

In order to prevent shivering, take a

THE DISTINCTIVE PLACE OF MASSAGE IN HYGIENE

By Dr. Emma E. Walker (Copyright, 1905, by A. S. Barnes & Co.)

ASSAGE has a distinct place in hygiene. It is, of course, a form of exercise. For those who are not able to take sufficient active exercise, massage offers a very good

back of the same arm to the shot Repeat of this ten times. Alternate then with the left hand. Next rub the throat. First, use the right palm, rubbing it over the throat and left side of the neck up to the ear ten times. Alternate with the left. You may now use both hands. PREVENTS TAKING COLD

** not able to take sufficient active exercise, massage offers a very good substitute. If you sit a great deal of the day, and your occupation is of a sedentary character, you must take some means of stimulating your whole body. In order to keep in perfect health you must give your tissues and organs the same amount of exercise by other means that your more active companions get who do hard physical work all day long. Massage in certain cases offers this method, and may sometimes be depended upon almost entirely by tiself, or may be simply used as an addition to other forms of exercise. You may say then: "How about outdoor sports?" I do not mean to ignore them, but it is almost impossible to induige in them, and you may be in a physical condition where you are unable to do so. In all such conditions massage offers an excellent substitute. In indulging in outdoor sports, it is often a tempitation to overdo them. Massage can be more easily regulated. It is on record that a number of cycle riders who covered a long stretch in a short time were all found to have defective hearing at the end of the race. After resting for two hours, the hearing in nearly all of them had become on the substitute.

Ing in nearly all of them had become normal again. I have known many troubles that had not yielded to any other treatment cured by massage. I know well a girl who for years had suffered at times from intense pain in the joint of the jaw. It would come on very suddenly, and, as she expressed it, her jaw felt "out of joint," and at these times she could eat only the softest food-the soft part of bread, and soups.

SOME ENGLISH SUGGESTIONS

She was finally persuaded to take She was nnally persuaded to take massage. She had treatment three times a week for three months. At the end of this time she was entirely re-lieved, and has never been troubled since with the old pain. Massage will often relieve or cure a headache. It is sometimes applied to the hape of the neck. Massage is most benhape of the neck. Massage is most ben-eficial in cases of constipation. Some people never perspire until they undergo a course of massage. Ar English writer gives a few sim-ple, but very practical and useful, sug-gostions in regard to self-massage. It is to be taken as soon as you arise in the morning. The body is stripped down to the waist. Shivering is a proof that you are very tender, and that you tre sadly in need of massage. Has Superfluous Hair I am a dark person, and have very dark have superfluous hair on my lip and arms. If you please, I wish you would give me would like to know if I should use it. I hove you will please give me all the infor-mation concerning it. S.E. The pumice stone treatment will re-mand must be renewed when the hair re-and must be renewed when the hair re-manently removing a superfluous growth of hair.

In order to prevent shivering, take a large Turkish towel and throw it quick-ly over your shoulders. Then begin a thorough rubbing with the towel. As soon as you feel comfortable, throw off the towel and use only your hands. With the palm and fingers of your right hand rub down the front of your left arm to the wrist, then up the back of the same arm for the boulder

Needs a Blood Purifier

Will you kindly publish a recipe for a good blood purifier? I have been troubled with plumples and blackheads on my face and body. I am taking your prescribed treatment for blackheads, and, while that has done my face a great deal of good, I think that I need a blood purifier. AN INTERESTED READER.

I am giving you formula for a good blood purifier. There are also reliable preparations of sarsaparilla on the market which are excellent for this purpose

Blood Purifier.

Rub from under the arms down to the hips ten times. Put your hands behind you, and with the back of your hands Sodium subhovinate, 1 ounce avoirdu-rols; compound syrup of sarsaparilla. 4 fluid ounces; fluid extract of dandelion, 2 fluid ounces; syrup of orange, 1½ fluid ounces; water enough to make 16 fluid ounces; rub your back all that you can and down over the kidneys. You can then take up the towel again, grasping one end with the right hand,

Pores Too Large

Will you cindly publish at your earliest convealence a substance to make the pores of the face smaller? Those of my nose are especially large. Also some article to give a whiter complexion; my face is red and shiny. Powder does no good to take shine off. W. J. F.

Am giving you formula for enlarged pores. Think you will find the honey and almond cream very beneficial in whitening the complexion.

Honey and Almond Cream.

Honey and Almond Cream. Honey, 1 ounce: white soap in powder, 'y ounce; oll of sweet almonds, 13 ounces; oll of bitter almonds, 'd dram; oll of berga-mot, 'd oram; old celoves, I drops; bal-sam of Peru, 'z' dram; liquid potassa, 'y 'Mix the olls with the balsam, then mix the honey with the soap in a mortar, add enough of the potassa to produce a nice cream. Add this to the first mixure and continue to beat until you have a thor-oughly incomporated emollent. Lotion for Enlarged Pores. Boric add 1 dram; distilled with head

Boric acid. 1 dram: distilled with hazel, 4 ounces. Apply with a piece of old linen or a bit of absorbent cotton.

Tou can then take yt the towel again, srasping one end with the right hand, over the right shoulder, and the other end with the left hand down to the way the back and the shoulder, including the spine. Then for the towel down to the source of the spine. Then for the shoulder, including the spine. The spine of the spine and up and down.
To hange sides again. If at this time you are feeling in good condition, and are not too thred, you can give your lets a rub. Do as you did with the let are not too the feet. Rub first one sole, then the other, with the paims of the soles of the feet. Rub first one sole, then the other, with the paims of the soles of the feet. Rub first one sole, then the other, with the paims of the soles of the feet have in the too the spine and up again. The spotter the spine and up again. The tubbing is done in deep circles with the tubbing is done in deep circles with the fact that it stirr up sluggish circulation, not only of the blood-vessels the meselves, but also of the tymphatic spine. By its ald waster products are chased out of their hiding places and which they are carried along and which they are carried along and which they are carried to the spine and up again and spine. The spine is done in deep circles with the spine and the spine. The spine and the spine of the spine and the spine. The spine and the spine and the spine and the spine and t Cream Cured Pimples Cream Cured Pimples I have used the Fossati cream for pim-ples, and am very much pleased with it. Would like to know if it can be used as a face cream or for massage. I have light hair, which is thin and olly. I am also troubled with deadruff. Can you suggest something to cure the deadruff, and also a face cream or for massage. Try the deadruff cure so frequently published in this department, and after you have so trid of the dandruff use the quinine tonic, which will promote the growth of the hair.

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Cologne, 2% ounces; glycerine, 1% ounces; fluid extract of jaborandi, 2 drams. Agitate ingredients till thoroughly incor-porated. Apply to the evebrows with a bush and to the lashes with a tiny camels-hair paint brush. The brush must be freed from any drop and passed lightly along the edge of the eyelids, exercising ex-treme care that no minutest portion of the lotion touches the eye itself. Will the formula you gave for cucumber cream promote the growth of hair on the face?. I think the cream is excellent, but I have heard face creams will cause hair to grow on the face. Will you please tell me if this is true? I. O. F. The cucumber cream referred to will not promote growth of superfluous hair. day. I am also repeating the formula for cucumber cream, which is very soften-ing to the skin:

Falling of the Hair.

To Reduce the Bust

Skin Wrinkled Like Crepe Cucumber Lotion or Cream. Will you kindly publish, through your in-teresting column, some skin food which will effectually soften and whiten the skin, without making it more succeptible to wind and sun, and wijhout causing a growth of hair? My skin seems parched and dry, wrinkles like crepe paper, and is continual-ly peeling off. Can it be the use of pow-der which causes this? I use simple tal-cum only. I am one of your grateful recip-ients. The orange flower crease is the best Cucumber Lotion or Cream. Expressed julce of cucumbers, ½ pint; deodorized alcohol, ½ ounces; sweet almond oil, 3½ ounces; shaving cream, 1 dram; blanched almonds, 1½ drams. This is a suave lotion-very whitening, softening and cleansing. Take the shaving in a custard kettle. Beat the almonds in a mortar, and by degrees work in the soap and water. Strain through muslin, and re-turn to the mortar. Stir constantly, work-ing in gradually the alcohol, in which the olis have already been dissoived.

ients. HELENE. The orange flower cream is the best emollient I know of for the condition of skin you describe. Moderate use of a good talcum will not harm the skin in any way. Blonde Hair Falling

I am a subscriber and have read with pleasure your hints. Inclosed is a sample of my hair, which is falling out in such great quantities I am afraid of losing all. I take the liberty of infringing on your time to ask for a prescription that won't change shade, being a natural blonde. J. J. J. Orange Flower Cream.

Urange flower orean. White wax. 1 ounce; spermacetl. 1 ounce; lanolin. 2 ounces: cocoanut oil, 2 ounces; orange flower water. 2 ounces; oil of sweet almonds. 4 ounces, lincure of benzoin, 30 drops. Melt the first five ingredients together. Take off the fire and beat until nearly cold, adding little by little the benzoin, and, lastly, orange flower water. The recipe for oatmeal and glycerine cream, which I had once, but have mis-laid. CONSTANT READER. Oatmeal and Glycerine Cream.

All About the Eyes

A young reader would like to get a simple and harmless remedy for granulated eye-lids: Please publish in next week's paper your eyelash stain and grower. L. M. R.

Salve for Granulated Eyelids.

Tellow oxide of mercury, 1 grain; rose salve or unsalted butter, ½ ounce. Apply to the evellds night and morning. Rose salve is the common rose ointment of the sepothecary.

Chinese Eyelash Stain.

Gun arabic, i dram; india ink, ½ dram; rosewater, 4 ounces. Powder the ink and gum and triturate small quantities of the powder with the rosewater until you get a uniform black liquid in a powder, and then add the re-mainder of the rosewater to it. It should be applied with a very tiny camel's-hair brush.

Eyebrow and Eyelash Grower.

Cucumber Cream

Take a teacupful of fine catmeal and grad-ually stir it into a pint of boline water, using a double saucepan to prevent any possibility of burning. Let it boli until clear looking, then strain once more. To this add ebugh rosewater to make it pour easily and about an ounce of glycerine. Perfume as you like and bottle. Shake well before using. Tincture of nux vomica, 1 ounce; spirits of rosemary, 2 ounces; alcohol, 2 ounces. Apply several times a week to the roots of the hair.

Brown Spots on Face Will you please tell me what causes light brown splotches on my face near the eyes and forehead? 10 ACCAUCE THE Lass Of late I have become very interested in your health and beauty columns. I wish you would publish in your columns the an-swer to this question: "How can the bust be made smaller without injuring the body?" I am 16 years old and have a very large bust, and am not at all proud of it, as the one thing I detest is a large bust on a girl. C. K. M.

and forehead? A READER. Brown spots on the face usually indi-cate liver trouble, for which you need internal remacky. Outward application of the followidar paste has proved bene-ficial in many cases.

To Remove Moth Patch.

Cocoa butter, 16 Jrams; castor oll, 10 grams; oxide of zine, 20 centigrams; white precipitate, 10 centrigrams "mence of rose, 10 drops. Apply to the moth patch night and morn-Make frequent applications of clear alcohol and use the pomade to reduce the bust, formula for which is fre-quantic nublished in this danastment

I have read different recipes for the hair in the papers, but could not find any that exactly corresponded with my aliment, so I thought to write to you personally. I am young and healthy, but my hair comes out a great deal, from what cause I cannot under-stand, and it is so very olly. My hair is dark, and two days after I wash it it is sout as olly as though I had not washed it.

Spermaceti, % ounce; white wax, % ounce; oil of almonds (sweet), 6 ounces; alkanite root, 2 ounces; oil of rose, 1 dram. Melt the first four ingredients, strain, beat until nearly cold, then add the oil of rose. Pour into wide-mouthed porcelain bottles or jars.

Lost Formula

Hair Falling

White Cream for Nails.

White petrolatum, 1 ounce avoirdupois; castlle soap, white, powder, 60 grains. Suf-ficient amount of oil of heliotrope or violet to scent agreeably. About Plaster Stick About 1 there of the second se Strange Results From Remedy Some time ago I very foolishly adopted which to justify myself as mich as posi-the had really heard very highly sopken of the as always been thin. My bust was never that, but exceptionally full for on-where that a subter exceptionally full for on-the as always been thin. My bust was never that, but exceptionally full for on-where that a subter exceptionally full for on-the as always been thin bight of frame, al-though not thin in the least, and the result in agine that I immediately resorted is a subter of the set of my favorite soph and a flesh brush succeeded in bring-tor the subter the set of my favorite is a subter of the set of my favorite is a subter of the set of my favorite is a subter of the set of my favorite is a subter of the set of my favorite is a subter of the set of my favorite is a subter of the set of my favorite is a subter of the set of my favorite is a subter of the set of my favorite is a subter of the set of my favorite is a subter of the set of my favorite is a subter of the set of my favorite is a subter of the set of my favorite is a subter of the set of my favorite is a subter of the set of my favorite is a subter of the set of my favorite is a subter of the set of my favorite is a subter of the set of my favorite is a subter of the set of my favorite is a subter of the set of the set of the set of the set he was and f am and built of the set why by some means I should not be set why by some means I should not be set why by some means I should not be set why by some means I should not be set why by some means I should not be set why by some means I should not be set why by some means I should not be set why by some means I should not be set the set of the set of my favorite set the set of the set of the set of the set of the set set of the set of the set of the set of the set set of the set of the set of the set of the set set of the set set of the set of the Strange Results From Remedy answer, B. E. H. Two or three applications of the pe-roxide should bleach the superfluous hair. You can procure the plaster stick from any leading druggist. Wants Tapering Fingers Please be kind enough to furnish an ad-nirer with advice.

My lands are white and soft to turnish an ad-My lands are white and soft, but the feat was caused by biting the nails and feat was caused by biting the nails and ends of oftentimes: causing the ends of produces to bleed. Kindly tell me how to produce the desired taper and how to manicure. Also, how to shampoo the hair with esg, and a good soap to use on black hair. E. V. E.

E. V. E. Since receipt of your letter, full di-rections for manicuring have been pub-lished. To make your finger tips taper let the nails grow long enough to sup-port them, and with the thumb and forefinger of one hand press each finger tip of the other hand into a point. This should be done about twenty times sev-eral times during the day. Soften the fiesh first by soaking in warm water and applying a good cream. I am giv-ing you the egg shampoo, with direc-tions for using it. Any good soap may be used on black hair. Egg Shampoo. Stubborn Wrinkles

Stubborn W rinkles Will you kindly advise me what to do regarding my complexion? I am only 24, but have deep wrinkles on my forehead and under my eyes. My general health is very good. Am using a good cream and massage cream, but they do not seem to help my case. I have been using the massage cream for some time, but the wrinkles do not seem to disappear. And every little wind rough-ens and chaps my skin. Will you kindly recommend something for a protection against the weather, as I am a working girl and have to be out in all kinds of it? Thanking you in advance for anything you can do for me, I am <u>H</u>. S. The lotion for which I am giving you Egg Shampoo.

Tolk of 1 egg; 1 pint of rain water (hot); 1 ounce of rosemary splitting, water (hot); 2 ounce of rosemary splitting, up and use 2 output of the skin of the head. Rinse in several waters. You can give yourself scalp massage by persistently following the rules.

Face Too Thin can do for me, I am H. S. The lotion for which I am giving you formula has proved very successful in removing premature wrinkles. To pro-tect your face from roughness after ex-posure, just before going out rub in a little orange flower cream, when off with a soft cloth and dust over lightly with a good toilet powder. Lotion for Premature Wrinkles.

Face 100 1hin I am an old resident and a reader of your paper. I see in your health and beauty columns that you give lots of valuable information, so thought I would see if you would be as good to me as others. I would like to know something that would fatten my face. My body is fat enough, and up to about one year ago my face was round and fat, but now my cheeks are sunken to the year ago my face was round and fat, but now my cheeks are sunken and fat, but now my cheek Alum, 70 grains; almond mlik (thick), 1½ ounces; rosewater, 6 ounces. Dissolve the alum in the rosewater, then pour gently into the almond mlik, with constant agitation. Apply with a soft linen cloth every night before retiring. obtained.

Troubled With Liver Spots

R. W.-If you cannot overcome the habit of biting your halls by will power paint the nails and finger tips with quar-sia, which is very bitter, but quite harmo

ANXIOUS .- I do not know anything about the preparation to which you re-fer. When the remedy is prepared ac-cording to the prescription published in this department it is perfectly desum-less. The formula for eyelash growed appears on this page to day. and non-tes

Kindly give recipe for the removal of the commonly called liver spots. Will be ever grateful to you for same. T. A. G. To Remove Moth Patch. Cocoa butter, 10 grams; castor oll, 10 grams; oxide of zinc. 20 centigrams; white precipitate, 10 centigrams; essence of rose. 10 drops. Apply to the moth patch night and morning.



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