

# PRACTICAL HINTS ON HEALTH AND BEAUTY

MANY NEW, SOME IMPROVED AND ALL USEFUL

## The Problem of Wholeness

IN one of George Macdonald's novels, a silly little miss, who is feeling some of the discomfort consequent on her own selfishness, whimpers self-pityingly, "I don't see what God ever made me for!" To which the well-poised friend replies matter-of-factly, "Of course you don't! God isn't done making you yet!"

## The Pitch of the Speaking Voice

The voice is an instrument capable of an infinite range of expression, and it is in keen sympathy with the thoughts and emotions, reflecting them accurately when not repressed by constraint or conscious control. It will require painstaking effort to overcome pernicious habits, replace the voice, and train it to musical utterance; but the reward is a beautiful hourly recompense. When you know that in every normal voice there are seventeen and a half trillion different sounds, you must be convinced that there is hope of improving the most strident. Beautiful emotions, high thinking, and deep feeling, all give depth and beauty to the tone of the voice.

Train your ear to notice pleasant, agreeable voices, and listen to your own critically. In the seclusion of your own room, try the pitch of your voice until you discover its most melodious tone, that upon which you can develop the fullest and sweetest *timbre*—the tone which you determine shall be recognized by your friends as your voice. Determination and perseverance can win for it such a personal charm that its sound will attract friends to you. All this can be accomplished by unaided effort; but, of course, when it is possible, the work of reform is facilitated and progress becomes more rapid with the assistance of a skillful teacher.

Inhaling an atmosphere filled with tobacco smoke is injurious to the voice, affecting it so disastrously that all singers who understand the care of their voices avoid it with scrupulous care. The Arabs restore lost voices by a diet of sun-cooked pulp of apricots; and it is said that inhaling the vapour from hot milk in which ripe figs have been boiled will sweeten the tone of the voice. Milk and buttermilk are both good for the voice; and a raw egg beaten up with a little lemon juice and taken before breakfast will strengthen and clear it.

Oriental women make a delicious paste of figs and apricots which sweetens and softens the *timbre* of the voice marvelously. The fruit is pared and cooked with an equal quantity of sugar, very slowly, till reduced to a thick jam, when it is poured into small flat boxes and dried in the sun.

A woman or girl can accomplish a wondrous change with her own unaided effort when she sets about the task with the characteristic determination which a desire to be attractive incites. Just as the touch of her hand should be like a caress, so a woman's voice should fall upon the ear as gratefully as a benediction. "When life is true to the poles of nature, the streams of truth will roll through us in song."

"Show us how divine a thing  
A woman may be made."

## Effect of Thought on the Complexion

Through the telegraph system of nerves, the brain receives messages and issues its instructions to all parts, regulating the action of the muscular coats of the blood-vessels, as well as all other tissues.

The body contains two kinds of muscular tissue—the one obeys our thoughts, directed through the nerves, by will, as is the case with the large muscles of the body; and the other, as the tissues in the blood-vessels, obeys our emotions, and not our thoughts. Thus the muscles of the arms can be moved at will, but those of the blood-vessels are controlled only by thought and emotions, directed by the delicate vasomotor nerves.

The involuntary muscles of the capillaries being elastic, by some emotions dilate and allow the blood to flow freely, giving the red glow to the skin; by other emotional impulses, they contract, forcing the blood out, and the skin blanches or turns pale; thus an emotion can contract the blood-vessels and blanch the cheeks, or by opening them can diffuse the face with a blush.

It is the contraction of the involuntary muscles in the capillaries of the skin which causes the peculiar condition known as "goose flesh."

If one becomes extremely angry, the min-

ute capillaries contract, the blood flows out of them and is sent bounding back to the large arteries and through them to the heart and brain. This sudden reversing of the blood-current is unnatural; it produces unpleasant sensations, and thus extreme anger often causes severe illness.

Extreme fear acts in the same way, and the injurious effect on the health of children, in frightening them as a means of punishment, is apparent.

It must be borne in mind that when a thought contracts the capillaries of the outer skin, it contracts also the skin which lines the stomach, intestines, and all internal organs; hence fear, anger, worry or displeasure directly affect the stomach, intestines, kidneys, and all of the vital organs.

These emotions, if long continued, so interfere with the assimilation and absorption of nourishment and fat, by their effect on the nerves, that the reserve fat stored in the system is consumed, and the body becomes thin. It is probably because of the damaging effect of such thoughts on the body that they have been termed unpleasant thoughts.

Thoughts of kindness, joy, happiness, and good-will will put the nerves in a normal condition. It is through this control of the blood-vessels, through the nerves, that the health is materially and directly affected by the character of thoughts. This physiological truth is the basis of the so-called "Mental Science" belief.

Disagreeable thoughts, resulting in unpleasant emotions, if persisted in for a long time, keep the capillaries of the skin contracted, drive the blood from it, and the skin becomes habitually pale, because of lack of nourishing blood.

Illness, causing nerve tension, sometimes acts in the same way—even when there is sufficient blood in the body, the face is pale. Perhaps one of the most frequent causes for pale faces is worry.

Thus do our thoughts affect our complexions.

## Suggestions for a Clear, Smooth Skin

Keep the bowels regular, the stomach, intestines, liver, kidneys, nerves, lungs, and heart doing their work strongly, and the blood circulating forcefully, by a few well directed exercises for the vital organs which you practise daily.

Breathe fully and deeply.

See that the air in your room is pure day and night.

Eat moderately of simple, easily digested food. Avoid fried foods, much candy, pickles, pastry, hot breads, tea, and coffee.

Drink water freely.

Massage and exercise your face a few minutes a day, to keep the skin pores active and strong and to bring blood to the surface.

Bathe the entire body and rub it briskly each day so as to bring a glow to the surface and to keep all pores open.

Get regular rest; tired nerves very quickly affect the nourishment to the skin. Hold pleasant thoughts; worry and disagreeable thoughts contract the capillaries and interfere with the blood supply.

Keep the pores of the skin of the feet active; the pores here must eliminate many bodily impurities. Keep the hose fresh and dry to readily absorb impurities.

Do not wear tight collars or tight clothing of any kind.

Learn of a pure face cream suited to your skin and then cease to experiment.

Study yourself under the careful guidance of an educated teacher for the skin, to correct any existing facial blemishes, and then the above directions for exercise of the body and vital organs, bathing, diet, and daily massage and exercise for the face will keep it in condition.

Be careful to learn how to wash your face without deepening wrinkles—a wash cloth is one chief enemy to a smooth skin. The hand, or a soft camel's hair brush is preferable.

Learn how to move the hands on the face to avoid making lines both in washing and wiping the face.

Astringents, skin foods, bleaches, anti-septics, etc., should be prescribed by a skin specialist, who studies your case with you.

If one is exposed to dust, or is much in the open air, a mild cream should be put on the face each night to soften it.

Each skin needs careful study to know just what agrees with it, and one needs

individual directions just as one needs individual directions for correction of figure or of physical ailments; only general suggestions can be given here.

Soft water is better than most face beautifiers, and city dwellers who must do much for the face and hands to correct the effects of hard water, dust and smoke, would do well to spend a part of the money expended on creams, skin foods, etc., in buying distilled or soft water for cleansing the skin. There is nothing much more disastrous to a smooth skin than hard water.

Be careful to use a pure soap. Avoid highly perfumed soaps and those containing free alkali.

## Red Faces

There is a difference between rosy cheeks and what are commonly termed "red faces." The latter are occasioned by an unusual dilation of the capillaries of the skin. Injudicious food, stimulants and too tight clothing are predisposing causes. The condition can be corrected by establishing a uniform circulation throughout the body by exercise, by the use of cold water baths, by regulating the diet, and by full breathing to insure combustion of waste. An astringent wash for the face contracts the distended capillaries after the causes are relieved.

Pale faces may be occasioned by deficiency of blood supply, by a deficiency of red-blood corpuscles, or by an undue tension of nerves which causes the capillaries to contract, so that the blood cannot enter them.

The relief from the latter is in nerve relaxation, and of the former in exercise, deep breathing, forceful circulation, and proper diet to build up the blood. As previously stated, worry or disagreeable thoughts, by reason of their effect on the capillaries, almost always cause pale faces.

Strength in a woman is just as important as it is in a man. Strength to a large extent indicates physical perfection. It means strong organs and vigorous nerves. It ensures that the instincts and emotions ordinarily associated with a perfect human organism are normal in every way. Therefore, a strong woman is more likely to possess normal feminine instincts.

## Evils of Paint and Rouge

I believe the day is not far distant when artificial make-up, the *maquillage* of the French, will be left to the stage and certain class women who announce their "calling" by its use. Could respectable women but grasp the thought in all its clearness, that to strangers their own social position appears more than dubious when they join the "painted and bedizened" sisterhood, they would not hesitate long about risking such misjudgment, but fling the paint and rouge pots far away, and devote themselves sedulously to the recovery of a naturally beautiful skin.

That the task would be attended with some difficulty goes without saying. But the longer the pernicious practice is continued, the harder it will be, for the inevitable penalty for the constant use of the injurious substances which enter into all these compounds is that the skin even in youth becomes more drawn, wrinkled, and sallow than it would be in extreme age if given hygienic care. It must, indeed, have reached a sad state though, to be beyond recovery, given time and diligent care; and the earlier the reform, the sooner the cure.

Always the beauties of Oriental harems have been devoted to cosmetic arts, but while they have frankly adopted certain artificial methods of enhancing their attractions, they have always had too much regard for the preservation of their beauty to jeopardize it by coating their skins with the deleterious enamels and paints which their Occidental sisters have used.

Many girls complain of ugly finger nails. Of course that is a remediable fault. Three times a week, after soaking the hands and rinsing, rub over each nail a bit of cold cream, into which powdered pumice stone has been mixed. There is a clever little pair of tweezers on the market made to hold some tiny rubber pads for rolling back the cuticle at the base of the nail. It is a most effective way of training the half-moon to show. The hands should be washed again, after this treatment.

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