

How to be Healthy and Beautiful

ONE WAY OF EXERCISING OUT OF DOORS

Bites and Stings



Step up and down four or five times in succession

AN ORDINARY swing, such as the small members of the household delight in, may be made to furnish opportunity for splendid outdoor exercising. Such exercise may be taken in ordinary dress, although if your swing is hung in a sufficiently retired, protected spot, so that you can don a gymnasium suit, you will gain more good from them.

At any rate, leave off your corsets and put on a shirtwaist with a soft, loose collar, preferably one of the comfortable outing shirts the early summer brought out, with collar that rolls easily away from the throat, and sleeves which as comfortably turn back at the elbow.

One of the pleasantest variations of the exercises for reducing the hips can be performed by the aid of a swing. Grasp the ropes with both hands, place one foot firmly in the centre of the board, and draw yourself up until you stand upon the swing.

Step down again, repeating the exercise four or five times. Then repeat it with the other leg, or alternate from left to right.

The bending exercise for reducing the hips and abdomen may be adapted to doing upon a swing. Instead of simply bending forward, bend and at the same

time crouch, rising to your full height again until the muscles rebel at the unaccustomed strain.

When you swing, get as much exercise out of the motion as possible. The straining back, while you sit, after a greater impetus is good for both back and legs, and the bending of your body to get the start when you swing standing, is wonderfully conducive to grace.

If you are used to gymnasium work a dozen feats will suggest themselves at the sight of that dangling rope—feats of rope climbing, where the arms and legs are a beauty exercise, in that the stretch of the arms over the head tends to lengthen the waist, a much sought-after effect, these days.

And even if you're not a gymnast, new exercises can be invented upon the spur of the moment—varying swinging in the usual way, straight forward and back, with standing sideways, making your body do the work of starting the swing and keeping it in motion.

Loose heavy gloves should be worn while you swing—gripping the ropes as closely as you must when the whole weight of the body comes on them is hard upon the hands, although it is a wonderful developer of both forearm and upper arm.

When the hands are tired, rest them by throwing your arms about the ropes, so that the rope comes just at the turn of the elbow. The same exercises may be followed without using the hands at all, although they are necessarily more curtailed, both in accomplishment and effect.

THE average small child is apt to lift up his voice in piteous protest at the supposedly soothing line of a certain famous lullaby—"Suckers are a-humming in the honeysuckle vine," and with good reason. For those same "suckers" work havoc with nerves and sleep, and the poor tot finds himself covered from head to foot with troublesome, itching bites.

Often, too, when such bites are frequent, and the child's blood is not quite the right condition, the state of affairs is aggravated into an irritation which may express itself in the form of a little rash—a close cousin to heat-rashes—or as hives.

The first requisite of all is to keep the blood in a healthy state by eating plenty of fruit and vegetables, especially lettuce and spinach, keeping to the simplest sort of a diet, and avoiding heating foods, such as much of the "blood meats," as lamb and beef and veal are called, and all sweets.

Plenty of cold sponge baths help to keep you cooled off comfortably, and, by the way, if these baths are not taken too wet, there is practically no limit to the number you may take in a day, provided that you do it quickly, and that you rub down well with a coarse towel afterwards.

The curious thing about such baths is that, in spite of the fact that they put you in a glow all over, you are not made consciously warm by them, but when the heat seems to centre in the top of your head, a quick cold sponge draws it away and takes the strain off your nerves more quickly than anything else does.

Don't scratch, or allow children to scratch, heat rash, mosquito bites, or hives.

For hives, sponge with a strong solution of common baking soda, dabbing on freely, and keeping them wet. Witch hazel is also soothing.

Ammonia seems to take out the sting of bites as nothing else does. Either the common household ammonia, or the more delicately perfumed toilet ammonias, may be used.

A few drops of ammonia in a cup of water is cooling, if dabbed on bitten arms and legs, although for new bites—the kind that itch terribly—the ammonia is best applied undiluted.

Mud or clay, wet and kept wet, is a good bite cure. For serious bites, kaolin, mixed with glycerine and spread over the bite, will draw the inflammation out in a little while, and is cooling at the same time.

When children have been badly bitten about the arms and bare legs which suffer most of all from mosquito onslaughts, it is sometimes well to bandage the little limbs with strips of old linen, keeping them wet with witch hazel or with diluted ammonia.

Applications of hot water should be made for bee or hornet stings before the ammonia or prepared kaolin is applied.

On the Care of the Hair and Skin

Hair on Arms

Will you kindly inform me how to use peroxide of hydrogen as a bleach for superfluous hair on the arms? I am having the growth removed by electrolysis, but as this is very slow and I would like to wear short sleeves this summer, I wish to use the bleach as a temporary remedy. E. J. D.

Apply the pure peroxide of hydrogen to the arms with a soft rag twice a day. Each time allow it to dry on the arms.

The Vaucaire Remedy

I have tried several of your formulas, and found them to be all you say. Will you please write me more of the "Vaucaire" remedy for enlarging the bust? Give me full directions as to its use, and how long will it take to be before seeing a change?

Mrs. S. L. C.

There is little to tell of the Vaucaire remedy. Its application is simple. You doubtless often see the formula published in my columns, with as full directions as I can give. The length of time required to produce results depends upon each individual case; sometimes it is two weeks, sometimes ten.

Hot Water for Insomnia

"Subscriber" who suffers from sleeplessness should drink hot water before retiring for the night, as you advised in your page some time ago. I had the same trouble, but since taking hot water every night I have no trouble with sleeplessness.

Also, for any one desiring to acquire an appetite, a raw egg every morning is beneficial. I find it wonderful for nervousness and for gaining an appetite.

Now I want to ask you for a remedy for a weak back, from which I suffer very much. I wear a flannel bandage and have used different salves. All seem not to cure.

Also, I have ringing noises in the ear, at times worse than others. Can it be from overstraining a nerve when I eat very much? The noise becomes worse.

Please give me some home remedy for both, as I cannot afford to go to a doctor.

RUTH.

I regret that I can offer no suggestion in regard to remedy for your trouble. A number of things might be responsible for the weak back and ringing in the ears that you describe. I could not help a thing of which I did not know the source. Without a doubt, a physician is the one to advise you in this matter. You say you cannot afford to go to a doctor, but a good hospital or the free dispensary will cost you nothing.

Prickly Heat

Will you print in your columns as soon as possible a good remedy for the cure of hives or prickly heat?

A CONSTANT READER.

Prickly heat yields to the following treatment: First, a bath, in which has been dissolved a teaspoonful of bicarbonate of soda; dry gently and bathe the affected parts in diluted witch hazel.

Too Stout

Being a steady reader of your page, I would like to know if you would kindly answer a few questions.

Do you think I am too stout? I weigh 170 pounds, am 5 feet 4½ inches tall, 36-inch waist measure, 42-inch chest around hips, and 42-inch bust. I have a double chin, which worries me exceedingly. I read your rules, but I didn't get the things you mention I don't know what to do.

Could you inform me where a medical man would find the rules for reduction of excess weight? I should like to find that, though your bill of fare is limited, there is enough to keep you alive and well. Indulge yourself in what must be done away with if you wish to correct the trouble.

It is against my every wish to mention or recommend anything of this kind. Any local information bureau should care you these facts.

You have not given me much detail as to the condition of your great toe. It might be rheumatism, or it might be any one of a number of things. If it



Massage Gently

Rules Which Should be Followed by Those Who Wish to Increase Weight.

Absolute freedom from care and anxiety. At least ten hours' sleep out of every twenty-four. In addition to this, naps during the day, if possible. This sleep must always 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 kind, fish and oysters, ice cream, desserts without pastry; plenty of outdoor life and a moderate amount of exercise. Sleep in a well-ventilated room. Do not believe any one can gain flesh 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 exercise prescribed by the attendant physician. These gymnastics, 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 persecuted by her nerves to get the better of her.

Many times my correspondents have written to me telling of the perfect results obtained from Dr. Vaucaire's remedy. Be sure that your massage treatment is gentle. Rough handling will give you trouble. I cannot recommend that to which you refer in the enclosed clipping, for I know nothing about it.



To Remove Tan

Having read so much about peroxide of hydrogen as a face bleach, I tried it. But I am afraid I do not use it right. I used about two ounces in one week, and my face is the same tan shade. I used it night and morning. Should it be left on the face as long as that? I will gladly prescribe some special treatment.

My face is very soft, but is much tanned. I do not just how to use it, and how long before there should be a change in the complexion.

I hope you will find room in the paper for this, that I may use it right, and not injure the skin.

You are using the bleach properly—bathing the skin with it night and morning, allowing it to dry in. But you must be patient. At best, this treatment is slow. It may take several weeks to bring your skin to the coveted whiteness.

Will Reduce, Not Enlarge

Will you please tell me the effect of the exercise stretching the arms, straight above head and bending down, touching toes without bending knees, has upon the body? Does it make your hips and bust larger? Please tell me what I can do.

L. S.

The exercise you describe is a good one to reduce the abdomen. It also has this effect, in less degree, upon the hips. The bust is not affected by it in any way.

Describe the Symptoms

I have been an interested reader of your page for a long time, but have not seen anything that applied to my case. I want something to improve my skin. I have everything that helps to make a poor complexion. I am willing to risk anything for a nice skin. I have tried a good many things, but without success. Please let me know how long it will take to give me a nice skin. I will be very grateful.

DISCOURAGED.

You do not mention the particular ailments of your skin, so I shall have to answer you generally. Before trying external remedies, see that your whole system is in good

Mrs. Henry Symes' Answers to Correspondents

Hot or Cold Water

DO YOU think hot water is better than cold to wash before going to bed? I have heard one told me she used the white of an egg and lemon juice mixed. I was afraid to use it unless I asked you first. I use hot water to wash with in the morning.

Mrs. J. W. J.

You should never use very hot water for the face; lukewarm once a day, with a pure soap, is sufficient. Other times use cold water; the soap should be used but once, with the lukewarm water. I know of no special benefit derived from the use of lemon juice and white of egg.

To Enlarge the Hips

Will you please print in your beauty column a remedy for small hips? I have hardly any hips at all, and would like something to make them larger.

Are there any exercises in physical culture I could take to enlarge them? I will wait anxiously for a reply in the column, which has given me so many useful remedies previous to this.

E. C. M.

The following exercise is excellent for developing the hips: Stand alternately on each foot, swing the free limb pendulum fashion from the hips, each time allowing it to go as far forward and backward as possible. To improve the appearance of your neck, first bathe it in hot water, and then massage with a good skin food, rubbing it well into the pores.

Not a Tonic

Will you please publish for my your formula for hair tonic containing henna, which you said was hair-enriching vegetable?

A SUBSCRIBER.

The formula containing henna is not a hair tonic, but a dye, giving the hair a dark reddish tint. Will you repeat your question, mentioning which you want, tonic or dye?

Methods Good

Will you kindly advise me through your beauty column as to whether or not it is using your massaging creams is commendable?

Once daily I bathe face and hands in warm water; first carefully massaging with your cleansing cream. Then, after rinsing, I use coconut oil, almond oil, and almond meal, then applying skin food, "orange flower." At all other times I

bathe the face with nothing but clear water.

Am also troubled with freckles of the light brown variety. For these I have had "Dr. Shoemaker's bleach" prescription filled. Will you inform me as to where and how frequently I should apply it?

I am taking the liberty of inclosing a prescription for "hair restorer," which, through use, I have proved to be unequalled for aiding the growth and cleansing the scalp from dandruff.

In the hope it may be of some little use, and you will pardon my presumption in sending it unrequested, I enclose.

VERY COMER.

Reader's Formula for Hair Tonic.

Alcohol, 2½ ounces.
Tincture cantharides, 2 drachms.
Apply twice daily, rubbing well into scalp with stiff brush.

P. S.—Should the creams be frequently renewed, or do they keep well if contained in screw-top jars?

Cleansing Cream.

White wax, 2 ounces; spermaceti, 2 ounces; sweet almond oil, 12 ounces; distilled water, 2 ounces; glycerine, 2 ounces; salicylic acid, 90 grains.

Your method otherwise is very good. You should apply Dr. Shoemaker's bleach as frequently as needed, perhaps beginning the treatment with daily applications.

The creams usually keep indefinitely; but should you ever see any signs of staleness, renew them. Let me thank you for the tonic formula. I hope some other reader may find it beneficial.

Formula Repeated

Will you kindly give me the cure for corns which contains, among other things, salicylic acid?

Mrs. C. E. R.

Corn Cure.

Salicylic acid, 1 dram; collodion, ¼ ounce. Paint over the corn once a day, and scrape away the superfluous growth at the end of three or four days.

When Pimples Follow Blackheads

I have been reading items in your beauty column for some time, but the fact is, I don't know how to begin treating my face with the remedies you have prescribed, so I am very much troubled with blackheads; they not only stay in the pores, but become

very sore and filled with matter.

Therefore I've been squeezing them out as soon as they come to a head, but it seems that my face is getting worse.

B. H.

If there is any irritation in the blackheads, do not attempt to remove them by mechanical means; that only adds to trouble. Try this formula:

Cure for Constant Acne (Monin).
Apply the following mixture to the affected parts morning and night:
Glycerine, 2 drachms; salicylic acid, 5 grains; soap tincture, 10 grains; potassium alum, 2 grains. Mix.

For internal treatment, in connection with the above, the patient should take each morning, before breakfast, one tablespoonful of a mixture composed of equal parts of pure glycerine and castor oil.

A Proprietary Article

Where could I get the brilliantine for the hair?

Brillantine is a proprietary article, put up by several firms. I cannot, according to my rules, recommend any special one. Would you like to use this formula?

Brillantine.

Sweet almond oil, eight fluid ounces.
Alcohol, four fluid ounces.
Glycerine, one fluid ounce.
Oil of rose geranium, twelve drops.

Alternate the Treatments

R. S. T.—Use this lotion for an oily skin.

Wash for Oily Skin.

Boric acid, 1 dram; distilled witch hazel, 2 ounces; rosewater, 2 ounces.
Use as a wash when desirable.

You should abstain from highly spiced, stimulating, greasy foods, and eat only what is good for you.

To Clear the Complexion

The following treatment is excellent for clearing the complexion: Just before washing it, rub it over with two teaspoonfuls of flowers of sulphur, mixed in half a pint of new milk. This mixture should stand a little while before it is used on the face.

Freckle and Pimple Cream.

Petroleum, 1 ounce av.; lanolin (anhydrous), 1 ounce av.; bromine peroxide, 1 fluid ounce; acetic acid, 1 fluid dram.

This preparation, used freely employed for the removal of pimples, may be also used for blackheads.

Of course, these treatments should not all be used at once, but alternately, or as indicated in each one.