

How to be Healthy and Beautiful by Mrs. Henry Symes

Exercises that will make swimming easy



How to Prepare for a Sport Which Will Bring Both Joy and Health

HERE is no more beneficial form of exercise than swimming. And in very hot weather, when other forms of exercise are apt to prove over-heating, it is a delicious luxury to be able to jump into the cool water and exercise every muscle of the body vigorously without looking or feeling uncomfortably warm.

Every physically sound person should be taught to swim, for it is not only a most enjoyable and beneficial form of exercise, but the knowledge of it frequently means saving either your own life or that of another.

It is surely worthy of consideration, it is of the greatest value as a physical exercise. It has been proved in an easy method of reducing superfluous flesh, and it encourages an ease of movement which is apt to add grace to the carriage.

The girl who wishes to develop her chest can find no surer or quicker way of accomplishing it than by going in for swimming.

It requires quite a lot of muscular exertion to become an expert swimmer, and the girl who is going to take it up as an exercise when the weather permits can do a great deal by way of preparation if she will commence at once to take the arm and leg exercises required.

It really is possible to learn to swim on dry land, and after the proper movements have been mastered it is merely a question of how to properly fill the lungs and to hold the breath to the limit of one's capacity. The best practice is to empty the lungs, then close the mouth and steadily inhale through the nostrils

until the lungs are completely filled. Hold the air as long as can be comfortably done. Then forcibly expel it through the mouth. Repeat fifteen times. Do this morning and evening for a week, and then gradually increase the number of fillings and expulsions to twenty-five or thirty each time. Frequent practice at holding the breath will accomplish wonders.

Try first in a basin filled with water, and then taking your morning tub see how long you can hold your breath under water without distress. It will not only increase your breathing capacity, but it will accustom you to the feel of the water over your face, which is apt to intimidate the beginner.

Swimming as an exercise, during the summer, is within the reach of nearly every woman. At the shore or in the country it is usually feasible, and for

the woman who is obliged to stay in the city during the hot weather, and who has little money to expend, for pleasure, there are the free swimming pools, which, fortunately, are now established in most large cities.

I have tried to illustrate the most important stroke movements of the arms and legs, and the woman who will practice these will find them excellent preparation for the actual swimming, much of the fatigue and awkwardness caused by untried muscles will be prevented, and just as soon as you gain confidence to perform the movements you have been practicing in your room in the water you will be actually swimming.

As to the matter of a suitable swimming costume, women are greatly handicapped. Custom has decreed a costume that is anything but rational or comfortable, and it would be hard to find anything more useless than the skirt of the fashionable bathing suit. But the sensible woman who is really going in for swimming as an exercise will at least refrain from large, fancy collars or neckerchiefs, and will avoid every unnecessary thread in the costume. The best practical suit is made in one piece, comfortably loose at the waistband and of light, clinging material. The skirt should be separate, and should just cover the knees, containing as little fullness as possible.

Figures 1 and 3 illustrate the proper arm movements; figures 4 and 5, the leg movements, and figure 6, the correct leg position.

Doestly you have not been giving enough massage directly beneath the eyes? I think if you use a good skin-food and use the following movements you will soon notice an improvement.

Place the finger tips directly beneath the eyes, press gently around the outer corners of the eyes, and repeat these movements should be given each day. If it does not bring the desired improvement, try the arrangement shown in my new book.

Apply a good skin-food to your face and neck. Deep breathing is also excellent for developing the neck. Since receipt of your letter I have published an article containing many valuable hints on making the figure plump, cloth every night before retiring.

Mrs. Symes' Health and Beauty Talks

Fat and Flabby

As I am very stout and flabby for my height, I beg you to tell me what would be possible for me to go out and walk and lead a healthful life. I am 36 years old, and I again beg you to tell me of some diet, which I can follow, that will help me to lose weight. I have been trying to do this for some time, but have entirely failed. I am a native of the city of New York, and I am a native of the city of New York.

ONE WHO ANXIOUSLY WANTS.

If hard housework does not tend to reduce your flesh, I fear exercise alone will not help you, and you had better try dieting. I am giving you a few simple rules in regard to this, which may prove beneficial.

Tonic for Dry Hair

Colony, 5 ounces; tincture of cantharides, 1 ounce; oil of sweet lavender, 1/2 ounce. Apply to the roots of the hair once or twice a week. Rub gently until the scalp should be kept clean. Shampoo at least once a week.

Orange Flower Cream.

White wax, 1 ounce; spermaceti, 1 ounce; essence of orange flowers, 3 ounces; oil of sweet almonds, 90 grains; tincture of benzoin, 30 drops.

Melt the wax and wax ingredients together. Take off the fire and beat until nearly cold, adding little by little the benzoin and lastly orange flower water.

To Remove Scars

Please let me have full directions as to use of following, which you published for the benefit of scars:

Linolin, 2 grams; extract of violet, 10 drops.

Apply a very little of the cream to each pimple at night before retiring.

Dandruff Cure.

Tincture of cantharides, 1 ounce; liquid ammonia, 1 dram; glycerin, 1/2 ounce; oil of thyme, 1/2 dram; rosemary oil, 1/2 dram.

Mix all together with 1/2 ounce of rose-water. Rub the scalp thoroughly with this preparation until no further evidence of dandruff is noticed.

Face and Neck Too Thin

I have heard so many speak well of your Face and Neck Too Thin. I have tried it and have found it to be a most excellent remedy. I have been using it for some time, and have found it to be a most excellent remedy.

Apply it to the face and neck, and you will find it to be a most excellent remedy.

Wants Dark Hair

Will you please tell me something that will give me dark hair? I have been using your hair cream for some time, and have found it to be a most excellent remedy.

Apply it to the hair, and you will find it to be a most excellent remedy.

Sheds Lost Their Color

Will you please tell me something that will give my hair its natural color? I have been using your hair cream for some time, and have found it to be a most excellent remedy.

Apply it to the hair, and you will find it to be a most excellent remedy.

Used Formulas With Success

I have used your valuable formulas with great success. I have been using your hair cream for some time, and have found it to be a most excellent remedy.

Apply it to the hair, and you will find it to be a most excellent remedy.

Diet to Reduce Flesh

Avoid all starchy and sweetened food, all cereals containing sugar or starch, such as bread, cereals, potatoes, etc. Have your bread toasted; sprinkle it with salt instead of butter. Milk, I regret to say, if it is pure and good, is fattening. Skimmed milk may be drunk. If hard housework does not tend to reduce your flesh, I fear exercise alone will not help you, and you had better try dieting. I am giving you a few simple rules in regard to this, which may prove beneficial.

Fossati Cream for Pimples

Lanolin, 5 grams; sweet almond oil, 5 grams; sulphur precipitated, 1 gram; oxide of zinc, 2 1/2 grams; extract of violet, 10 drops.

Apply a very little of the cream to each pimple at night before retiring.

Front Hair Turning Gray

Will you kindly send me the formula for a harmless hair dye? My front hair is turning gray, and I am very anxious to get it back to its natural color. I have been using your hair cream for some time, and have found it to be a most excellent remedy.

Apply it to the hair, and you will find it to be a most excellent remedy.

White Heads (Aloe Molluscum)

I have a constant reader of your paper, and I am giving you a formula for a lotion which has proved very successful in removing whiteheads.

Apply it to the face, and you will find it to be a most excellent remedy.

Freckles Spoil Beauty

As I am a constant reader of your paper, and I am giving you a formula for a lotion which has proved very successful in removing freckles.

Apply it to the face, and you will find it to be a most excellent remedy.

Obstinate Freckles

Obstinate Freckles.

Apply it to the face, and you will find it to be a most excellent remedy.

Gummy Substance on Hair

Gummy Substance on Hair.

Apply it to the hair, and you will find it to be a most excellent remedy.

Worried by Pimples and Dandruff

Will you kindly advise me? Am 23 years of age, in average health, but am troubled with pimples breaking out around chin and forehead, which, when opened, form a scab and heal to make room for more.

Have had dandruff for years, the scales extending far down my forehead, and even eyebrows. I frequently shampoo my head with soap and water, but no result, my head being soon covered with dandruff as before.

The first step toward improving your complexion will be to improve your health. Pimples are the outward indication of some inward disturbance, and until this is rectified they will continue to appear. The cream for which I am giving you formula is an excellent healing agent, but it will not prevent the reappearance of the pimples unless the original cause is removed. I am also giving you formula for an excellent remedy for dandruff.

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Apply a very little of the cream to each pimple at night before retiring.

Dandruff Cure.

Tincture of cantharides, 1 ounce; liquid ammonia, 1 dram; glycerin, 1/2 ounce; oil of thyme, 1/2 dram; rosemary oil, 1/2 dram.

Mix all together with 1/2 ounce of rose-water. Rub the scalp thoroughly with this preparation until no further evidence of dandruff is noticed.

To Reduce the Hips

I have read your answer and advice to inquirer for several weeks, and have come to the conclusion that you are a most excellent adviser. I have been using your hair cream for some time, and have found it to be a most excellent remedy.

Apply it to the hair, and you will find it to be a most excellent remedy.

Bagginess Under the Eyes

I am a constant reader of your paper, and I am giving you a formula for a lotion which has proved very successful in removing bagginess under the eyes.

Apply it to the face, and you will find it to be a most excellent remedy.

To Remove Dandruff

To Remove Dandruff.

Apply it to the hair, and you will find it to be a most excellent remedy.

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