

to be Healthy and Beautiful by Mrs. Henry Symes

Sensible Summer Dress



Tapering fingers are the French woman's pride

A Physician's Views on Clothing

By Dr. Emma E. Walker

Have you ever thought how much more sensible your brothers are in respect to their clothing than you are? Oliver Wendell Holmes says, in his inimitable way, "Woman is under the guidance of a higher law than any relating to her physical safety." His comment is in virtue of this extreme indifference to consequences, this sublime contempt of disease and death, as compared with the loss of the smallest personal advantage—that woman has acquired the power of resistance to exposure which so astonishes the male sex. Think of her thin shoes and thin legs, her bare or scarcely protected neck and arms, her little rose-leaf trousers, by the side of the woolen socks, the apron of flannel and breadcloth, and the warm hats and caps of her effeminate companion! Our cautions are of no use, except to the fragile sex—our brothers in acceptability and danger. I know a girl who for several months has had a very hard cough, and still might after night I see her sitting in a draught wearing a dress with a "transparent neck" and any girls have a hard lesson to learn in the subject of clothing.

Probably the best all-round material for wear next to the skin is wool. It prevents sudden formaldehyde action and it absorbs considerable moisture without feeling wet. Evaporation from it takes place slowly; thus it is avoided. Wool is the safest material to wear in the winter. It is great protection to the vital organs of the trunk—yet we know that in the tropics our soldiers are obliged to wear woolen abdominal bandages. A great advantage of wool comes in the air which it holds in its meshes. This is the principle on which the mesh underwears are made. Any material, no matter what it is, woven so as to be loose-meshed will retain its interstices a layer of air which is a great protector. In the summer, although a very thin weight of wool can generally be worn with comfort, and certainly with advantage in our changeable climate, the linen and silk all have their place. The general rule is to wear a warmer material in climates. Cotton is warmer than silk. Silk stands next to cotton for warmth. When material is porous, it allows emanations from the skin to pass out through it. Wool readily absorbs perspiration. This should be remembered, and the result should be taken, therefore, to keep it sweet and clean.

AIR CLOTHING WELL

Nothing wears next to the skin should be frequently washed. In order to remove the fatty and saline matters which are thrown off by the skin, as well as any microbes which may be there, clothing should be well aired. Damp clothes offer an excellent soil for microbes, and are favorable to certain skin diseases. Never wear at night what you wear in the daytime. Take each article, shake it well and hang it over a chair by itself so that it can dry through.

DIFFERENT SIZES FOR VARIOUS FINGERS

physical culture give the average lung capacity as 124 cubic inches with corsets, as 167 cubic inches without corsets. Shortness of breath and palpitation of the heart are often due to the use of corsets; so are many diseases, such as dyspepsia, nervous troubles, neurasthenia, displacements of important organs, and lung and heart diseases. If you feel that on account of the weight of your bust you are not able to do without this instrument, use one of the most bust supporters with a corset waist, and you will find this difficulty obviated. I cannot say too much against the use of the trunk garter. It is productive of much harm, it greatly impedes the circulation and often causes varicose veins. The reason why the Japanese girl is such a wonderful athlete is because her body has been unimpeded for generations. She can wrestle easily with her brother at any time. Clothes should never be tight in any part. Tight, high collars and stiff collars are responsible for many of our ugly necks. Conspicuous clothing is never in good taste. Avoid the combination of many colors. In the street wear skirts that do not drag. Do not wear hats that are a burden to both body and mind. When you are well and comfortably dressed you have a feeling of poise, which helps you to forget yourself. You can then give your best attention to the work that lies before you.

ALMOST every woman has an instinctive yearning for tapering finger tips. Undoubtedly they add much to the beauty of the hand, and if the finger ends are thick and chubby the general appearance of the hand is marred. Much may be done by shaping the nails properly. In my opinion, the best effect is obtained by making the nail follow the line of the finger end as nearly as possible. The French women have always taken great pride in tapering finger tips, and to this is probably due the invention of little devices for training them in the way they should go. They are little things, like steel thimbles, and are lined with soft felt. There are different sizes for the various fingers, and these are adjusted by pressing them to the desired size. The pressure should not be hard enough to cause any discomfort. Of course, results are not at once visible, but by continually wearing these little devices at night, and as often during the day as convenient, even very thick finger ends may be trained into a much more tapering effect.

Feeding Children

UP TO THE year of 18 children are much better without tea or coffee. Milk or milk and water is far better. Neither should pickles nor condiments of any kind except salt be allowed, and meat should only be allowed once a day. If children were more carefully fed, instead of being allowed to eat anything that is provided for their elders, there would be fewer dyspeptics in the years to come.



Ideal summer corset

THE woman who can not only keep cool, but look cool during the hot summer weather, accomplishes two important things. She secures her own comfort and she is a benefactor to her sex, for those that look at her cool countenance upon seeing her cool and calm under these trying conditions of the weather. Dress, of course, is an extremely important thing in accomplishing a state of looking and feeling cool. On the subject of underclothing there is a difference of opinion. Linen is undoubtedly the coolest material to put next to the skin, and when in the form of linen meshed garments, which allow the perspiration to pass through freely, is very desirable. However, in our variable climate lightweight woollens are often advisable. They come very thinly woven and lessen the danger from sudden colds or chills.

Manner of Adjusting

Much comfort may be gained by substituting a lightweight corset for the one usually worn. There is an ideal corset made of lightweight porous material, free from stiffness and having only the number of bones absolutely necessary.

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MELANIE.—The Vaucaire Remedy is for best development only, and will not produce fat on any other part of the body.

K. G.—Try the following paste for removing your stubborn freckles: For Obstinate Freckles.

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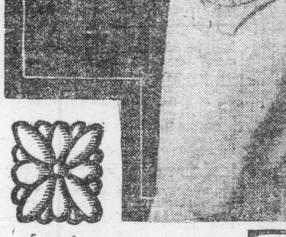
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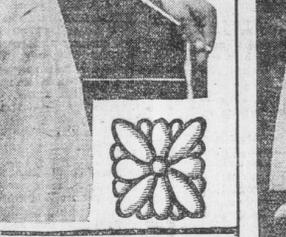
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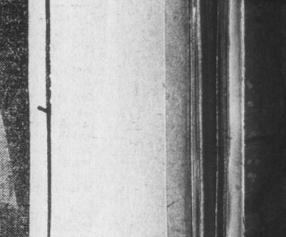
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Beware of tight clothing