## Thom 2000 in althy NE EXERCISES FOR



NY way that you take them, breathing exercises bring about results that are nothing short of wonderful in improving the gentral appearance, developing the chest, litering, much for the better, the whole carriage, and, at the same time, mproving the general health, which is the foundation of every satisfactory novement for developing beauty.

Even the color is benefited by breather the color is benefited by breather. ng exercises, and the eyes are made righter and clearer—two more points which count largely in the scale of

peauty.

For a while a curious fad—one with a

For a while a curious fad—one with a great deal of common sense in it—existed for taking breathing exercises as soon as you opened your eyes in the morning. aking them, too, at an open window, winter and summer alike.

The principle upon which this theory was based was that which so many loctors advance—that the habit of lying in bed after you wake is weakening in the extreme, and that you should arise as soon as you wake, to get the full benefit of your sleep. Otherwise, they say, you relax too far, and feel draggy all day, at least all the morning.

To this principle is added another—the freshening qualities of good, deep breaths of air.

There is no danger of taking cold, its advocates claim, and, certainly, you

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idvocates claim, and, certainly, you
hear so rarely as to say almost never
of one of its followers suffering from
colds or coughs.

Whether or not you go in for deep whether or not you go in for deep breathing upon those principles and to that extent, go in for it as far as you can. Straighten up whenever you think of it, in your office chair or walking along street or country, and inhale slowly for as long as you can—until your lungs are stretched to their utmost—and then exhale as slowly, varying the exercise by exhaling suddenly after the second breath, but always inhaling slowly.

If you are unused to deep breathing, the exercises make you yawn vigorously for a few moments, but as your lungs grow more and more accustomed to copious draughts of air, even the short spells of yawning will cease.

spells of yawning will cease.

The greatest good the inhalers which

for the upper arm muscles fluoded the market a few years ago ever did was to require the people who used them to breathe deeply and regu-larly. It was the habit, not the drugs,

which brought about such surprising The principle of resistance, which is

results.

The principle of resistance, which is so great a factor in many exercises, is the foundation of the cane exercises for deep breathing. Every motion should be resisted, the muscles contracted until the arms fairly shake with the strain upon them, while you breathe steadily, resting as soon as you find it impossible to prevent your breath coming in hurrled gasps.

Hold the cane, grasping it firmly with both hands, at arm's length, and raise it slowly, resisting your own action all the time, until the cane is held out in front of you. Try to do this while, mentally, you count thirty slowly, timing your breathing so that one good breath lasts while the arms are raised. Then exhale and raise the arms while you take another breath, until at "thirty" they are straight up over your head.

Get used to these two exercises before you go any further. And then get used to one new one at a time—bringing the cane down to the shoulders back of your head, and gradually (slipping your head, and gradually (slipping your head and seare the ends of the cane to make the feat possible), down to the waist. Hold the cane high above your head and bend slowly forward until the cane is straight out in front of you, and your head in direct line with it; or bend back as far as you can and sway from side to side, constantly resisting the movements and as consistently taking

side to side, constantly resisting the movements and as consistently taking deep breaths.

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Beautifu



Be careful to stand well HILE housework, even to its occasional devotee, suffers in comparison with outdoor sports, still, certain of its features may be made to serve the same purpose in developing certain muscles as do those very sports she craves to follow.

follow.

Take paddling, for instance. The movements may be almost exactly duplicated with a broom, turning sweeping into a form of exercise which has its results in an added poise of the body and in a marked development of grace. Not, of course, if she sweeps in an ungainly fashion. There are women to this day who persist in sweeping toward them, with the result that they become bowed early and stand awkwardly, which is absolutely unnecessary.

Hold your broom lightly and easily,

but firmly, and sweep away from you, taking as much interest in the way you handle it as in the fact that the room is gradually getting clean. Stand with your shoulders well back, bending from the hips, if you find it necessary to lean forward, instead of stooping forward as though from the shoulders.

Train yourself to sweep with the broom at the left side as well as at the right, developing the sides evenly.

As to rowing, plain, humdrum washing may be made to yield some of the same benefits if you make a point of

rubbing hard up, as well as, or, instead of, down the board. There is not the pull upon the upper arm muscles that rowing gives unless you do this, and the harder you pull against the board the more nearly you come to the movement and the benefit of rowing.

Even the washing of the little pieces—the embroidered table linen, which so many women prefer to do up themselves, rather than trust to the tender mercies of a washer woman—may be looked to as exercise producers.

A long pull.

Of course, there is no discounting the value which the keen zest of a game or of athletics adds to the actual physical development. And the clean, pure air in which rowing and paddling are usually taken is another great factor which is often lacking in doing housework.

But almost every sport has its parallel in actual tasks, which, if they must be done, may as well be done with an eye toward the good in the way of health and beauty to be got out of them.

## Mrs. Henry Symes' Advice to Correspondents

Impure Blood

Impure Blood

I HAVE been troubled with pimples and blackheads for some time. The pimples appeared under the skin in big red lumps. I consulted a skin doctor, and he gave me a wash. It drove what pimples there were on my face away, but left red spots and large holes all over my face. Every little while a new crop of pimples appears. Then, again, when I squeeze a blackhead, it leaves a nole. My pores are very large, and they fill with dirt, so that my face always looks dirty. My forehead is full of blackheads, which I can't get out.

If you will tell me what I can do, I will be much obliged. My blood is impure and lam constipated. I thought perhaps that might have caused the eruptions.

SWEET SIXTEEN.

The last lines of your letter form the tey to the situation. Neither skin specialists nor myself could help you till hese causes are removed. The blackneads and skin cruptions are directly lue to the impure blood and constipation. In fact, the blood impurities are nost likely due to the latter.

Unless you correct this immediately, till more serious trouble will result. It is one of the worst conditions that could exist in the human system. If you cannot establish regularity by simple laxatives and dieting, consult a physician at ives and dieting, consult a physician at

Formula Repeated Would you please repeat the formula for the removal of warts?

M. E. M. Wart Eradicator.

Sublimated sulphur, 120 grains; glycerine, b fluid drams; acetic acid, 1 fluid dram.

Apply repeatedly to each wart, continuing the treatment for several days. The warts dry up and then drop off.

Regulating the Development What is good and harmless to develop the bust or restore it after nursing? Is this Dr. Vaucaire's treatment good and not injurious to the system otherwise? I have read where the bust sometimes becomes an enormous size from such things. Would like to know in general what is good to gain flesh. Have weighed 157, but at present don't weigh 130.

Dr. Vaucaire's treatment is perfectly harmless and does not affect any other part of the system. The development can be regulated by the length of time the remedy is taken. The following suggestions may help to gain flesh in a general way:

To Gain Flesh.

be natural. Nothing is so bad for the appearance and general health as sleep induced by anodynes or narcotics in any form. The diet should be liberal, and should consist largely of food containing starch and sugar, potatoes, fresh, sweet butter, milk, cream, fruits cooked and served with sugar, all vegetables containing starch and sugar, such as corn, sweet potatoes, beans, peas, foods of the macaroni and spaghetti kinds, fish and oysters, ice cream, desserts without pastry; plenty of outdoor life and a moderate amount of exercise. Sleep in a well-ventilated room. I do not believe any one can gain flesh if there is an internal disease; certainly not if there is any tendency to dyspepsia or liver trouble. Where the patient is plump in one part of the body and fails in another, a gymnastic course is advised. There is nothing better than bicycling, unless it may be a regular gymnastic course. In order to pursue the latter properly, the patient is advised to go to a first-class gymnasium, submit to an examination and take the exercises prescribed by the attendant physician. These gymnasium, at moderate prices, may be found in a town of any size in the country. Where the development is meagre in the upper part of the body, swimming is also an excellent exercise. Walking is always wholesome. The patient who wishes to gain flesh can never do so if she worries, is harassed or permits her rerves to get the better of her.

Between a Dessert and a Table Spoon

In giving the Vaucaire remedy the dose was two soupspoonfuls before meals. Now, what kind of a spoon is a soupspoon? Would it be as large as a dessertspoon or not? not?

I think you suggested drinking malt in I think you suggested drinking malt in connection with the remedy. Am I right? And whose malt shall I take?

And whose malt shall I take? A soupspoon is a little larger than a dessertspoon and not so large as a table-spoon. But you can easily have a look at one by going to a store that sells silverware and asking to see some of their soupspoons. soupspoons.

It is against my rules to recommend any proprietary article, so I cannot speak of the one you mention. Use your own judgment in such a case, or that of your druggist.

To Increase Her Height Will you please assist me in my trouble? Could you tell me at what age a girl stops growing? My daughter is 18 years, and is short and stout. Could you recommend any exercises she could take to make her slender and tall? She has very big hips and bust for a young girl. If you would kindly publish what she could do, I would be very thankful to you.

Mrs. D. S. The average woman gains her greatest height at about 18; but there are

exceptions both ways. I would advise you to consult a specialist as to the method by which your daughter could increase her height; though I shall be glad to suggest a way to reduce her flesh. If the directions are carefully followed, the results very likely will be seen in the bust and hips.

Rules for the Reduction of Flesh. Rules for the Reduction of Flesh.

Avoid all starchy and sweetened food, all cereals, vegetables containing sugar or starch, such as peas, beans, corn, potatoes, etc. Have your bread toasted; sprinkle it with salt instead of butter. Milk. I regret to say, if it be pure and good, is fattening. Skimmed milk may be drank. Hot water is an excellent substitute for other liquids. Add a little of the juice of limes or lemons to it, if you choose. Limit your sleeping hours to seven at the outside. No naps. You must take exercise.

If you cannot walk at least five miles a day, and do not wheel, go to one of the institutions where mechanical massage is given. Several of my correspondents report excellent results from this method of getting the vigorous exercise they require. The system is thoroughly wholesome and not expensive. In reducing fiesh, the one fact to recollect is that fat is carbon—oxygen destroys or burns out carbon. You must consume the carbon by the oxygen you take through your lungs. The more exercise, the more oxygen and consequent destruction of fat by the one healthful method of curing obesity.

The more starch and sugar you eat, the more carbon to burn away.

To Reduce the Bust I would like to reduce my loud? I would rather do exercises than use chemicals. I have never used them, and am, therefore, rather afraid to try.

None of the formulas that I recommend is harmful in any way; but if you prefer a simple remedy I am glad to suggest one. to suggest one.

Bathe the bust every day with clear alcohol or warm vinegar. Applications of cold water also help to make it firm.

A Harmless Rouge Would you please be so kind as to give me a recipe for an absolutely harmless fluuid rouge? I have been using one of your recipes for over three years, but in moving I lost the recipe.

I want to thank you, also, for your recipe for orange flower cream. It's the best skin food I have ever used.

A. L. K.

The collowing rouge is quite harms.

The following rouge is quite harm-less and very pleasant: Strawberry Natural Blush. Fresh, ripe strawberries, 3 quarts: distilled water. I pint. Place in a fruit jar and set the jar in a saucepan of water over a slow fire.

Let the water simmer for two hours, and strain through a fine hair sieve. When

## To Care for the Complexion and Preserve the Physique

cold add pure alcohol, 12 ounces; best Russian isinglass (dissolved), 30 grains; pure carmine (first dissolved in the alcohol), 15 grains; attar of roses, 4 drops; oil of neroli, 2 drops; oil of cedent, b drops.

Keep closely stoppered in a dark place. Apply to the cheeks with a bit of absorbent cotton.

Increase Your Dose I have been using the Vaucaire remedy for bust development for ten days, and for the last few days have had more or less tenderness and soreness there. I have also been using the orange-flower cream for massaging the bust in connection with the remedy.

I should be grateful if you will tell me, through your paper, if the soreness is the result of the medicine. Already it seems to have made some improvement, but I feel somewhat anxious about the soreness. I have been taking two teaspoonfuls before meals.

The soreness of which you speak is not a result of the medicine. Perhaps you have been a little too zealous in the massage treatment; unless you handle the bust with great gentleness, soreness—and sometimes more serious trouble—will result. Perhaps you will result. respond to the Vaucaire treatment more quickly if you take the proper quantities—two soupspoonfuls, and not teaspoonfuls.

Losing Flesh I have always been what you would call plump, quite so; but for the last year I have been losing fiesh, although before this commenced I started in to dispense with my double chin. I took those movements you described, used hot water to bathe my face, then dashed it with cold; also used alcohol on my neck, used orange-flower cream to massage, which I did lightly; but now my neck seems to look, as I telt my sister, corrugated underneath. I have always wore open-neck dresses, and have

always looked well, but now there seems to be too much skin.

If I could only make a side pleat in it, it would be all right.

I am almost 41 years, but, of course, we all want to look as well as possible. Can you advise me to do something that will help that flabby skin, or should I go to some specialist? I should try these exercises before consulting a specialist:

To Fatten the Neck.

To make the throat full and round, the best exercise is to bend the head slowly forward until the chin touches the neck, and then slowly raise the head to its normal position. Repeat these movements until you are tired. Then bend the head as far backward as possible. Sitting erect in a chair, bend the head from one side to the other, and then roll the head to the right, left and forward. Another good position is to let the arms hang loosely at the side. Raise the shoulders as high as possible, then forward, down and backward until a circle is formed. Continue this for a time, and then reverse the motion. Do this every day for five or ten minutes. Again, stand perfectly erect, with the arms at the sides, lift them up vertically infiating the lungs as the arms ascend. At the same time rise up on the tips of your toes and throw your head back, at the same time touching the backs of the hands overhead. As the arms slowly descend exhale from the lungs. To Fatten the Neck.

Superfluous Hair Can you tell me of some simple remedy that will remove down from the face? It is just little fine white hairs; also on the arms. I have seen a good many depilatory powders advertised, also liquids, but thought I would get your advice first. I use a face brush and almond meal on my face. It is very yellow, but I think that is due to liver trouble. I see where you advised a weak solution of ammonia and water for down on the lip. Will you tell me just how to prepare it?

Since you mention the solution of am-Since you mention the solution of am-monia. I should try it; it has often

proved effective. The proportions of water and ammonia should be about a teaspoonful of ammonia to a tumblerful of water.

No Addresses Given Will you please tell me where we can buy
the devices for training fingers and what is
the price of them? If you can buy them for
us kindly let us know, for we want two
sets.

CANADIAN GIRL. Names of dealers are never given in these columns; it is also against my rules to quote commercial rates. I would advise you to consult some well-known specialist in one of the large cities.

Yellow Skin My skin is in a very poor condition, being pale and yellow, and having tiny freckles all over it. Once in a while a few pinples break out, but disappear after a while. What can I do to clear my skin and whiten it without harming it, for originally it was white, as is now the under part of my skin? I used a complexion brush. Finding that after using little red blotches appear on my skin, I therefore discontinued using it.

A wellow skin indicates some disorder

A yellow skin indicates some disorder of the liver, though in your case the trouble may not be serious. I would advise methods to increase the activity of the blood. Take plenty of exercise, particularly outdoors, with a cold bath once a day if you are strong enough. Brisk rubbing is absolutely necessary after the cold baths. At least, wash your face and neck and shoulders once a day in cold water, rubbing them afterwards until they are in a glow.

The complexion brush irritated your skin; it should not be used when pimples are present. ples are present.
Use the following wash occasionally, and don't bother about the freckles for awhile. You should not attempt their

removal till all the other troubles are

Wash for Delicate Skin. Boracic acid, 1 dram; distilled witch hazel, 2 ounces; rosewater, 2 ounces. Use as a wash when desirable. 'Almond Milk

I want to know about the almond milk. I have asked several druggists and they say there is no such thing in the market.

PRUDENCE. If your own druggists cannot sup-If your own druggists cannot supply the almond milk, you might send to some of the well-known establishments in the large cities. It is very strange if you cannot procure it. Any druggist should be able to prepare it for you.

Run-Down System Mrs. J. F .- In the answer to "Mrs. A. Mrs. J. F.—In the answer to "Mrs. A. C. N.," you will find the correct formula for Dr. Vaucaire's remedy. Most probably your appearance is due to a run-down system. You need rest, with as much freedom from care and anxiety as possible. Try to get plenty of sleep, take outdoor exercise in the daytime and eat simple wholesome food time and eat simple, wholesome food. Try massaging the scars gently with cold cream every day.

Directions for Treatment Will you kindly let me know about the Dr. Vancaire treatment and how it is to be taken?

Mrs. A. C. N. Dr. Vaucaire's Remedy for the Bust.

Liquid extract of galega (goatsrue), 10 grams; lacto phosphate of lime, 10 grams; tincture of fennel, 10 grams; simple syrup, 400 grams 400 grams.

The dose is two soupspoonfuls with water before each meal. Dr. Vaucaire also advises the drinking of mait extract during meals.