

**Fig. 4**



and fists clenched at the breast.

Step to the right with the right foot, strike the right knee with the right hand to the right and striking out in the same direction with the left fist (Figure 8).

Now step to the left with the right foot, striking out with the right fist, and

Step back and long, this will prove a splendid exercise for reducing the stomach.

Stand on the right foot, raise the right foot the foot relaxed (Figure 4) until the knee bumps against the chest; bend forward a little to meet the right with the left.

Lie on the back, raise one leg and bend it at the knee, the right leg, making an extra effort to draw the knee nearer the breast (Figure 5). Lie on the left side, raise the right leg, until the arms are straight (Figure 6). Lie on the back and draw the right arm up to the head and straighten it.

These exercises should be gone through regularly each day when the body is weak and the spirit is depressed.

Men.

It is necessary to exercise comes the importance of systematic dieting. This is particularly necessary in the case of middle-aged people. As a rule, people who are now grown older, a less quantity of food is necessary to keep one in health; the body is not so robust and does not require such large quantities of food, and the more food is consumed, the more of daily food will be reduced as years advance, there will always be a tendency to become fat.

The articles to be avoided are white bread, butter, sugar, and alcohol, and also; all vegetables containing sugar or starch. Fat meat should be avoided, and all rich and greasy food. Avoided. Butter milk and cream should be avoided. In the case of men, alcoholic liquors should be eschewed by persons inclined to corpulence; malt liquors, in



**Fig. 6**

least a half hour before or after eating. Bread, cut in thin slices and toasted is much better for fat people than untoasted bread. A word about your sleeping—limit your sleeping hours to seven at the outside, and do not take any naps during the day. I hope this advice will prove helpful to those who wish to reduce the

weight. I shall be very glad to use from my correspondents who get beneficial results.

Of course, exercise of any kind, walking, bicycling, tennis, etc., is very valuable for the general reduction of flesh, but the exercise given above are particularly for reduction of abdominal fat, and for those who have no opportunity to indulge in outdoor sports.

[illegible]

### Local Treatment.

Baths frequently with cold water and ammonia, and the use of a solution of ammonia, one part of diluted ammonia to four parts of water, applied locally (daily twice), but great care must be taken that it does not reach the eyes.

### Sunken Eyes and Wrinkles.

This is my first request to you, although I am sure you will not need it. I have been told that I was old and have all the wrinkles of an old man. I have always been so proud of me, but in the last few years I have been told to drop; there are two deep furrows in my forehead, and my eyes are very sunken-looking and wrinkles all over my face. I have been told to worry too, which I have tried to resist, but I have been told to be grateful indeed. I am too old to try to live in my prime as soon as possible.

Peristent massage with a good oil would soon improve the appearance of my face. I have been told to massage each eye separately. From the inner corner of each eye, I have been told to massage to the outer corner and at the same time to the side of my mouth. This produces a slight resistance to the side of my mouth, for the furrow on the side of my mouth is a sign of a time, thrust the tongue under the chin and massage the side of the jaw with the cushion of the hand. Smooth the

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near; take a deep breath, clench the teeth, and lift the body as if by a heavy weight; as you lift, carry the weight of the body slowly to the back of the head, and then to the elbows high, and twist the feet until the palms are up, elbows back as far as possible, and hold in this position, breathe, at the same time shooting the arms forward and down, bending again to the right, and then to the left.

Repeat three times to the right, and three times to the left; follow by three deep, slow breaths.

There is an important back muscle in the neck which very few people know of lifting weights. An eminent piano teacher recommends a movement for this muscle, which is very simple and easy to play: Take position with arms front, feet close, head high, and arms straight together. With a strong tension, contract all muscles vigorously, slowly bend the head back, and the arms to the forearm only; when you come to the end of the movement, hold in this position, pause a moment; then twist the entire arm as far as possible; come back to position in the same way, twist first the forearm, and then the upper arm, and repeat three times.

To increase the size of the forearm, open and close the hand rapidly with tension, and repeat this movement daily. Also bend the wrist back and stretch the hand and forearm, being careful not to use too much vigor.

For the development of the hand, wrist is delicate, and should not be overworked. In the position of the hand, relaxing the fingers, given for development of the forearm, will also develop the strength of the hand.

For the development of the calf and the flexibility of the foot, practice the fencing, if you know both the left and right foot, to insure symmetrical development.

[illegible][illegible]

**Too Fat**

Will you kindly answer the following questions:

1. Do your exercises are best to rapidly reduce "large hips," "large arms" and "large thighs?"

2. Would the "hot vinegar" rubbed on the flesh of the parts help to reduce flesh rapidly as the clear alcohol?

3. Do you think wearing four miles a day with careful diet and some exercises, would reduce the flesh of the body in one month?

4. Would a kind of skin doc would you recommend for a dry, scaly-looking, blotchy complexion?

Since receipt of your letter expressing desire for the reduction of superfluous flesh, and the fact that you had been using the cream published in this department. Rubbing the affected parts with clear alcohol several times a day, "cleaned" your skin of superfluous flesh. By exercise and dieting you should be able to reduce your flesh and possibly lose weight. The clear flower cream would be good for your complexion.

**Wart on Her Neck**

I have a good complexion but I have a lot of brown spots or small moles on my face which spot up my complexion very much. They are all slightly raised, and one especially large. I have used clear alcohol and locks very bad. There is no sign of it being removed.

I should feel very thankful if you could send me a recipe for your next issue which would successfully remove the spots. I have a fear of harming the skin. I have a wart on my neck, a large one, which prevents me from wearing low necked dresses. I have used clear alcohol to which would remove it? A SUBSCRIBER.

Dear Madam:—I am glad to hear of the wart which frequently appears in this department will banish ordinary brown spots and clear up the complexion. I will advise you to consult a specialist in the treatment of warts. An eyeing is the best formula for a wart eradicator.

**Wart Eradicator.**

Sublimed sulphur, 10 grains; glycerine, 10 grains; Bull Dog brand vasoline, 1 ounce. Apply repeatedly to each wart, continually for 10 or 15 days. The wart will dry up and then drop off.

fear the result will offend and give me  
 the water information you drink will  
 more than appear to wash my face  
 week the formula for orange flower  
 face to be washed before putting on  
 used warm water on my face, but will  
 I know of no better skin food  
 the orange flower cream. It is perfect  
 bath the face in warm water and  
 skin, the cream, rubbing well into  
 At night, before retiring, is  
 the face should be washed in cold w  
 in the morning  
 White wax 1 ounce; spermaceti, 1  
 oil, 2 ounces; coconut oil, 1 ounce;  
 almonds, 4 ounces; tincture of benzoin  
 Melt the first five ingredients togeth  
 adding little by little the benzoin  
 lastly orange flower water.

### Discouraged About Development

Will you please give me a little ad  
 developing the bust? I have taken all  
 me. Kindly send me your recipe, also  
 vance.  
 which will take the Vaseline cream  
 for which I am giving you formul  
 sure you will soon notice an  
 You can use the Vaseline cream  
 by drinking milk extract with m  
 and massaging daily with a good  
 Dr. Vaseline's Remedy for the Bust

Liquid extract of galena (true) 1  
 tincture of fennel, 10 grains; simple  
 with water before each meal.

### To Reduce the Bust

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