CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

The Sensible Treatment of Insomnia

Read Yourself to Sleep

Brush Your Hair to Ease Your Nerves

A Cracker Jar By Your Bed.

INSOMNIA is by no means the terrible thing that it seems to most people. As a well-known doctor says, there are far worse things than lying awake for a few hours in a warm, well-ventilated room, alone with one's thoughts.

Very few cases of so-called insomnia, are really as bad as their proud owners pretend they are; insomnia as a health-destroying disease is really quite rare, even in this neurotic age. When it does occur, it is usually a symptom of some other disturbance, as to the removal of which the doctor should be consulted.

If you cannot sleep, night after night, and yet you know there is nothing physically the matter with you, see whether you overexert mentally or physically just before going to bed. Find whether your room is properly aired and your bed clothing light yet warm. A good plan in this connection is to keep an extra quilt at the bottom of your bed, and to draw it over you when you wake with that "won't-go-to-sleep-again" feeling.

Going to bed on an empty stomach is another cause of sleeplessness; a glass of hot milk before retiring and the cracker jar kept by the bed will do away with this source of trouble.

A too high pillow is another; always sleep on a flat pillow, or without any if possible. A small hop or pine-needle pillow has sometimes effected wonderful cures.

Very often irritated nerves are at fault. One way to soothe them is to get up and brush your hair, gently but persistently, until you begin to feel drowsy. A light-proof and sound-proof room is, of course, absolutely unnecessary; but if any sound, like the ticking of a clock, annoys you, remove the object, or in some way stop the noise.

Should you find no rest by any of these methods, get up, make a light and read yourself to sleep, choosing some sedative and unexciting book which will yet at least partly hold your attention.

By the way, don't indulge in the puerile devices recommended by our grandmothers, such as counting sheep, etc. If you really want a little trick that will tire you out physically, try staring hard at the brightest thing you can see, forcing your eyes open every time they close, until you fall asleep from sheer weariness.

It is a matter of great importance to train yourself to sleep regularly. All medical authorities of today concede that for the maintenance of health eight hours of sleep is the minimum required. A brainworker requires more sleep than a manual laborer.

Habitual deficiency of sleep will undermine the strongest constitution. I am emphasizing this, for I know that many women do not fully appreciate the value of sleep or the harm of insomnia, even in its first stages.

A few minutes spent in breathing exercises, or a hot foot bath or plunge, will help considerably in closing the eyes. You should take no coffee after breakfast if there is the slightest tendency to insomnia. Late suppers should be avoided.

Generally speaking, you should try to draw away the blood from the brain. Brisk exercise, hot baths, light massage, cold douches for the spine, and cold, well ventilated rooms are the mechanical aids that must be used in the self-treatment.

I know of many women who are made very sleepy by lettuce. Why not try a diet of lettuce before going to bed? It is light food, easily digested and will help wonderfully. So will warm, not hot, milk.

Above all, do not induce sleep by opiates! The smallest dose may give you the required sleep, but without the advice of a physician you should positively abstain from the use. The habit is formed so quickly and the system demands the artificial means so insistently after the first few doses that you will be facing a life of insomnia or opiate-taking.

Attack insomnia at the root. Find out if you have been defying the laws of nature. Give yourself a thorough, truthful investigation. Ask yourself if you are giving sleep a chance.

If all things fail, consult your family doctor.

And now I hope that I haven't made my talk too long. At any rate, if I have put you to sleep I shall be pleased.

Use a Low Pillow

Warm Feet Are Essential

Precautions Against Deafness

IF THERE is ever so slight a tendency to deafness, care should be taken not to wet the hair. Avoid cold plunge baths.

When the ear is slightly deaf never allow the feet to grow cold. Avoid dampness of the extremities, and never sit with the back to an open window. These imprudencies aggravate the infirmity.

Never pour any liquid into the ear, unless it has first been warmed. Never pour oil or milk or any greasy substance into it with the hope of relieving it when suffering from earache. All grease becomes rancid and increases the inflammation.

Never strike a child on the ear. The tympanum might thus be ruptured and incurable deafness be the result of the brutal act.

Choosing Dentifrices

DELICATE lips are liable to be irritated by a tooth powder or mouth wash, not because the powder or wash is too strong, but because the lips and skin around are so unusually delicate that they are irritated by powders and washes that are well borne by those with less delicate skins.

This is an additional reason for having tooth powders and mouth washes specially prepared, so that the nature and proportions of the ingredients are known. When this is done, a dentist or doctor, if anything has caused the irritation, can reduce the amount or remove any ingredient that is capable of irritating even the most delicate lips.

Advice on Social Customs

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

IS IT HYPOCRISY?

THE other day I heard a discussion about politeness and hypocrisy. In the heated debate there were supporters for each side. Some women said that politeness frequently is hypocritical; others maintained that it is not. Let us discuss the question.

Take, for a beginning, the little phrase, "Not at home." Most authorities on social questions consider that to mean that the hostess is not receiving at that time. An inopportune disturbance of the plan to receive has cropped up; an indisposition to receive has made the "not at home" necessary. It is not required to explain fully to the caller, who merely leaves cards and can consider her social obligations paid. "Not at home," then, means that the hostess, through some inability, cannot receive a caller in person.

There are some little formalities, though, that are emphasized by some women and not meant. An invitation to call, without informing the person of one's residence, is decidedly meaningless and hypocritical. If you do not wish to continue an acquaintance, you can terminate it without empty, seeming cordiality.

On the other hand, an acceptance of an invitation to call ought not to be made unless you really intend to do so. If you are busy, or your plans be unsettled, say so. Do not promise, with all the sincerity of manner that some women can pretend, that you will surely call within the next month, etc., if you do not mean it. Nothing can ever be gained by that; much is lost.

In acknowledging gifts or invitations, don't gush. Don't "lay it on with a trowel," to quote Shakespeare. Be sincere, dignified, and always remember the will that prompted the giving. I cannot understand how some persons can ridicule a gift, hold it up for much unkind merriment among friends, and then sit down to write an effusive letter of thanks. That is hypocrisy.

You know as well as I when there is a ring of sincerity in your own words. If you have written something that does not ring true, tear it up. Think before you speak, and then speak without any falsity to your ideas of what is good and true. There is decidedly no excuse for hypocrisy. You can be kind without being false.

SOLUTIONS TO SOCIAL PROBLEMS

P. P. C. Cards

DEAR Mrs. Adams.
Will you kindly explain to an ignorant one the meaning and use of P. P. C. cards? A READER.

It is customary for persons who are leaving the neighborhood or city of their residence for the season or for a voyage to leave cards on all those with whom they have visiting relations, in order to acquaint them with the news of their departure. In this case the ordinary visiting card is used, but with the letters P. P. C. written in one of the lower corners to indicate the fact of the intended departure. The use of these letters springs from the polite French custom of a special call made pour prendre conge (to take leave) of one's friends.

P. P. C. cards are very necessary when a member of society is in debt for hospitalities received and finds it impossible to pay in person, before going away, the many calls he or she owes. It is permitted to drive from house to house, leaving cards so inscribed with the servant who answers the bell; and if there is not time to do this, it is even permissible to slip the cards in proper envelopes and post them the day before going away.

To Assure Him

Dear Mrs. Adams.
Several times it has been necessary for me to decline an invitation offered by a young man whom I like very much. I do not want him to think that I wish to drop his acquaintance. What can I do to assure him that I wish his friendship? EDNA.

Under the circumstances the kindest thing for you to do is to invite him to dinner, giving the invitation in the name of your mother. Or, if this is not desirable, you could arrange to entertain a few friends some evening and send him an invitation.

Title on Cards

Dear Mrs. Adams.
May a woman doctor use her title on her visiting cards? S. S. S.

A woman who practices medicine should use two kinds of cards. One should bear her name thus: Dr. Emily Smith Blank, or Emily Smith Blank, M. D., with her address in one corner and her office hours in another. This would be for professional use only. Another, for social uses, should bear her name thus: Miss Emily Smith Blank, or Mrs. Thomas Randolph Baxter, with only her house address in the corner.

The Knife and Fork

Dear Mrs. Adams.
In which hand should a fork be held when eating, and what is the proper way to hold a knife and fork? JOHNNIE.

When conveying food to the mouth the fork should be held in the right hand.

The first important thing to remember is that the knife and fork should not be held in a vertical position when cutting food. They should be almost flat. The fork is held in the left hand with the palm over the handle. The forefinger is extended a little beyond the handle. In the same manner should the knife be held in the right hand.

A Perplexing Point

Dear Mrs. Adams.
I have been a frequent visitor at a newly married couple's home. They informed me that a young woman is to visit them. Would it be proper for me to put in an early request for taking her to the theater? WALTER.

The proper thing for you to do first of all is to call on the guest. Then you may offer her your hospitality.

The First Call

Dear Mrs. Adams.
When a bride has moved into a vicinity, should she call upon her neighbors first or they on her? What are the proper hours for calling? ANXIOUS.

Brides and strangers newly arrived in a neighborhood never make the first calls. Formal calls are paid between 3 and 5.30 o'clock.

What to Do

Dear Mrs. Adams.
I am a constant reader of your social problems and will appeal to you for advice. I am a young married woman and there is a young man who was a friend of mine when I was single. I broke an important engagement with him and never saw him after that to apologize. I was bashful about writing to him and, therefore, neglected to do the proper thing. Recently I saw him at a distance. In case I must face him at some time, what would be proper for me to do, as I know I shall feel embarrassed, for I thought a great deal of him during our friendship. This happened several years ago. IGNORANT.

The only sensible thing for you to do is to act naturally, should you meet the young man. To save yourself all embarrassment, do not refer to the broken engagement.

Asked Her to Write

Dear Mrs. Adams.
Kindly give me your advice in this matter: I met a young man in another city and he came here on business and asked me if he could call, and he did. In leaving the city, he asked me to write to him. Was it correct for him to ask me to write to him, or do I have to wait for him to write first? With thanks. ALICE.

The young man should have asked permission to write. Your granting him this favor would signify that you would keep up the correspondence. I advise you to wait until he has written before sending him a letter.

Address on Card

Dear Mrs. Adams.
Will you kindly tell me through your paper whether it is proper to have one's address on one's visiting card and where? Also, on which side of card is written acknowledgment of letter of sympathy? PERPLEXED.

1. One's address should appear on the lower right-hand corner of one's visiting card.

2. One's card should not be used for such a purpose. Letters and notes of condolence should be answered by a brief note.

Mourning

Dear Mrs. Adams.
Will you kindly advise me as to the length of time a granddaughter should wear mourning? A READER.

When mourning for a grandparent, all black without a touch of crepe is worn for three months. Ordinary jewelry that is not conspicuous may be worn with this dress.

Paper Napkins

Dear Mrs. Adams.
Will you please inform me if it is good form to use paper napkins when giving a rather elaborate reception? This was done recently, and I questioned the taste displayed. AN INTERESTED PARTY.

At an elaborate affair paper napkins are out of place. They do not seem to fit in with the formality of the occasion.

Beauty Queries Answered

REPLIES to letters sent to the writer of this department will be printed in regular order; but no replies in print may be expected in less than three or four weeks.

Correspondents desiring immediate replies to queries may get them by inclosing a stamped, self-addressed envelope. Personal inquiries will receive prompt attention if accompanied by a stamped and addressed envelope.

Care of the Hair

Dear Mrs. Symes.
Will you please tell me the proper care of the hair? My hair is very long and heavy; should it be washed often? Will not frequent shampoos spoil the beauty and life of the hair? Can you tell me of a good dry shampoo? GERALDINE.

In caring for the hair it is important that clean brushes and combs be used. We have not the space to give a lengthy discourse on the care of the hair, but if you remember the three most important things, your hair will be kept in fine condition: First, the scalp should be massaged with the tips of the fingers every day. Second, the hair should be brushed for five or ten minutes every day. Third, the head should be shampooed once every four or five weeks. It is not advisable to wash the hair any oftener than this, unless there is much dandruff or there is a disease of the scalp.

A Sty Cure

Dear Mrs. Symes.
Will you kindly tell me what to do to cure a sty? FRANK.

The best thing to do to cure a sty is to bathe the eyes frequently with warm boracic lotion (5 grains to 1 ounce of water) and apply at night a piece of boracic lint wrung out of boiling water. Cover with a piece of jaconet and a pad of cotton-wool on top. Fix with a bandage.

Request for Recipe

Dear Mrs. Symes.
I have great difficulty in making my hair stay in place. Some one told me that you had such a splendid formula for brilliantine. Will you kindly let me have it? CLEOPATRA.

The brilliantine is made of the following ingredients:

Sweet almond oil	8 fluid ounces
Alcohol	4 fluid ounces
Glycerin	1 fluid ounce
Oil of rose geranium	12 drops

A Lip Salve

Dear Mrs. Symes.
Some time ago I saw in your columns a recipe for a lip rouge. I have lost that paper, and should appreciate it very much if you will reprint the recipe. FAITHFUL READER.

I believe this is the recipe to which you refer:

Cherry Lip Salve

Spermaceti ointment	1 ounce
Balsam of peru	15 grains
Alkanet root	15 grains
Oil of cloves	8 drops

Heat the alkanet in the spermaceti ointment until the latter melts and the whole is a deep rose color. Pass through a strainer, then slightly cool, stirring in the balsam. Let it settle for a few moments, then pour off the clear part and add the oil of cloves. Pour into small pots. It is ready for use as soon as cold.

Thin and Colorless Face

Dear Mrs. Symes.
I am 18 years old and measure 5 feet 2 inches tall. What can I do to become taller? I think I am in perfect health, but I have no color in my face and it is very thin. Can you give me the recipe for the quinine tonic, for my hair is thin and short? S. A. M.

You may be able to increase your height by exercising. Try this one: Stand erect and raise the hands as far toward the ceiling as possible; then, with a sweeping motion and without bending the knees, touch the floor with the hands.

To make your face plump massage with cocoa butter every day. If you will take long walks and exercise in the fresh air daily, the blood will be more perceptible in your face.

Here is the recipe you desire:

Quinine Hair Tonic

Sulphate of quinine	1 dram
Rosewater	8 ounces
Diluted sulphuric acid	15 minims
Rectified spirits	2 ounces

Mix, then further add: Glycerin, ¼ ounce; essence royale or essence musk, 5 or 6 minims. Agitate until solution is complete. Apply to the roots every day.

Too Stout

Dear Mrs. Symes.
I come to you with my troubles. I am 16 years old and weigh 175 pounds. My height is five feet. Can you tell me anything that will remove the superfluous flesh from my body? BROWN EYES.

If you will take regular exercise you will get rid of superfluous flesh and cultivate firm muscles. Indulge in all athletic sports and get the walking habit.

Skin Is Oily

Dear Mrs. Symes.
Kindly advise me of a remedy for an oily skin. I have been advised to use pulverized alum in distilled water, but it seems to me the alum would cause the skin to shrivel. INQUIRER.

Follow the advice given to "A Subscriber." The constant use of alum would have a bad effect on the skin.

Oily Skin

Dear Mrs. Symes.
Can you give me a cure for an oily skin and a shiny red nose? How can I increase my height? A SUBSCRIBER.

First of all, you must pay attention to your diet. Do not eat fried foods, and avoid the very sweet ones. Bathe your face in water into which a few drops of alcohol have been dropped.

To avoid having a red nose you should touch it as little as possible. Very frequently the nose is red on account of indigestion or by the wearing of tight clothing. I am giving you the recipe for a lotion which I advise you to use:

Powdered calamine	1 dram
Zinc oxide	30 grains
Glycerin	½ dram
Cherry laurel water	4 ounces

This lotion should be well shaken before it is mopped on the nose. It may be used both morning and evening.

Many persons have increased their height by stretching exercises. Practice this one several times a day: Stand erect, with the heels together. Raise the hands as far toward the ceiling as possible, then bring them forward and touch the floor with the palms of the hands. Do not bend the knees while doing this.

Kentucky Cold Cream

Dear Mrs. Symes.
Kindly publish your formula for Kentucky cold cream. Will it increase the growth of superfluous hair? Is it a good cleansing cream? Recently the skin of my neck became full of goose skin pimples. What shall I do for that? ANXIOUS.

Here is the formula you desire:

Kentucky Cold Cream

Rosewater	4 ounces
Almond oil	4 ounces
Spermaceti	1 ounce
White wax	1 ounce

It will not increase the growth of hair if it is applied lightly, but where superfluous hair is growing great friction must be avoided. The cream will cleanse the skin as well as nourish it.

Bathe your neck with very warm water and cleanse the skin with a good soap. After rinsing and drying it, rub on cold cream. Wipe away all traces of the cream with a soft cloth.

Superfluous Hair

Dear Mrs. Symes.
I have superfluous hair on my face, especially on the upper lip. Would buttermilk have any effect on it? BUTTERMILK.

Buttermilk would have no effect. I advise you to have the hairs removed by electricity if they are very noticeable.

Puffy Eyes

Dear Mrs. Symes.
1. Will you please publish a remedy for puffy eyes? I have tried cold water to no effect.
2. Will cocoa butter fatten the neck near the collarbones? If not, please publish an exercise that will help to remove them. Will it remove hollows from the cheeks?
3. I have very large hips and legs. I am not at liberty to take rapid walks nor can I exercise every day, as I am busy with housework. What shall I do? If dieting will help me, please tell me what I may eat. UNSIGNED.

1. The puffy condition of the eyes sometimes indicates kidney trouble. I advise you to consult a physician about the matter. It would be useless to try various remedies without knowing the cause of the trouble.
2. Yes.
3. Exercise is the only thing to reduce the hips and legs. Surely you can make an effort to arise ten minutes earlier than is your custom and spend that time in exercise. Any of the directions for exercise to reduce the weight given on this page may be followed.

Olive Oil

Dear Mrs. Symes.
Please tell me if olive oil will fill out the hollow places in my neck and make my arms shapely.
Will vaseline make the eyebrows and eyelashes grow? PUGGY.

Olive oil, if taken three times a day, will increase your weight and thereby fill up all hollows.
Yes.

Recipe for a Rouge

Dear Mrs. Symes.
Will you kindly print your recipe for bloom of roses, a rouge? MAGGIE.

Following is the recipe you desire:

Bloom of Roses

Rosanilin	77 grains
White wax	1¾ ounces
Spermaceti	80 grains
White petrolatum	320 grains
Alcohol	½ fluid dram

Perfume to suit.
Dissolve the dye in alcohol, add this solution to the fats previously melted, and incorporate the whole together, continuing the stirring until the mixture has cooled.

Arms and Neck

Dear Mrs. Symes.
1. What will make my arms fat?
2. If I massage my neck with cocoa butter, will it make it plump?
3. What will make my eyelashes long and dark? Does vaseline make the eyebrows darker or heavier?
4. I am five feet and a half inch tall and weigh 130 pounds. Do I weigh enough? GRAY EYES.

1. Procure dumbbells and exercise with them every morning.
2. Yes.
3. Vaseline is very good for the lashes and brows, as it will increase their growth, but it will not darken them. The use of a dye is the only thing which will give that effect.
4. Your weight and height are in very good proportion, although the addition of a few more pounds would not be considered superfluous.