

How to be Healthy

A USEFUL INVENTION OF THE FRENCH COIFFEURS



PARIS, '06. French women prefer to use a "coiffeur" of false hair instead of exhausting their patience on a careful combing out, for in careless combing, not ruffing, which is unjustly blamed for it, does the breaking usually occur. Americans, however, seem to retain a certain disdain for false hair, looking at it in an entirely different light from their French sister, who hopes that you will adjudge her coiffure pretty, and gives no further thought to you or to its morals.

Whether the foundation be false or real, it is now ready for the "ch-ch" of loose curls, oruffs, that is at this stage lightly pinned on top. It will be seen the hair so loosely gathered up is inclined to fall away in a flat, ugly manner, while in profile it often has a curious way of standing off from the forehead.

How to get the right shape was the burning question. Sidecombs only added to the trouble, and the very longest hairpin was not nearly long enough. The obvious thing seemed to be to make one longer. And this the French coiffeur

very simply showed us how to do—by taking an ordinary hairpin, straightening out the middle bend and arranging a hook at one end—going back to the stillette principle.

A hairpin so fashioned is five or six inches long, so that when it is pushed through the pompadour there is an end which is stuck into the tight knot, with long enough purchase to hold the angle at which it is adjusted. This angle holds the hair out and upward at the sides and against the forehead in front.

If the hair were taken away, there would be found a semicircle of pins resembling the half of a halo—the whole of which is merited without question by the inventor who has obtained for us that most grateful of all things, a comfortable, secure hair dressing.

For the bending process has made even those tiresome little objects known as invisible hairpins eminently useful. By arranging a tiny hook in one end they will hold quite permanently the invisible net or rebellious lock, instead of slipping into your eyes or down your neck at a fatal moment, according to their former habit.

In Nature's Gymnasium.



It isn't every one of us who has a woods for her back yard, but when you can get into a real woody place a thousand exercises suggest themselves which can be carried out in true gymnasium fashion. If in gymnasium costume, so much the better.

Climbing trees calls for a muscle into play that is rarely exercised, and a dozen varieties of the usual climbing may be developed from a healthy standpoint. If your hips and abdomen are large, for instance, force yourself to do most of the actual work with your legs, using your hands only to guide and to steady yourself with. This is a very difficult exercise, but one that brings about splendid results.

If, on the contrary, it is chest and arms that you wish to develop, let your arms do all the work that they will, swinging yourself from limb to limb. And though this will be a later development, because rather a severe form of exercise—even learn to draw yourself up, by your arms, from a lower limb to an upper, exactly as an athlete does with parallel (and single) bars.

Young trees—so young that their "springs" are their strong, young, and means for splendid climbing and exercise rolled into one. Climb the tree and then gradually work yourself out to the end, "hand walking" most of the way. If the tree is sufficiently springy, it should bend way over under your weight. Then drop to the ground, letting the fall find you perfectly poised and with muscles so well under control that you give to the drop just enough to keep it from being anything of a shock.

Grapevines permit of splendid swinging, and rail fences offer endless opportunities in the shape of vaulting and jumping, and even of walking along the top, using another rail by way of a balancing pole. This last, while not so much a tax upon the muscles, is a good exercise for promoting grace—and a steady head and a quick eye are both developed.

A strong, stout pole and a little brook suggest the long swinging jump across—sure to result disastrously in a drenching if you are the least bit clumsy. A grapevine that grows close to the water's edge may be used as a primitive sort of bridge, while the swinging across is good exercise.

Take the delicate child, who prefers books to a romp, and who mopes about the house in a half irritable, thoroughly moody way, and make her do her exercises in nature's gymnasium.

It will be an effort at first, and timidity will make a task of it for the child. But, in a little while, the timidity will give way to a delight in accomplishing feats that will bear fruit in the shape of rosy cheeks, bright eyes and a gratifying increase in health.

On Care of the Face and Hair

Successful Formula

IS THERE such a thing as a harmless dye for dark brown hair? Yes, there is. I am a young man, but the white hairs are becoming quite noticeable. A. B.

The formula below has been successful in a number of cases, and is quite harmless.

To Restore the Natural Color of the Hair.

(A physician's prescription.)

Sugar, 1/2 ounce; licorice, 1/2 ounce; essence of bergamot, 1/2 ounce; alcohol, 1/2 ounce; glycerine, 1/2 ounce; tincture of cantharides, 1/2 ounce; ammonia, 1/2 ounce. Mix all in one pint of water. Apply to the roots of the hair, which must be clean.

The dye should never be applied if there is any irritation or abrasion of the scalp. The best way to use any stain is to apply it to the roots of the hair with a small brush—a toothbrush will answer for the purpose.

It is well to form a habit of smoothing the wrinkles gently with the finger tips many times during the day without the cream. This cream will not promote the growth of hair.

Massage Cream.

Lanolin, 1/2 ounce; spermaceti, 1/2 ounce; white vaseline, 2 1/2 ounces; cod liver oil, 1/2 ounce; sweet almond oil, 2 ounces; tincture of benzoin, 1/2 ounce.

Melt the first five ingredients together, then add the oil of sweet almond, and the benzoin, drop by drop, during this process. Extract of violet or any perfume may be added if agreeable.

Cocoa butter is not in any way injurious. It is a great flesh builder and good to use if your face is too slender.

A Good Head of Hair

I used to have plenty of hair, but I have lost it. I want to know what to do to get rid of it. It causes my hair to fall out by large clumps. Would you please tell me what to do to get rid of it? I would like to know if there are any remedies for it? There are plenty of advertisements for hair restorers, but I would like to know something really good that will give a luxuriant growth.

I am very much sunburnt. Will you please tell me, in your beauty page, what will remove it? There is some remedy that will remove it in a few applications, and I would like to know of something good.

KATHLEEN.

To Remove Dandruff.

Tincture of cantharides, 1 ounce; liquid ammonia, 1/2 ounce; glycerine, 1/2 ounce; oil of rose, 1/2 ounce; cod liver oil, 1/2 ounce. Mix all together with six ounces of rose water. Rub the scalp thoroughly with this preparation until no further evidence of dandruff is noticed.

When the Dandruff is removed completely use this tonic:

Hair Grower.

Bay rum, 7 ounces; distilled witch hazel, 1/2 ounce; common salt, 1/2 ounce; hydrochloric acid, 1/2 ounce; glycerine, 1/2 ounce. Mix all together with six ounces of rose water. Rub the scalp thoroughly with this preparation until no further evidence of dandruff is noticed.

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Tansy Tea and Buttermilk

I want to know if the tansy you buy at the drugstore can be used the same as the tansy I have heard of. I have heard that tansy and buttermilk are very good for the skin. The tansy at the drugstore is the same as that growing in the fields, only the former is dried. Perhaps you would prefer to have the green herb, just as you gather it.

Tansy and buttermilk are very good for the skin. Knowing the exact quantities to be used is not important. Just make an infusion of the tansy leaves and mix it, about half and half, with the buttermilk. It makes a good skin wash.

Mrs. Symes' Answers to Correspondents

Run Down and Nervous

I WAS reading advice to correspondents in your columns of how to gain flesh. I am losing flesh all the time, and have no appetite. I now weigh only 106, and my usual weight was 125 or 126. I am run down generally, nervous, and everything annoys me greatly. Do you recommend Dr. Vaucaire's treatment for me?

Mrs. L. H.

Here are some facts and rules that may help you:

To Gain Flesh Generally.

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, containing starch and sugar, potatoes, fresh sweet butter, milk, cream, fruits cooked and served with 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. Exercise in a well-ventilated room. I do not believe any one can gain flesh if there is an internal disease, certainly not 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 a regular gymnastic course, 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 exercises 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 permits her nerves to get the better of her.

Wants Jet Black Hair

Can you tell me of a harmless preparation that will turn dark brown hair to jet black in color?

Will peroxide of hydrogen whiten the skin of face and neck?

The formulas that dye hair a jet black are so strong that I do not recommend their use by an amateur. If you wish to bring your hair to this shade, I advise you to secure the services of an expert hair specialist.

Peroxide of hydrogen will bleach the face and neck.

Cure the Disease First

Will you please repeat the prescription for restoring gray hair to its natural color? You referred me to another correspondent, I looked for it but could not find it. As my eyes are weak I may have overlooked it. I am 5 years old. For the last few years my hair has been turning gray.

And falling out. At first I had erysipelas.

Mrs. W. G.

Before attempting to use the physician's prescription, I advise you to take steps toward restoring the health of your hair. Try this tonic and see if you cannot arrest the falling of your hair.

Tonic for Falling Hair.

Phenic acid, 2 grams; tincture of nuxvomica, 1/2 ounce; tincture of red cinchona, 20 grams; tincture of cantharides, 2 grams; cod liver oil, 1/2 ounce; sweet almond oil, 60 grams.

Apply to the roots of the hair with a soft sponge once or twice a day.

Why do you object to your gray hair? There is nothing more beautiful, even in a woman of your age, than soft, wavy, gray hair. Why not try to attain this, and not tamper with dyes? With care you can bring your hair to this enviable condition, providing, of course, the disease you speak of has been cured.

To Reduce the Ankles

Would you please tell me what chemicals are good to reduce the ankles and make the calves smaller? I am very willing to diet if you think that also advisable. M. H.

To adhere to a diet will reduce your weight generally, but not affect any special part; but perhaps your whole body is over weight. I would advise you to have the ankles and calves in clear alcohol, alternating with warm vinegar. The following recipe may also help:

Pomade to Reduce Fat.

Tincture of potassium, 3 grams; vaseline, 50 grams; tincture of benzoin, 1/2 ounce. Make into a pomade and rub over the fat parts twice a day.

You should abstain from food that is especially fat forming—cereals, potatoes, corn, beans, etc. You should also avoid sweets of all kinds.

Massage Unnecessary

I once read in your column a recipe for reducing the bust which you also said could be used on the face for the same purpose. I am well proportioned, except that I have a very fat face, and so would ask you to please advise me. I would also add that I do not care for massage, unless it is necessary in connection with the lotion.

C. A. H.

In the answer to "M. B." you will find the pomade to reduce fat. This is probably the recipe to which you refer.

Thin Hair

I would like to know very much how I could reduce my hair as it is very large in proportion to the rest of my body. I have tried the applications of cold water, but it does not seem to take any effect. How long before there is a result?

Also, kindly give me a remedy to make my hair thick, as it is very, very thin.

Mrs. J. J.

Try the pomade to reduce fat, given in the answer to "M. B." Continue the applications of cold water. With almost all exercises, remedies and treatments, persistence is the key to the situation. And the length of time before success is reached is almost always indefinite.

Below is a tonic that I think will help the growth of your hair:

Tea Hair Tonic.

Black tea as a basis for hair tonic is successful in many cases. Formula: Bay rum, 2 ounces; glycerine, 2 ounces; cod liver oil, 1/2 ounce; tincture of cantharides, 1/2 ounce. Mix all together with six ounces of rose water. Rub over the hair twice a day.

Do not use tea to ten or twelve ounces, but use a soft sponge to the roots of the hair. It will darken black hair.

Hair Turning Dark

Will you please let me know what I shall do for my hair? It is losing its natural color. It was brown and is getting very dark. I also have several gray hairs. I do not like to use a dye of any kind. I would like to know of a good shampoo. J. S. M.

I would advise you to use the following shampoo, which will do much toward keeping your hair light:

Shampoo for Light Hair.

White castile soap, in shavings, 1 ounce; water, 24 ounces; potassium carbonate, 30 grains; borax, 120 grains; cod liver oil, 1/2 ounce; bay rum, 2 ounces. Dissolve the soap in the water and add the other ingredients. Rub well into the hair, and thoroughly in several waters. Then dry carefully.

Use this shampoo once in two weeks. Such frequency makes the hair too dry. I will give you a lotion to keep it soft and of proper oiliness. Do not touch the hair with your hands. It is the least of ills that could befall your hair.

Treatment for Bunions

I have been using one of your recipes for bunions. It is carbolic acid, glycerine and iodine. It has taken all the soreness out of my bunion, but it hasn't taken the swelling down. Will you please tell me if it is only to take the soreness out? Or can you tell me something to take the swelling out too?

A. G.

The swollen joint is due to the long pressure and irritation to which it has been subjected. It has grown out of shape. With patience I think you can bring the joint to its natural size. Wear a very soft, comfortable shoe. Never allow the least irritation or exposure to inclement weather. Bathe every day.

A Red Blotch

Will you kindly give me something to remove a red blotch on the side of the nose. It having been there for eight months and greatly oblige.

F. W. B.

I do not understand the nature of this annoyance. Is the skin smooth and unbroken? And what is the degree of redness—dull, bright or bluish? Give me more details before I can suggest a remedy.

No Danger of Discoloring

Will you kindly tell me whether your hair grower of bay rum, which hazel, salt, hydrochloric acid and ammonia will cause white hairs to turn yellow or discolor them?

My hair is just sprinkled with white, while I need some good tonic to make it grow, and your recipe did look good. And will you also kindly tell me how much ammonia is to be used?

Mrs. L. H.

The tonic you mention will not discolor gray hair. This happens when gray hair is not sufficiently washed. Because of its light color it requires about twice as much care as darker shades.

I cannot tell you the exact amount of ammonia required in the preparation of this formula; if you are not sure as to how to handle it, you might better ask your druggist to fill the prescription. He will know just what to do.

Wrinkles Should be Overcome

Your beauty hints have greatly interested me, and I would like to ask a few questions. I have a rough, yellow skin, deep wrinkles at the corners of the mouth, but how to handle it, you might better ask your druggist to fill the prescription. He will know just what to do.

Whitening Paste for Freckles and Brown Spots

Salecylic acid, 50 grains; bay rum, 4 ounces. Label. 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 of starch.