

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES.

Hygiene for Hot Weather



Airing the corset before an open window

ONE of the essentials of perfect health is perfect cleanliness, and no one may hope to achieve this end unless each article of wearing apparel is carefully placed where it may air after it is taken off. There are many too careful women in this world who think they should hang each dress and undergarment in a closet every night, and they pride themselves upon their neatness. What a mistaken notion this is! If they gave the subject a thought they would see that a more unhygienic procedure could not be indulged in. Everything should be hung where it may receive the full benefit of fresh air, and the wise woman will change her corset, once at least during a hot summer day, for the clammy dampness, after an hour spent at tennis or working in the garden, is certainly not conducive to healthfulness.

For sports one may wear netted corsets, and they are cool and comfortable for every day, though they may not be depended upon to keep their shape for many months. Other ventilated corsets there are on the market, and any one of them would be satisfactory from a comfort viewpoint, although you must not expect too much of their wearing qualities. Although corsets should usually be laced with only one lacer, nevertheless, when strenuous exercise is the order of the day, it does no harm to use three lacerations—one to extend from top to line of waist, another for the waist and a third from there to the lower edge. In this way you may be sure that the corset will stay in place.

BATHING

The cleaning of the corset must be treated elsewhere, but all ordinary little spots left by the black lining of a gown or careless handling during the airing process may be removed by a gentle rubbing with the soft eraser. This takes but a short time and the results are admirable.

Very particular women change all of their undergarments twice a day, and, although the corset may not be thus lightly discarded, every one should have on hand at least two pairs—one to air and one to wear. It is needless for me to tell my readers that a daily bath is the most important medicine for all bodily ills. It merely is the first duty of the person, masculine or feminine, who wishes to be strong and well.

I often wish I could adequately and strongly enough tell my readers of the importance of frequent bathing.

AN OLD STORY

Have you read the story of the little boy who was to represent Cupid at a festival and was painted with gold from head to foot? In two hours he was dead, poor little chap; and it was not the ingredients of the paint that killed him. It was the covering of all the pores of his skin so no air could penetrate, and he suffocated, just as though he had been smothered with a pillow.

Not just the nose and mouth are used for breathing; every inch of the body takes in the air, drinks in health and life and vitality. So you see how important it is that the pores should all be free and not clogged with dust and soil accumulated during an average day. The only way to insure the cleanliness of the pores is the daily bath, taken in the evening or in the morning. It may be hot, cold or tepid, and you may use soap or you may not; but, in any case, immerse your whole body in fresh water and allow the pores to become clean and free to accept the life-giving air.

Very hot baths taken at night keep many people awake, so perhaps it is better to take a tepid bath in the morning of course, for those who are strong enough to stand it a daily cold bath is always best of all. The reaction is healthful and refreshing; but this is a matter that should really be decided by a doctor for each individual case.

A soft rubber is a quick cleaner.



Three lacerations make the corset more comfortable.



Take a deep breath before trying.

Aids 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.

To Clean a Dining Room Table
Dear Mrs. Symes:
Please tell me what to use to clean a dining room table. It is discolored by oil and grease and covered with lint.
One tablespoonful of sweet oil, one tablespoonful of lemon juice and one tablespoonful of starch mixed together and rubbed on the table will improve its appearance. If it does not restore the finish, then it will be necessary to sandpaper the table and have it repolished.

To Harden the Bust
Dear Mrs. Symes:
I am sure the Vaucaire remedy would do you much good, and you can have the recipe filled at any drug store. Little cocoa butter rubbed in lightly and gently will harden the bust.

The Right Temperature
Dear Mrs. Symes:
I tell me of the use of formaldehyde as a disinfectant, and any other disinfectant that will kill germs.
Also tell me the right temperature of the human body and what it should register on a fever thermometer.
I do not care to take the responsibility of telling you how to use a disinfectant, for I feel that this advice should be given you by your own physician.
The normal temperature of the body is about ninety-eight and three-fifths degrees. This is marked on a clinical thermometer.

Enlarged Pores
Dear Mrs. Symes:
Will you give me a recipe for large pores? I have used a good powder on my nose and chin, but it has made large pores, which have come to look like blackheads.
Use the lotion for which I am giving you the recipe, and do not use any powders on your face.

To Develop the Bust
Dear Mrs. Symes:
Will you please give me a good bust developer, one that will not affect the other parts of the body? Would like to have one to be used externally. Does cocoa butter develop the bust, and how is it used?
Cocoa butter is an excellent thing to develop the bust, if you use it gently with a rotary motion. Deep-breathing exercises before an open window will also help.

A Quantity of Hair
Dear Mrs. Symes:
I am a girl, I feel years of age and have very long hair, reaching down to my knees in the back. I don't like to wear a hair roll, as it makes the hair fall out and also causes dandruff, but without it I cannot arrange my hair, as it is very straight and oily, and I cannot do anything with it. I have to get the largest and strongest hairpins in the market, and they make my head sore.
My complexion is full of blackheads that I would like to get rid of. I generally press them out with a ring and rub cream on, but they come back and leave large pores.
It is often true that much hair

is harder to arrange than a little. Why don't you go to some good hairdresser and let her arrange your hair to suit your features and comfort? Then, after you see her put it up two or three times, you will be able to do it yourself. She may be able to tell you what to do to make it less burdensome. Do not press out the blackheads with a ring, but bathe them with very warm water, apply a good cream, then wipe off with a soft cloth. It would be well for you to use any recipe for removing blackheads you will find on this page.

To Increase the Growth of Hair
Dear Mrs. Symes:
Please tell me the best tonic that will grow hair. My hair is yellow so I want something that will not darken it. Also something that will promote the growth of my eyelashes. Will tannin make my lips thinner?
I am giving you the recipe for an excellent hair tonic. If it should make your hair a little darker, put a pinch of washing soda in the water when washing your hair; this will keep it light and fluffy.

Several Recipes Requested
Dear Mrs. Symes:
I would appreciate very much if you would kindly publish a good prescription for pimples. Also one to close the pores so my face will not be so coarse.
Below you will find three of the recipes for which you did not send the large, I advise you not to use any, and always rinse in cool water.
For Whitening the Skin—A Liquid Powder.

Pure oxide of zinc..... 1 ounce
Glycerine..... 1 ounce
Oil of chamomile..... 1 drop
Essence of rose..... 1 drop
Sift the zinc, dissolving it in just enough of the rosewater to cover it, then add the glycerine, next the remainder of the rosewater.
Shake well and apply with a soft sponge or an antiseptic gauze. The face must be well wiped off before the liquid dries or it will be streaked.

Pimples
Beis-naphthol..... 5 grains
Oil of chamomile..... 1 drop
Quintessence of benzoin..... 1 ounce
Use on the face.
Obstinate Blackheads of the Skin.
Ether..... 2 ounces
Rub into the face with a soft cloth, and as the mixture burns wash the surface with hot water.

The King's Coronet
Dear Mrs. Symes:
My husband is interested in costume work, and just at present he is making the coronet of King Edward's Imperial robes. What is the shape of the coronet? Could you tell me the shape or ornamentations of the coronet?
Would you please give me the recipe for a good hair tonic? My husband's hair is falling out dreadfully.
I am very sorry you did not send me your address, for I could have sent you a picture of King Edward's coronet, which would have helped your husband. However, if it is not too late for me to help you, I wish you would send me a self-addressed stamped envelope, I cannot describe the crown, because it is too complicated.
If you rub coal oil on your husband's scalp I think it would promote the growth of his hair and stop his hair from falling out.

Catholic Questions
My Dear Mrs. Symes:
Will you kindly answer the following questions for me?
1. Do the girls at the Sacred Heart Convent, Grange Point, call the young men? 2. Are there Carmelite nuns? 3. Is there an order of nuns where they never see each other? 4. Do the cloister nuns ever walk outside? When a man takes his first vows for priesthood he is sent out in the world for a year to see everything at the expense of the church? 5. Was St. Patrick a Frenchman? 6. What is a Franciscan? 7. What is a Benedictine? 8. What is a Cistercian? 9. What is a Dominican? 10. What is a Jesuit? 11. What is a Salesian? 12. What is a Lazarist? 13. What is a Marist? 14. What is a Vincentian? 15. What is a Salvatorian? 16. What is a Sacerdotian? 17. What is a Missionary? 18. What is a Religious? 19. What is a Nun? 20. What is a Sister? 21. What is a Mother Superior? 22. What is a Abbess? 23. What is a Prioress? 24. What is a Convent? 25. What is a Nunnery? 26. What is a Monastery? 27. What is a Priory? 28. What is a Abbey? 29. What is a Cathedral? 30. What is a Basilica? 31. What is a Sanctuary? 32. What is a Shrine? 33. What is a Pilgrimage? 34. What is a Jubilee? 35. What is a Holy Year? 36. What is a Feast Day? 37. What is a Festival? 38. What is a Solemnity? 39. What is a Feast of the Holy Spirit? 40. What is a Feast of the Holy Trinity? 41. What is a Feast of the Holy Eucharist? 42. What is a Feast of the Holy Communion? 43. What is a Feast of the Holy Sacrament? 44. What is a Feast of the Holy Mass? 45. What is a Feast of the Holy Sacrifice? 46. What is a Feast of the Holy Offering? 47. What is a Feast of the Holy Oblation? 48. What is a Feast of the Holy Veneration? 49. What is a Feast of the Holy Adoration? 50. What is a Feast of the Holy Contemplation? 51. What is a Feast of the Holy Meditation? 52. What is a Feast of the Holy Reflection? 53. What is a Feast of the Holy Contemplation? 54. What is a Feast of the Holy Meditation? 55. What is a Feast of the Holy Reflection? 56. What is a Feast of the Holy Contemplation? 57. 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