tincture of fennel, ten grains; simple syrup, thirteen, and one-half ounces.

The dose is two soup-spoonfuls with water before each meal.

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

Massage Cream for the Bust
Lanolin, five ounces; spermaceti, one-half ounce; mutton tallow (freshly tried), four ounces; cocconut oil, four ounces; oil of sweet almonds, four ounces; tincture of benzoin, one dram; oil of neroli, twenty drops.

Mix as you would any cream of the sort. Rub on gently at night.

Needs a Tonic
Please give me a recipe for a tonic that will strengthen and build up a middle-aged woman run down by a disease. Some time ago your columns contained a recipe containing lime-water, which was said to give the above result, but I do not remember what it was. I also want something to fill out the hollows in my face. A. C.

I am not in position to prescribe for you a tonic, which is a thing that

ought to be supplied by a doctor. The following is a very good massage cream, which you may rub on your face to fill out the cheeks and remove wrinkles:

Lanolin, two and one-half ounces; spermaceti, six drams; white vaseline, two and one-half ounces; cocconut oil, two ounces; sweet almond oil, two ounces; tincture of benzoin, one-half dram.

Melt the first five ingredients together, beat until the mass concretes, adding the benzoin, drop by drop, during this process.

Extract of violet or any perfume may be added if agreeable.

The remedy I think you mean containing lime-water is Dr. Vaucaire's tonic for the bust, and it is supposed to act only on the bust, although it should be a tonic for the whole system. You will find the recipe for this in my answer to "Blue-Eyed Maiden."

A Deformed Nose
Several years ago I was struck on the nose, and the swelling caused by the blow has not yet subsided. Can you suggest anything which would reduce my nose to a more normal and becoming size? BASHFUL.

I could not attempt to prescribe for an inflammation of such long standing. It may be that the weight, although it the nose may have misshapened or fattened the bone. A skilled surgeon might cure the trouble.

To Develop the Legs
Will you kindly tell me some way in which to develop my forearms and legs? I am stout everywhere else. Anxious.

I do not know what to prescribe for you to develop your forearms. It is very difficult to develop one portion of the body rather than another, and I do not know quite what to tell you without knowing your mode of living. Perhaps it is that you lift too many heavy weights, and then again it may be your arm is soft and flabby. It is a case you must determine yourself.

Exercise is the best possible method of enlarging the legs. Long walks will soon produce results. A gymnastic feat which is said to be a certain enlarger for the lower limbs is to stand on one foot, and, with the other leg held out as nearly at a right angle to the body as possible, try to touch the knee to the foot.

Cucumber Wash
Will you please give in Sunday's paper the recipe for cucumber cream or wash, to be made from cucumbers? A READER.

You will find below a prescription for cucumber wash. I hope you will like it.

Take one or two cucumbers, cut them into rather small chunks without peeling. Put these into a mortar and pound with a pestle (or use a heavy wooden potato masher and a heavy earthenware bowl) until the mass is pulp-like in consistency. Filter this through a piece of cheesecloth or very coarse muslin, squeezing out as much of the juice as you can. Now put all into a clean enameled saucepan and simmer (don't boil) for ten minutes.

For Blackheads.
Boric acid, two drams; alcohol, two ounces; rosewater, four ounces. Use with friction twice a day on the skin affected.

Cream for Pimples.
Salicylic acid, ten grains; calomel, one dram; lard, one ounce.

To Remove Warts.
Mix one grain of paraform with nine parts of flexible collodion, and apply to wart three times a day. After two or three days, the epidermis peels off, and the wart will come with it.

be just what you want.

The alcohol will preserve the juice, during the day.

The Walnut Stain
Please advise me how to make a stain for gray hair from green English walnuts. Hoping to hear from you in next Sunday's paper, I remain, Yours, Very CONSTANT READER.

To answer your last sentence first, I must reiterate it is absolutely impossible for me to answer any letters in the edition following the date of their receipt. My mail is too enormous to answer letters with such promptness unless they be sent with stamped addressed envelope, and even then they may not be answered immediately upon their receipt.

The following is a good walnut stain for gray hair. I should suggest that you use ripe walnuts rather than green ones:

Four ounces of walnut skins, beaten to a pulp, to which is added pure alcohol, sixteen ounces.

Let stand eight days and strain. Then apply as for other dyes.

For Blemishes
Please publish a remedy for removing blackheads and pimples, and also for removing warts. DAILY READER, J. P. K.

Here is a very good recipe for a remedy for blackheads, a cream for pimples and a mixture which will remove warts. I know that they will

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Falling of the Hair.
Tincture of oak bark, one ounce; spirits of rosemary, two ounces; alcohol, two ounces. Apply several times a week to the roots of the hair.

Quinine Hair Tonic.
Sulphate of quinine, one dram; rosewater, eight ounces; diluted sulphuric acid, fifteen minims; rectified spirits, two ounces. Mix, then further add: Glycerine, one-fourth ounce; essence royal or essence musk, five or six minims. Agitate until solution is complete. Apply to the roots every day.

For Falling Hair
My hair is very thin and coming out quite badly (in fact, I have a bald spot on each side) and it splits at the ends. I tried vaseline, but it did not do any good, and then I tried brushing and massage, but it came out worse than ever. What can I do? I am discouraged about it. C. F.

You do seem certainly to be having a great deal of trouble, and I want to help you. I would stop using the hair grower and begin to use the following cure for falling hair, which I would use every other night. On the alternate nights I would rub a few drops of kerosene well into the scalp. A better tonic cannot be found.

I am also giving you a tonic to apply after you have checked the falling hair. If these do not help you, write again.

Advice on Social Problems

Mrs. Chester Adams most cordially invites her friends to bring to her their Social Problems and Perplexities by letter at any time

the customs and manners of those by whom he must have been constantly surrounded. He surely saw well-bred people on the street, in restaurants or in hotels whom he might have watched and used as a sort of model. In this way he might have learned to conceal his own lack of training. He must have been, in his own mind, far from perfectly satisfied with the standard of breeding, yet he was not sufficiently observant to profit by his opportunities.

Advice on Social Problems

though not so remunerative, quality-bred breeding. There are four classes of people; those who have good manners, those who have bad manners, those who do not care what kind of manners they have and those who know that their manners are not all that they should be, but who desire to learn differently. It is this last class that I would like to help.

That elusive quality called "good manners" stands for a thousand little details that some people know by instinct, but that others learn by observation or by actual instruction.

About the question of observation, it is a very important point to know whom to select as a model. Many are unable to discriminate, and therefore follow the example of some complacent person so conscious of riches or of dress that he seems to carry off any situation in a high-handed manner, easily mistakes for the uninitiated for the "best way of the manner born." To appear to be well bred, to know what and how to ignore, to be always at your ease—these are what it means to have good manners. He who has acquired this knowledge knows how to cope with every situation that comes up in daily life.

It sounds very commonplace, as though it might take years of study, yet the whole subject of good breeding may be adequately expressed in a single sentence: Never be conspicuous.

In despair at last he went to several people—to his former employers, to his brokers—to ask for advice and for lessons in "society manners," but he found no one willing to be his mentor. The end of the story was, I believe, that he returned to active business, and is still piling up more dollars, though he never hopes to derive any pleasure from their possession. The world is full of such men, who have business sense, but who, unfortunately, are lacking in the more subtle