

How to be Healthy and Beautiful

by Mrs. Henry Symes

Warding Off Nerve Storms



The Anxieties of a Kitten Offer Relaxation

Does any one nowadays read Louis Alcott? If so, they will remember Maid, in "An Old Fashioned Girl," who wanted to be "amooed," because she had been told that she was "fractious," and she felt the weight of the unknown disease heavy upon her!

It seems rather severe, in these days of the boasted athletic woman, to say that many girls and women work themselves into nervous headaches and hysterics by pure fractiousness, but it seems often the case. Where one is not really ill or on the verge of nervous prostration from exhaustion or overwork, there is no excuse for the nerve storms from which some women suffer constantly.

While there is no excuse, however, there may be an explanation, and it is to be found in the petty irritations of little things. Women, always more highly strung than men, lose control of themselves entirely too often for their own good. Though they can meet great crises with perfect calm and command of the situation, the minor annoyances of life leave them utterly unfit to cope with them.

Usually, too, these annoyances are so simple and unnecessary a character that one wonders how they could have ever occurred. For instance, a real instance may be cited which will be a useful lesson to many. A woman who was sewing found herself growing more and more irritable. Nothing seemed to go right, and she had almost worried herself into a nervous headache when she suddenly recalled that for half an hour she had been holding a pencil between her teeth. There had been no necessity for this, and the unconscious tension had strained every nerve, bringing her unconsciously to the verge of nervous tears.

MAKE YOURSELF COMFORTABLE
One of the first rules for warding off nerve storms is to make one's self as comfortable as possible when at work; a second is to ignore what one cannot have, a third, persistently to push aside unpleasant recollections and to take up some vigorous exercise, or to sing and sing and sing, until the tendency has fled.
Very often when sewing a woman will sit in a chair two inches too high for her, just enough to necessitate a strain upon the feet and calf muscles. Again, the article most needed will be farthest away; the spool, instead of being placed where it cannot fall, is put upon a little ledge, from which it drops at every opportunity in the most provoking manner. Let us, therefore, seek first for comfort and convenience. Let us not make anything "do" if better can be obtained.
One way, for instance, of guarding against these sewing troubles is to have a sewing screen, such as that shown in the picture. Thus everything in its wonted place, and ordinary neatness will keep them there. In fact, "a place for everything and everything in its place" is a good rule,



A Sewing Screen Saves Many Useless Steps



A Sewing Chair that is too High Causes Nervous Tension



Bandage the Eyes with a Black Ribbon

even if an old one, for those highly strung individuals who fly to pieces at the least irritation.
The screen mentioned is fully within the capacity of the home carpenter, being simply two painted boards, hinged together, and supplied, as shown in the illustration, with hooks, nails on which to place spools, a spacious bag and two shelves. Its mere possession will ward off many a nerve storm from the busy housemother.
But days come when, in spite of precaution, everything goes wrong. The scissors fall, the cotton knots, the goods slip, the dishes break and nothing is as it should be. Then the victim may be sure the trouble lies in her own nerve centers. There is but one thing to do—face the fact and deal with it, not by fighting, but by yielding. Give up everything, and go away alone, if only for ten minutes, not to commune with one's self, but, if possible, to banish thought entirely. To "let down" the mental system, so to speak, to retire to an absolutely dark closet is an excellent thing under such circumstances. "Aunt Johnny," one of John Strang's "White's" heroines, was wont to say that she took fifteen minutes each day and "emptied her brain." That is what the nervous woman needs.
One sufferer from nervous headaches has devised a plan of resting which cannot be excelled. She had a large closet with one window in it. It would just hold a cot along one wall. The walls were painted a beautiful green, and the window was curtained with the same color. Here each day regularly she would come for a little rest. Here she found, nothing to attract the eye, nothing to cause mental effort, nothing to jar the nerves. If she found a nervous headache on the way, a short time in this sanctuary would do it. The small amount of time she devoted to that little green wardrobe each day was a nerve tonic which renewed her mental tone and gave her serenity of soul. Of course, an entire room is not attain-

able by all, but simply to rest one while in a darkened chamber, with a black bandage over the eyes, is an enormous help.
One of the best ways of warding off approaching nerve storms is pleasant activity. Physicians recognize this fact, and prescribe the society of a kitten or a puppy for nervous patients, well knowing that in watching its antics half their imagined ills will be forgotten. It is good, therefore, to have near at hand some special piece of work, a puppy for nervous patients, well knowing that in watching its antics half their imagined ills will be forgotten. It is good, therefore, to have near at hand some special piece of work, a puppy for nervous patients, well knowing that in watching its antics half their imagined ills will be forgotten.

BENEFICIAL EXERCISES
Simple exercises, too, are often of benefit. If possible, they should be taken in the open air, walking feet being an excellent tonic. All the breathing exercises and those involving motions of the head and neck are also good. Practice deep breathing regularly. Stand before an open window once daily and inhale and exhale slowly twenty times. After all, however, nerve storms are usually due to concentrated egotism, if not egotism, and the main object is to forget self and lose one's self in outside interests. Anything, then, that will accomplish this end is a cure for those unpleasant and unnecessary temptations into which women so frequently work themselves.
To the well-poised woman the whole matter may seem too petty for consideration, but her nerves know the wear and tear, the depression and the tired and weary countenance caused by a real nervous storm, and she, too, will seek eagerly for the smallest safeguard against its recurrence.
To return again to Louis Alcott, the sum of the whole affair is that your "mind a little kingdom is," and it is yours to rule as you will.

Wishes Bust Enlarged
I am 23 years old and married. Would like my bust enlarged. I am rather stout and have plenty of good tissue, but I would like to have my bust enlarged. I would like to know how Dr. Vaucire's remedy is used. I am a little bit stout and would like to know how Dr. Vaucire's remedy is used. I am a little bit stout and would like to know how Dr. Vaucire's remedy is used.

The Vaucire Remedy
I am in need of a good bust developer, and would be very grateful if you will send me the formula of the Vaucire Remedy, or tell me where it can be procured.
The Vaucire Remedy is so frequently given in these columns that it seems strange that any one should miss it. It is, however, as follows:
Dr. Vaucire's Remedy for the Bust.
Liquor extract of salvia (great-rub) 10 grams
Tincture of fenel 10 grams
The dose is two suppositories with water.
Dr. Vaucire also advises the drinking of malt extract during meals.
Abutions of cold water and massage will also help to increase the size of the bust and make it firm.

Developing the Arms
The all-important question is, you wish to have your arms which are so thin and unattractive enlarged. They are of very good tissue, but they are so thin and unattractive. From about four times below the elbow to the wrist, and from about four times below the elbow to the wrist, and from about four times below the elbow to the wrist, and from about four times below the elbow to the wrist.

CARE OF SKIN AND HAIR

Red Face and Hands

When coming in contact with the heat of the sun, or even a strong wind, your face and hands become red. It is not that your skin becomes red, but that it is irritated. If you use medicine advertised for red face, you will only make it worse. Your trouble is probably constitutional, and is, in that case, peculiar to full-blooded persons. There is, therefore, nothing to relieve it, am sorry to say.
It is advisable to use any patent medicine for reducing superfluous hair or for anything else. No "medicines" properly speaking, can remove superfluous hair at all. Only the X-ray or the best of all other remedies, the electrolytic treatment, being only temporary, it is as follows:
Funies Treatment for Superfluous Hair.
Get an ordinary cast steel or piano steel. This is not, however, for the purpose of the hair, but the skin. It is to be used in the same way as the X-ray. The hair will wear the hair off. Be careful not to use the steel in the same way as the X-ray. The hair will wear the hair off. Be careful not to use the steel in the same way as the X-ray.

Falling Hair, Etc.
I have managed my scalp according to the advice of other correspondents, and find that it is not so bad as I thought it was. I have a large amount of it comes out. My hair is very thin about the sides, and I have a hard lump about the size of a small bean on my head. Would this be caused by any disease of the scalp?
Perhaps you manage your scalp too hard, or perhaps it is not just now in a condition to receive treatment. Either discontinuing or moderating it, or perhaps the latter, giving a small amount of massage, or a slight application of first and gradually working up to vigorous action.
You do not say whether your hair is dry or oily, but give your hair a general recipe for falling of the hair. It is, however, a good one, and will probably help.

To Contract the Lips
Will you kindly publish the recipe for the lips? I have a very large mouth, especially the lower one. It is possible that I have a disease of the lips, but I would like to keep them contracted. I have a very large mouth, especially the lower one. It is possible that I have a disease of the lips, but I would like to keep them contracted. I have a very large mouth, especially the lower one.

Hair Falls Out Worse on Right Side
Can you tell me what makes my hair fall out worse on the right side than the left? I have a very large mouth, especially the lower one. It is possible that I have a disease of the lips, but I would like to keep them contracted. I have a very large mouth, especially the lower one.

Good Bath Powder
I would like the formula for a good bath powder, one that will not irritate the skin, but will perfume the body and make the skin soft and white.
I know of no extremely good bath powder, though several of the proprietary powders are excellent. The lotion I am giving you will, however, all requirements, I am sure.
Lotion of Lavender Flowers.
To be used to be added to Water When Bathing.
Revised Edition to be added to Water When Bathing.
I have a very large mouth, especially the lower one. It is possible that I have a disease of the lips, but I would like to keep them contracted. I have a very large mouth, especially the lower one.

TIMELY ADVICE TO CORRESPONDENTS BY MRS. SYMES

Impoverished Blood
I have appreciated your advice regarding the care of the hair and skin, and have tried several of the recipes for cold cream, finding them very satisfactory, especially the orange-flower cream.
Now, I come to you for advice. My skin is very dry, and as soon as the cold weather comes on my face breaks out in a dry, red, scaly something like eczema, but I get no relief in treating it as such. It is very sore, and when out in the cold seems almost to freeze.
An also in need of a good blood-maker, as my blood seems to be impoverished. C. B. D.
What you need is a good infusion of iron into the system. Your impoverished blood and the skin condition you describe are both due to lack of this important element. Of course, you would not take it plain, but in the form of the many good malt or wine compounds. After you have taken it steadily for some time, you will find that your blood and your complexion will alike improve. Keep out in the open air as much as possible and take a great deal of exercise. You will find that local treatment will then be unnecessary.

A Formula Restated
Have been greatly interested in your article on the recipe for Cream of Sweet Orange. Would you kindly publish again the formula for it?
I am sorry that you have never found this formula before. I am re-stating it for your benefit, and trust that it will prove satisfactory.
Cream of Sweet Oranges.
(A skin food.)
Sweet oil of almonds..... 1 ounce
Orange-water..... 1 ounce
Oil of sweet orange..... 1 gram
Essence of rose..... 1 gram
Borax..... 1 gram
Distilled water..... 1 ounce
Put all a mixture with boiling water, heat almost off and add the rest. Heat and strain. Add half a teaspoonful of the mixture. Stir the mixture quickly; lift the jar out of the water; add oil of sweet orange; white cream until it is cold. Put in pots and cover.

Reducing Flesh
Will you kindly prescribe exercise to reduce hips, side and back, also limbs from hip to knee?
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Reducing Hips and Back
Hip exercise can be done with good results by the way of decreasing size of the muscles, or by the way of increasing the size of the muscles. Hip exercise can be done with good results by the way of decreasing size of the muscles, or by the way of increasing the size of the muscles.

To Straighten a Nail
I have been copying in an office for several years, and my nails have become very crooked. Can you tell me what to do to straighten them?
I am very sorry, but I know of nothing that will straighten a nail. If you are very young, you may be able to do this, however, by learning to hold your pen in some other position.

Prescription Not Properly Compounded
After deriving much benefit from a number of your valuable formulas, I received to my surprise a prescription for a medicine which I had the prescription filled by a reliable druggist, but was much disappointed in it, as it does not seem perfect to me. Indeed, you will find a

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Rules to Reduce Flesh
Avoid all starch and sweetened food, all cereals, vegetables, containing sugar, or starch, such as peas, beans, corn, potatoes, etc. Eat a rice based diet, suitable for