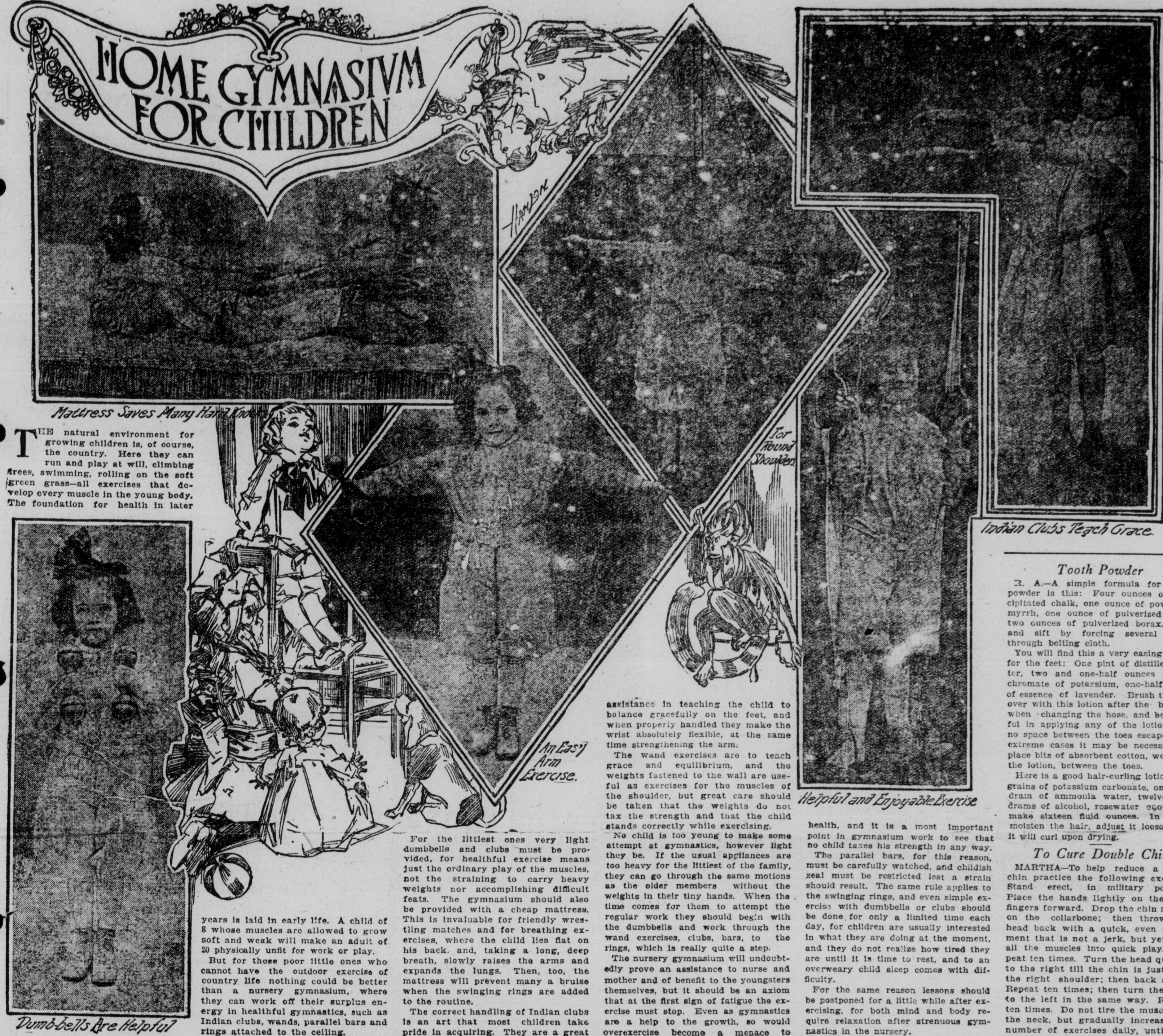


HOME GYMNASIUM FOR CHILDREN

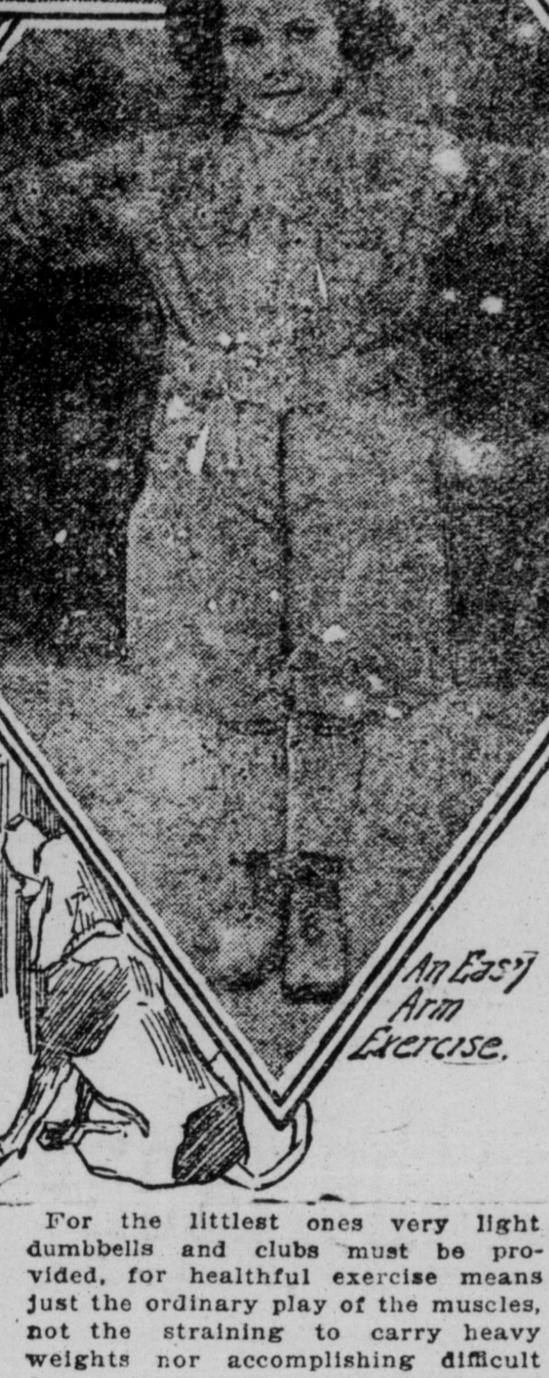


Matress Saves Many Hard Hours

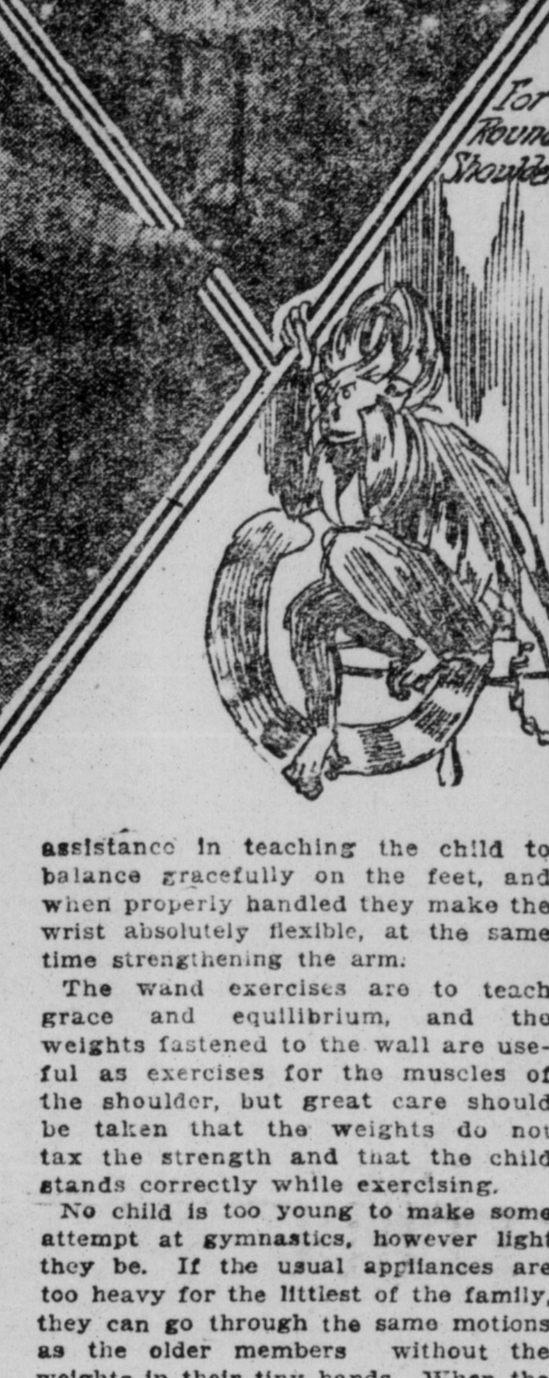
THE natural environment for growing children is, of course, the country. Here they can run and play at will, climbing trees, swimming, rolling on the soft green grass—all exercises that develop every muscle in the young body. The foundation for health in later



years is laid in early life. A child of 8 whose muscles are allowed to grow soft and weak will make an adult of 20 physically unfit for work or play. But for those poor little ones who cannot have the outdoor exercise of country life nothing could be better than a nursery gymnasium, where they can work off their surplus energy in healthful gymnastics, such as Indian clubs, wands, parallel bars and rings attached to the ceiling.



For the littlest ones very light dumbbells and clubs must be provided, for healthful exercise means just the ordinary play of the muscles, not the straining to carry heavy weights nor accomplishing difficult feats. The gymnasium should also be provided with a cheap mattress. This is invaluable for friendly wrestling matches and for breathing exercises, where the child lies flat on his back, and, taking a long, deep breath, slowly raises the arms and expands the lungs. Then, too, the mattress will prevent many a bruise when the swinging rings are added to the routine. Following is the formula for the correct handling of Indian clubs as an art that most children take pride in acquiring. They are a great



assistance in teaching the child to balance gracefully on the feet, and when properly handled they make the wrist absolutely flexible at the same time strengthening the arm. The wand exercises are to teach grace and equilibrium, and the weights fastened to the wall are useful as exercises for the muscles of the shoulder, but great care should be taken that the weights do not tax the strength and that the child stands correctly while exercising. No child is too young to make some attempt at gymnastics, however light they be. If the usual appliances are too heavy for the littlest of the family, they can go through the same motions as the older members without the weights in their tiny hands. When the time comes for them to attempt the regular work they should begin with the dumbbells and work through the wand exercises, clubs, bars, to the rings, which is really quite a step. The nursery gymnasium will undoubtedly prove an assistance to nurse and mother and of benefit to the youngsters themselves, but it should be an axiom that at the first sign of fatigue the exercise must stop. Even as gymnastics are a help to the growth, so would overexercise become a menace to



health, and it is a most important point in gymnasium work to see that no child taxes his strength in any way. The parallel bars, for this reason, must be carefully watched, and childish zeal must be restricted lest a strain should result. The same rule applies to the swinging rings, and even simple exercises with dumbbells or clubs should be done for only a limited time each day, for children are usually interested in what they are doing at the moment, and they do not realize how tired they are until it is time to rest, and to an overweary child sleep comes with difficulty. For the same reason lessons should be postponed for a little while after exercising, for both mind and body require relaxation after strenuous gymnastics in the nursery.

Indian Clubs Teach Grace

Tooth Powder

R. A.—A simple formula for tooth powder is this: Four ounces of precipitated chalk, one ounce of powdered myrrh, one ounce of pulverized orris, two ounces of pulverized borax. Mix and sift by forcing several times through bolting cloth.

You will find this a very easing lotion for the feet: One pint of distilled water, two and one-half ounces of bichromate of potassium, one-half dram of essence of lavender. Brush the feet over with this lotion after the bath or when changing the hose, and be careful in applying any of the lotion that no space between the toes escapes. In extreme cases it may be necessary to place bits of absorbent cotton, wet with the lotion, between the toes.

Here is a good hair-curling lotion: 123 grains of potassium carbonate, one fluid dram of ammonia water, twelve fluid drams of alcohol, rosewater enough to make sixteen fluid ounces. In using, moisten the hair, adjust it loosely and it will curl upon drying.

To Cure Double Chin

MARTHA.—To help reduce a double chin practice the following exercises: Stand erect, in military position. Place the hands lightly on the hips, fingers forward. Drop the chin slowly on the collarbone; then throw the head back with a quick, even movement that is not a jerk, but puts all the muscles into quick play. Repeat ten times. Turn the head quickly to the right till the chin is just over the right shoulder; then back again. Repeat ten times; then turn the head to the left in the same way. Repeat ten times. Do not tire the muscles of the neck, but gradually increase the number of exercises daily, until you can practice each one about fifty times without after-discomfort.

Tonic for Eyebrows

MARION.—You will find the following very good for scant eyebrows: Red vaseline, two ounces; tincture of cantharides, one-eighth ounce; oil of lavender, fifteen drops; oil of rosemary, fifteen drops. Mix thoroughly. Apply to the eyebrows with a tiny toothbrush once a day until the growth is sufficiently stimulated. Then less often. This ointment may be used for the eyelashes also. In this case it should be very carefully applied. It will inflame the eyes, as any oil will, if it gets into them.

To Expand the Chest

AGNES.—Depress the chest, letting the shoulders come forward, with the head up and back. Raise the chest by muscular effort, not by breathing, to the point of greatest expansion. Raise and lower the chest in this way eight times. You will find the following very good for removing moth patches: Ten grams of cocoa butter, ten grams of castor oil, twenty centigrams of oxide of zinc, ten centigrams of white precipitate, ten drops of essence of rose. Apply to the moth patch night and morning.

Caring for Sponges

S PONGES, unless they are properly cared for, soon become slimy and disagreeable to use, besides being unsanitary. A sponge has a very large capacity for holding water, and the innumerable little cells of which it is composed serve as a sink and catch the impurities in the water as it passes. Thus, if the sponge is used frequently it soon collects considerable slimy matter that will ruin any skin. Avoid rubbing soap on a sponge and do not let it lie in soapy water. It should be thoroughly cleaned once a week in a strong solution of soda and water or borax and water, squeezing it occasionally in the center. After each using a sponge should be thoroughly rinsed and as much of the water pressed out as is possible, then hang in the open air to dry, in the sunshine if possible.

It's a fortunate thing for mankind that the fool killer is about three score and ten years behind with his work.

ADVICE TO CORRESPONDENTS BY MRS. SYMES

To Whiten the Skin

ALICE.—After you have washed and dried your face carefully, apply the following lotion: One quart of water previously boiled and strained, thirty drops of alcohol, one ounce of oxide of zinc, eight grains of bicloride of mercury, twenty drops of Glycerine.

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

Lotion of Lavender Flowers

ZELLA.—Add a little of this lotion to the water when washing: Two ounces of rectified spirits of wine, two drams of spirits of ammonia, one-half dram of oil of lavender. Mix liquids together. Bottle and shake.

Massage the face with the following cream: Two and one-half ounces of stearin, six drams of oil, two and one-half ounces of white vaseline, two ounces of coconut oil, two ounces of sweet almond oil, one-half dram of tincture of benzoin. Melt the first five ingredients together, beat until the mass concretes, adding the benzoin, drop by drop, during this process. Extract of violet or any perfume may be added if agreeable.

Skiing is Good

S KIPPING is one of the best forms of exercise possible, and is generally popular, while battledore and shuttlecock is more suitable for indoor than outdoor play. Calisthenics and drill can, of course, be resorted to, but they are often regarded as rather an imposition during the hour usually devoted to recreation.

Thin Lips

P. S.—Many thin, pallid lips are caused by tight lacing and the incidental impairment of circulation, or the inveterate practice which accompanies it of compressing and stretching the lips tightly over the teeth and gums. Anemic indolence or a diseased, impoverished condition of the blood is a frequent cause. If you wish your lips to regain their natural color and plump liveliness, tone up your blood with a good tonic.

Massage the lips with the following salve, which should be left on all night: One ounce of spermaceti ointment, fifteen grains of balsam of Peru, fifteen grains of alkanet root, five drops of oil of cloves. Heat the alkanet in the spermaceti ointment until the latter melts and the whole is a deep rose color. Pass through a strainer, then slightly cool, stirring in the balsam. Let it settle for a few moments, then pour off the clear part and add the oil of cloves. Pour into small pots. It is ready for use as soon as cold.

Superfluous Hair

ANNIE.—The only permanent cure for superfluous hair is the use of the electric needle. However, if you feel you cannot afford this treatment you might try this formula, which will make the hairs less noticeable: Three drams of oxide of strontium, three drams of oxide of zinc, three drams of powdered starch. Apply to the surface of the skin and let it remain on until a burning sensation is experienced, and then wash off with warm water. Repeat as often as is necessary.

For Red Hands

SUBSCRIBER.—Probably you have the water too hot when washing the dishes. This will cause the hands to have a red appearance. The better plan is to use lukewarm water while washing the dishes and boiling water to rinse them. Use this lotion on your hands: One hundred grains of lanolin, twenty-five grains of paraffin (liquid), ten drops of extract of vanilla, one drop of oil of rose. Mix and apply when necessary.

The Vaucaire Remedy

WORRIED.—It makes no difference how old a woman is, the Vaucaire tonic will have a permanent effect just the same. The result depends entirely upon the physical condition of the woman. Following is the formula: Three fluid drams of liquid extract of galega (goatsrue), 154 grains of lactophosphate of lime, ten grains of tincture of fennel, thirteen and a half ounces of simple syrup. The dose is two soup-spoonfuls with water before each meal.

Hair Curling Lotion

BEATRICE.—I know of no preparation you could use to make the hair grow in curls. However, you may be able to make it wave by forming the new hairs into curls and dampening them so that they will dry into shape. This lotion may be of help to you: One ounce of gum arabic, one-half ounce of good moist sugar, three-quarters of a pint of pure hot water, two fluid ounces of alcohol, six grains of bichloride of mercury, six grains of sal ammoniac. 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 the papers or curlers. This is too strong a solution to be applied repeatedly, as it would surely have a destructive effect on the hair follicles. Therefore, it should not be too frequently applied and not at too short intervals. Occasional use, however, is scalp harmless.

Scalp Massage

JOE.—Scientific massage of the scalp is invigorating to the hair and health-giving to the scalp. It stimulates the sluggish circulation and strengthens the capillary structure throughout. Use the scalp: One dram of salubate of quinine, eight ounces of rosewater, fifteen minims of diluted sulphuric acid, two ounces of rectified spirits. Mix, then add one-quarter ounce of glycerine, six drops of essence of musk. Agitate until the solution is complete.

To Beautify the Throat

R. H.—The most beneficial local exercise for beautifying the throat is forcible whistling. However, as many persons think whistling a bad habit for girls the matter of the proceeding may be omitted, in which case noiseless but powerful blowing with the lips should be substituted, the lips being meanwhile held in the whistling position. Frequent practice of this exercise will healthily develop the muscles of the neck. If persons would only be more careful about drying their hands after washing they would not be troubled with chapped hands. Use the following lotion: Thirty drops of tincture of benzoin, two ounces of glycerine, three ounces of rosewater. Rub this into the hands night and morning.

Care of the Teeth

L. M.—The teeth are certainly an extremely important element in facial beauty, therefore we should take the greatest care of them. They should be cleaned twice a day, on rising and before retiring. The brush should not be too hard and one should not stop at brushing only the outside surface of the teeth. They should be brushed inside, as well as on the top. Here is a good tooth paste: Eight ounces of orris root powder, eight ounces of myrrh powder, two drams of oil of cloves, two drams of oil of lemon, thirty drops of oil of rose. Solution of carmine sufficient to color. Honey enough to form paste.

Whitening Paste for Freckles

J.—Sixty grains of salicylic acid, four ounces of bay rum. Apply night and morning with a soft cloth or sponge. This lotion soon produces a slight roughness of the skin, which should be subdued by the use of glycerine or starch. This may also be tried in cases of the same: Freckles: Three ounces of lactic acid, four ounces of glycerine, one ounce of rosewater. This is to be gently applied by means of a camel-hair brush. If the skin becomes irritated or sore, omit one or two days' treatment.