

How to be Healthy and Beautiful

TREATMENT for PUFFINESS AROUND the EYES



Apply Tannic Acid with a Small Brush

When the Lids are Flabby

Treating Relaxed Tissues

THE condition of the tissues surrounding the eyes makes much more difference to the appearance of the eyes themselves than is generally realized. Even an unusually clear, bright pair of eyes will lose much of their attractiveness if the skin surrounding them is wrinkled or if there are puffy bags underneath.

When the skin is young, healthy, firm and elastic, the temporary wrinkles produced by frowning or smiling leave no permanent traces, but when the flesh becomes flabby and the skin loose and non-elastic, the repetition of muscular movements leaves deep furrows.

The puffiness which is seen under the eyes is the despair of many women. Sometimes this is due to some chronic internal trouble, but more often it is due to a relaxed condition of the skin.

It is easy to determine whether the puffiness under the eyes is due to inflammation of the lower lid. Pull the lid down, and if it looks red and inflamed inside, the chances are that this is the seat of the trouble. This trouble can nearly always be remedied by the application of a mild astringent by means of an eye-cup. Salt and water make an excellent solution for this, and another good lotion is boric acid of the strength of ten grains to the ounce of distilled water.

In addition to allaying the inflammation, measures should also be taken for restoring tone to the relaxed condition of the skin. Tannic acid will be useful for this—twenty grains to an ounce of glycerine. This may be applied to the baggy skin night and morning by means of a small brush or bit of absorbent cotton.

Massage is also most effective for toning up the skin and removing bagginess or puffiness. Use both hands; place the finger tips directly beneath the eyes, press gently around the outer corners and upward, following the contour of the eye.

Besides the massage for the relaxed tissues under the eyes, massaging the eyelids is very beneficial and keeps them from becoming wrinkled and puffy. This should be gently done by means of the forefinger of middle finger of each hand applied to the surrounding eyeball over the closed lid. Begin at the middle, and gently, with a rotary motion, pass the fingers outward until the whole lid has been covered. Very little pressure should be given.

If the puffiness stubbornly refuses to disappear after the above treatment, it is most likely occasioned by some constitutional trouble, and it would be wise to consult a physician in regard to the cause.

The Various Baths and Their Benefits

By Dr. Emma E. Walker

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THE youngest child of a certain peasant's large family, so the story goes, was feeble-minded. The mother, instead of feeling tender toward the little one, kept it out of the house as much as possible, and it was forced to go and sit in the neighboring pigsties.

One day the county physician, on going his rounds, noticed a great improvement in the little boy. He asked the mother what she had been doing for her child, and she replied that she did not have time to do anything for him; that she had been playing in the mud. This gave the doctor a new idea, and from that time on tradition has it, mud baths have been noted for their medicinal effects.

The Russian is a hot-vapor bath, while the Turkish is a hot-air bath. More perspiration is caused by the latter than by the former. These baths are followed by the cold spray. The object of these baths is to cause profuse perspiration for the removal of impurities through the skin, which is stimulated later by the cold spray.

The girl with heart trouble, or one who suffers with a full sensation in the head, should never take a Russian bath. She should take the Turkish, and indulge often in these baths.

An alcohol rub is frequently given after the Russian bath. Among the peoples of the Northern countries the value of sweating is highly appreciated. A Russian bath, called, named Paulus, has given a most interesting account of the steam bath that he took in the "Land of the Long Night."

He describes the bathhouse as being dark, with no light or air except what came in through the door. The room was about fifteen feet square and was ten feet wide. In the centre had been piled up a mass of boulders, which were heated by a fire of birch branches. The natives took the bath by undressing in the open and lying on the boulders.

They kept this fire going from morning till afternoon, and the boulders were thoroughly heated through.

Disordered in Intense Cold

Late in the afternoon, when the stones were well heated, two women went in and sat on the boulders, and, moving all of the ashes. They brought a big vessel which was filled with water, and placed it near the oven. Slender birch branches were also brought. Finally, the natives took Paulus to prepare for the bath by undressing in his room. It was thirty degrees below zero, but that made little difference to the young Finn.

When the boys were undressed they ran to the bathhouse, quickly closing the door after them. Water was taken from the vessel and dashed over the stones from a large dipper; the steam began to rise; more water was used, until the place looked like the steam room of a Russian bath. Paulus was so much affected by the steam at first that he had to sit on the floor until he became used to breathing the hot air. The perspiration coursed down his body in streams.

Then the boys fell to switching each other with the birch rods; more steam was raised, and another switching was indulged in, and then they were all ready to go home.

On the way home the house they all rolled in the snow, and Paulus was warned not to dress until he had stopped perspiring, so he walked up and down in his room for an hour or so before putting on his clothes. He declared that he felt like a new man after his experience.

An oil rub after the bath is very refreshing, and another switching was indulged in, and then they were all ready to go home.

Massage is necessary to knead in the oil, which should be perfectly sweet. The best quality of olive oil and rosewater should be used as a plaster and massage should be given to the face and neck.

The electric light bath is medicinal, and is arranged so that the electric light rays are thrown either on to the whole surface of the body or a part of it. When the current is turned on, heat and light are produced. These baths are used with great benefit in cases of rheumatism, gout and various joint affections.

EXERCISES to INCREASE the HEIGHT



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