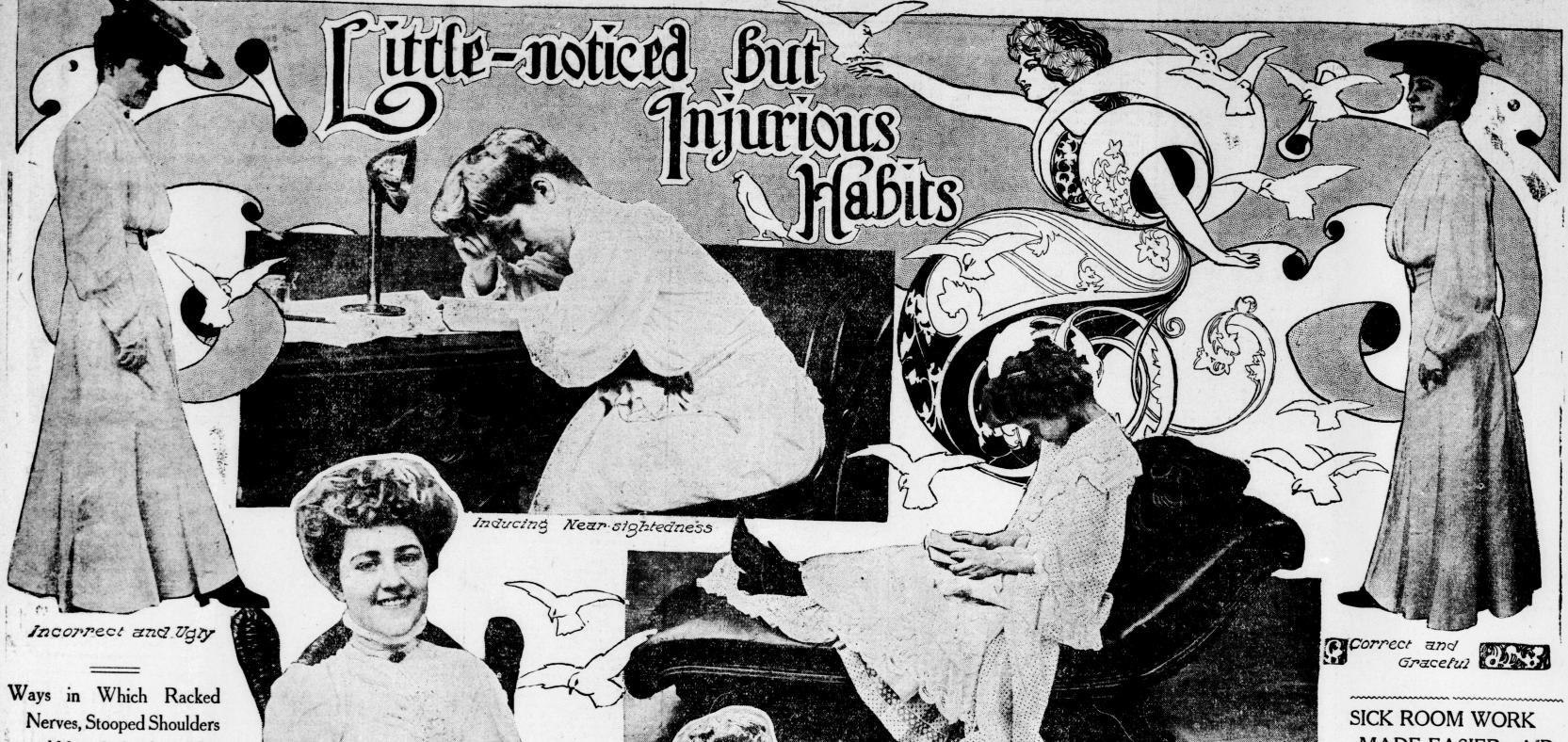
# THE ADVERTISER, LONDON, ONTARIO, SATURDAY, AUGUST 12, 1905. Beautitu Symps



and Near Sightedness May Be Avoided

WONDER how many women who are "all nerves" realize that much of their trouble is due to certain little everyday habits that pass unnoticed, but are none the less injurious? For instance, the manner of sitting. The average woman assumes a strained and incorrect position when reading, writing and sewing - yes, even when

Now, a good habit, like a bad one, is only repeated action; and a little thought on the subject would soon render it the most natural thing to assume a correct position at all times, sitting, standing or lying down.

Don't sit with the shoulders drawn forward, one shoulder higher than the other, and your head bent down until the shape of yor vertebral column resembles the letter C.

Another bad fault is slouching down in your chair until you are literally sitting on the end of the spine.

Not only should "grown-ups" look to their own bad habits, but they should watch closely the small children with whom they come in a aily contact and try to keep them from acquiring injurious habits. Children should be prevented from their particular failing as much as possible at once, and it is worth while to give up a few weeks to the cure, just as you would if they were suffering from a childish disease-measles

or mumps, for instance. The problem is made particularly difficult in that frequently we find them established before we have really noticed

One day we see a child pulling his lips

forever putting his finger into his mouth; known by the generally accepted term while another will suck everything he can, such as the end of a handkerchief, the sheet on his cot, or the sleeve of his

pinafore. They are very little things in themselves, but they should be checked, otherwise serious results may follow. One of the most important points to notice is the child's sitting position. Improper position assumed in sitting at desks, or in standing, have combined to produce among our school children a set into queer shapes, and another that is of physical ills that have come to be

Really Restful and Charming

of "school room" deformities, To be convinced that this evil is a serious and growing one, and one that should be checked at once, and with a strong hand, in the interests of future generations, it is only necessary to visit

a school room and watch the scholars. There is no doubt that children learn at first by imitation; and for this reason, as well as for our own good, we should be careful not to form injurious habits; particularly those of standing

The Reason She Has the Backache

#### BIG AND TOO DARK FURNITURE **BAD FOR HEALTH**

FURNITURE can be unhealthful in many ways. If too dark, it is depressing to the vitality; if too large, it takes up valuable air space. Generally, it is a great refuge for dust. Now, we get a very large proportion of our disease through dust, and it is therefore essential todo. fore essential to do everything that we can to prevent its accumulation.

The tops of bookcases and wardrobes The tops of bookcases and wardrobes are usually bordered by cornices, and become what might be called lakes of dry mud. Here the deadly microbe breeds and multiplies, ultimately finding his way into our bodies.

These danger places should be covered with strong paper, pasted to the edges These danger places should be covered with strong paper, pasted to the edges of the cornice, and then it would be easy to remove the dust on each room-cleaning day. Great care should be taken to sweep the dust from under valanced beds and heavy pieces of furniture.

Heavy, thick curtains should be often taken down and well shaken in the open air. And if possible they should have no place in the sleeping rooms. All corners, especially dark ones, should be cleaned with a damp cloth. Dusting ought always to be effected with a soft, damp cloth, which should be washed frequently. It is better to burn dust, for if thrown in the ashpit it is liable to be blown again into the house.

Children under 18 months of age should not be given bread and butter, except in very small quantities. When given, the bread should be cut as thinly as possible. Children under 2 years of age are generally better without any meat, though gravy or beef tea may be given with vegetables for dinner. No feeding between meals should ever be allowed.

### MADE EASIER; AID FOR THE NURSE

TIS often a great strain to a nurse to raise a person in bed to a sitting posture when he is unable to help himself. But this will be lessened if the patient puts his right arm round the nurse's neck while her right arm supports his shoulders. The nurse them leaning backward need make but little effort, and with practice will be able to raise the natient with ease effort, and with practice will be able to raise the patient with ease.

Frequent bathing brings great refreshment, and acts both as a cure and antidote in the case of feverish symptoms. The water should be tepid for the face and hands and warmer for the rest of the body. The patient should be uncovered only a little at a time, and not allowed to make any exertion.

When the invalid is lying in bed a foot-bath may be given under the bed-clothes, and often proves soothing, and will even induce sleep when other remedies prove of no avail. The patient, lying on the back, bends the knees up, and the feet are then immersed in the foot-bath up to the ankles. To dry them a towel is held above the foot-bath, and the feet are received in its folds while the bath is withdrawn.

In illness no detail is unimportant that can add to the comfort of the sufferer in the slightest degree. Crumbs in the bed are among the minor miseries, and to remove them there is nothing better than a whisk-broom. When fanning a sick person the action should be performed with regularity. raise the patient with ease

#### GOOD QUALITIES OF SALT

Besides being an essential part of the culinary art, salt has many other uses perhaps not generally known. Salt cleanses the palate and furred tongue, and a gargle of salt and water is often efficacious. A pinch of salt on the tongue, followed ten minutes after by a drink of cold water, often cures a sick headache. Salt hardens the gums, makes the teeth white and sweetens the breath. Salt added to the water in which cut flowers stand keeps them fresh. Salt used dry, in the same manner as snuff, will do much to relieve colds, hay fever, etc. Salt in warm water, if used for bathing tired eyes, will be found very refreshing. Salt and water will stop hemorrhage from tooth extraction.

## Relief From Your Blemishes-Valuable Hints By Mrs. Henry Symes

Thin Cheeks Would you please tell me how to massage the face to fill out the cheeks? Do you think five or six times over each cheek sufficient? If am using lotion for premature wrinkles, which you gave me prescription for. I want to ask you how and when I should apply it.

To make thin cheeks plump rub a good skin food in with the following movements: To treat the right cheek place the thumb of the left hand just beyond the corner of the mouth on the left cheek as a brace. Make rotary

movements upward and outward, beginning at the corner of the mouth, and making three diverging lines of manipulation over the cheek. With the right hand treat the left cheek. About six times over each cheek is sufficient.

Use the lotion for premature wrinkles once a day.

Wants Hair to Grow You have helped others; I know you can help me. My hair is very short, indeed; so short, I cannot braid it in one braid behind, but have two little, small braids two inches

long. Now, Mrs. Symes, what I want is a good tonic that will cause my hair to grow long, thick and rapidly.

How many bottles of Dr. Vaucaire's bust remedy do you have to use before you notice your bust is enlarging?

I have used your jaborandi tonic. It has thickened my hair, but it has not grown any. When you send me the formula, will you tell me how many bottles I will have to use? I expect to be married this September, and should like a little more hair and bust before I do.

Miss I.

Try the quining hair tonic; it has

taking the Vaucaire remedy. The time varies greatly in different cases. Don't be too impatient, as I am sure you will get results in a reasonable length of

Quinine Hair Tonic. Sulphate of quinine, 1 dram; rosewater, 8 ounces; diluted sulphuric acid, 15 minims; rectified spirits, 2 ounces. Mix, then further add glycerine, ¼ ounce; essence royale or essence musk, 5 or 6 minims.

Agitate until solution is complete. Apply to the roots every day. Wants Curly Locks

Bad for the Shoulders

Kindly give me in next week's paper, if possible, a formula for my hair. It is as straight as fiddlesticks; when I curl it, it hardly lasts a day. Please give me a harmless formula to keep my hair curly (wavy) always.

A. L. I know of nothing that will make the

hair permanently curly, but am giving you formula for a harmless curline:

Solution to Keep Hair Curled. Take of gum arabic, 1 ounce; good moist sugar, ½ an ounce; pure hot water, ¾ pint. Dissoive. When this solution is cold add alcohol, 2 fluid ounces; bichlorate of mercury and salammoniac, 6 grains each. The last two should be dissolved in the alcohol before admixture. Lastly, add enough water to make the whole measure one pint. Perfume with cologne or lavender water. Moisten the hair with the fluid before putting it in papers or pins.

Face Too Fat

My face is entirely out of proportion to the rest of my body. Have a slender, but good figure. Kindly tell me if anything can be done to reduce flesh on my face. AN OLD SUBSCRIBER. Massage your face night and morning, using hard, firm pressure. A few drops of benzoin in the water used for washing will also help to reduce the superflu-

Ruddy Nose

Would you kindly give me some formula for red nose? My nose becomes very red from the least cold or heat. I am a healthy girl, and cannot think what is the cause of this. Hope I may see in next week's paper some formula to help this affiliction.

M. C. For this you must diet. Eat nothing greasy for a while. While you are doing this you must bathe the nose thoroughly, but without pressure, with warm water in which there is a little of the tincture of benzoin. The proportion should be as ten drops to a quart of water. For a daily wash use powdered borax and rosewater. Take a table-spoonful of borax and half a pint of rosewater. Use nightly.

Hair Split at Ends.

short, stray hairs in place.

Having had eczema when a child and now being compelled to keep my hands in water a great deal, the skin gets dry and cracked. Would you kindly say what preparation I could get that would keep them soft and white? Also, would you please give an article in the paper at your convenience on the art of manicuring and taking care of the nails? nails?
Would like to know what to do that would reduce the abdomen, and what to do for corns. Trusting that I am not imposing on your good nature, I am, your devoted reader, BLANCHE A. H.

Have the ends of your hair carefully trimmed, and try using the quinine tonic for awhile. To keep your hands soft and white after washing them dry thoroughly and rub in the following mixture: Put into a bottle two ounces of glycerin, two ounces of water, four tablespoonfuls of lemon juice and a few drops of carbolic acid. Shake well before using.

To Clear the Complexion

I am a constant reader of your health and beauty corner, and will kindly ask you to help me. I always had a lovely complexion until lately; my face is getting all chapped and has red blotches. Will you tell me if orange flower cream is good for that or not, or if it is only for a massage, to make the face plump, as my face is fat enough to suit me? I would want some formula that would make my face nice and white and clear. I hope I am not writing too much. By giving the information above you will greatly oblige GOLDIE M.

The orange flower cream is a skin food, and will not remove pimples. To clear your complexion rub the face over first before washing it with two teaspoonfuls of flower of sulphur mixed in half a pint of new milk. This mixture should stand a little while before it is used on the face.

To Stain the Hair Dark Please give me a stain for my hair. It is of dark amber. A stain that will make it very dark, and not thin, as my hair is thick. Am a reader of your column, and hope to see it in next week's paper. F. L.

is used on the face.

Walnut Stain for the Hair. Four ounces of walnut skins beaten to a pulp, to which is added pure alcohol, 16 ounces. Let stand eight days and strain.

## Treatment for Pimples

Will you give me, through your column, a remedy or lotion for the removal or absorption of small white, hard pimples on the face? These first made their appearance some years ago under the eyes, and gradually spread to both sides of the nose. They itch continually, and are very hard. There does not seem to be any substance in them, just a hard little spot. I shall be very grateful for a remedy that will overcome this trouble. Yours thankfully, Mrs. J. L.

From your description, I judge that you are troubled with whiteheads, and I advise the following treatment: Whiteheads (Acne Molluscum). Open each seed acne with the point of a fine cambric needle. The hardened mass must be pressed or pricked out. The empty sac of the gland should then be bathed with a little toilet vinegar and water, or a very weak solution of carbolic acid and water. Sterilize the needle before using it by dipping it into boiling water.

Wart on Her Nose Please answer the following queries at ir earliest convenience: What will remove a wart from the side 1. What will remove a wart from the side of the nose?

2. What is the cause and cure for falling hair when the scalp is clean and the hair splitting on the ends? Also, is there a season of the year when the hair falls out?

Try touching the wart with a silver nitrate stick. If this does not cause it to disappear, try the application for which I am giving you the formula below. There is often a natural falling of the

There is often a natural rating of the hair in spring and fall, but this is scarcely perceptible. Hair never falls to excess without reason. The tendency to split and break is also an indication of split and break is also an indication of a disordered scalp. In some cases this is the result of an internal trouble, and you may need a tonic to build up your whole system. Have the ends of your hair thoroughly singed or trimmed, and then apply the lotion for which I am giving you formula.

Wart Eradicator Wart Eradicator.

Sublimed suiphur, 120 grams; glycerin, 5 fluid drams; acetic acid, 1 fluid dram.

Apply repeatedly for several days. The warts then dry up and drop off.

For Falling Hair. Cologne, 8 ounces; tincture of canthar-ides, I ounce; oil of English lavender, oil

## ADVANTAGES OF THE PUNCHING BAG

By Dr. Emma E. Walker.

Copyright, 1905, by A. S. Barnes & Co. HE problem of indoor exercise for girls is solved by the use of the punching bag, otherwise known punching bag, otherwise known as the striking bag. By the use of this apparatus every muscle in the body is brought into play. The thin girl grows plump from development of her muscles; and the stout girl grows thin because the extra fats are burned up and waste matter is quickly cast off.

The form is greatly improved by the daily use of one of these bags. Lightness of foot, a springy step, and a graceful poise are developed even to a greater ful poise are developed even to a greater degree than by means of dancing les-sons. The weak trunk muscles are strengthened so that the amateur athlete holds herself straight with ease and comfort. The size of the waist and ab-

domen are reduced. domen are reduced.

I know of one girl whose neck was so thin that she could not wear a lownecked gown, but after six months of this exercise her neck muscles have developed charmingly. Another girl whose lungs were very delicate now has a splendid chest capacity as well as hard, firm muscles.

Although this exercise is generally inquiged in indoors, still you can so artange as to have plenty of fresh, outdoor air in the room, being careful not

plete control of her body.

The object of all exercise, as girls well know, is to make the blood circulate freely, in order to give new life to all of the tissues and freely, in order to give new life to all of the tissues and to carry off quickly all of the old waste material. Bag punching will accomplish this result as well as any other sport that I know. Devotion to this exercise will bring about a velvety complexion, or, at least, the complexion will come as near the ideal by the use of the punching bag if there is fresh air in your room as it can by any other means.

Many cases of dyspensia and "the Many cases of dyspepsia and "the blues" have been vanquished by the

blues" have been vanquished by the punching bag.

You can see at once the various advantages of this exercise. You need no opponent, and can play at any time by yourself. You depend only upon yourself for a game. You can play as fast as you choose.

The motions come to you naturally; you need no instructor. You will not injure yourself in any way by the exercise. When you get tired, just stop and rest.

The bag should hang about at a level with the shoulders, then you must needs strike straight out at that height. This stroke calls into play more muscles than any other. If you hit the bag a little above the centre it will not rebound, and your nose will thus be spared many

kind of bag, as there is a great variety. You will need also a pair of light Strolling Club for Girls.

Try the quinine hair tonic; it has caused rapid growth of hair in many instances. It is impossible to say how

Now that the warm days are at hand, "Strolling Clubs" will again become popular. Last fall this pastime was much enjoyed, particularly by the girls of Baltimore and Boston. And this was the plan: A party of girls, in number from four to ten, agreed upon some place, generally the home of a friend, as the objective point for a stroll, and in the early afternoon walked several miles out into the country. A light luncheon, prepared by the hostess or carried out by the girls, was served, and the party walked back again to the city in time for dinner.

for dinner.
In some cases, especially if the dis-In some cases, especially if the distance were great, the walk was limited to going out, and the return made in the trolley cars. Like everything else, the capacity for walking increases with practice. Do not be too ambitious at first, but begin with a short jaunt, then gradually increase the distance till you can rival your English sister, who often thinks nothing of a twenty-mile. 'stroll.'.

For the girls who are engaged during the day, and who cannot take the afternoon walk, there is another plan which has been tried with equal success. They take the walk after dinner in the cool of

exercises; but the latter quality certainly often depends upon the associations at the time, for nothing is more stupid than the old-fashioned "constitutional."

Bowling. Bowling is another vigorous game, and

you must be careful in indulging in any exercise of this kind not to strain or overtire yourself. Be sure that you are in good physical condition before undertaking any of these sports. Bowling brings in the twisting of the trunk, which, when properly performed, is so beneficial to the functions of the internal organs. Skating.