

How to be Healthy and Beautiful

EXERCISES for STRENGTHENING THE BACK

Hot Weather Hints



Sit Easily
in a Low Chair

To Relieve Backache

Water Ices
are Cooling

Cold Water on the Wrists
is Refreshing

On Care of Hair and Complexion

GRATEFUL.—A good brilliantine will add a temporary lustre to the hair and is not injurious. Apply a very small quantity at a time. The best way is to use an infant's hair brush, which will distribute it evenly over the hair.

M. E.—Try the following tonic for your falling hair:

Formula for Falling Hair.
Cologne, 8 ounces; tincture of cantharides, 1 ounce; oil of English lavender, oil of rosemary, each 2 ounces; alcohol, 1 quart. Apply to the roots of the hair once or twice a day. It is positively necessary that the scalp should be kept clean. Shampoo at least once a week.

K. M. C.—Persevere with the treatment a little while longer.

ANXIOUS READER.—I do not remember the powder to which you refer, but the one I am giving you is excellent for perspiring feet. Bathing the feet at night and morning with a saturated solution of boracic acid in alcohol will also prove most beneficial.

Foot Powder.
Borax, 5 grains; salicylic acid, 2½ grains; stannic chloride, 10 grains; talcum powder, 50 grains.

Shake well and apply with a soft sponge at least once daily.

The Reduction of Flesh.

JANE. You will find some helpful hints in the little set of rules I am giving you:

Avoid all starchy and sweetened food, all cereals, vegetables containing sugar of starch, such as peas, beans, etc.; sprinkle with salt instead of butter. Milk, cream, and eggs, if they are pure and good, is fattening. Skimmed milk may be drunk. Hot water is an excellent substitute for other liquids. Add a little of the juice of lemons or limes to it. If you choose, limit your sleeping hours to seven at the outside. No naps.

You must take exercise at least five miles a day, and do not wear, go to one of the institutions where mechanical massage is given. Several of my correspondents report excellent results from the use of this treatment. The more exercise the more oxygen and consequent destruction of fat by the one healthful method of curing obesity.

The more starch and sugar you eat the more carbon to burn away.

STUBBORN.—Since receipt of your letter the Vaucaire remedy has been published. I cannot advise you in regard to the eczema—it requires special treatment.

Lotion for Enlarged Pores.

EDITH MAY.—Continue using the almond cream as a substitute for soap and apply the following lotion:

Boric acid, one dram; white wax, a piece of old linen or bit of absorbent cotton.

The witch hazel cream will be beneficial in removing the marks left from pimples. Rub in gently several times a day.

Pimples Leave Marks.

I am a constant reader of your department, and would greatly appreciate your kindness if you could publish a recipe for removing marks on the face left from pimples. Also how and when to use the witch hazel cream.

READER.—The witch hazel cream will be beneficial in removing the marks left from pimples. Rub in gently several times a day.

Hair Split at Ends.

I am a constant reader of your articles and would like to help me. I am 16 years old, and my hair (of a brown color) splits at the ends. Sometimes one end grows and the other does not. Can you tell me of some harmless and simple remedy to stop the hair from splitting?

Q. C. D.—Have the ends of your hair carefully singed once in six weeks until all split ends have disappeared.

Hair Falls after Fever.

Two years ago my little girl had scarlet fever, which caused her hair to fall out. It has grown back and was thick and beautiful, when she had an attack of pneumonia. Now it is beginning to come out again. Do you advise cutting it again? Or would it be better to use something to prevent its falling out? Your advice will be gratefully received.

M. B.—Use the following lotion to prevent the hair from falling. In addition to this rub a little vasoline into the roots of the hair at frequent intervals.

Falling of the Hair.

Tincture of nuxvomica, one ounce; spirits of rosemary, two ounces; alcohol, two ounces.

Apply several times a week to the roots of the hair.

Harmless Liquid Powder.

Will you kindly publish a recipe for a harmless liquid face wash, to use in place of powder? Also if it is possible, I would like a good cold cream recipe—something that will not increase the growth of hair.

For Whitening the Skin—A Liquid Powder.

Pure oxide of zinc, 1 ounce; glycerine, 1 dram; rosewater, 4 ounces; essence of rose, 10 drops.

Sift the zinc, dissolving it in just enough of the rosewater to cover it, then add the glycerine, next the remainder of the rosewater.

Shake well and apply with a soft sponge or an antiseptic brush. The face must be

well wiped off before the liquid dries or it will be streaked.

Witch Hazel Cold Cream.

One ounce each of white wax and spermaceti; ½ pint of oil of almonds. Melt into a mortar which has been heated by being immersed some time in boiling water. Very gradually add three ounces of rosewater and one ounce of witch hazel, and add enough of the mixture until an emulsion is formed, and afterward until the mixture is nearly cold.

This cream is particularly useful to heal sore or stretched skin.

To Fill Out Hollow Necks.

Will you please publish a remedy that will fill out the hollows in the neck, also one for enlarging the bust?

Massage with a good skin food will fill out the hollow places in your neck.

Dr. Vaucaire's remedy is excellent for developing the bust, and massage with skin food will also prove beneficial.

Dr. Vaucaire's Remedy for the Bust.

Liquid extract of galega (goatsrue), 10 grains; lacto phosphate of lime, 10 grains; tincture of iodine, 10 grains; simple syrup, 400 grains.

The dose is two spoonfuls with water, before each meal.

Dr. Vaucaire also advises the drinking of malt extract during meals.

Itching Scalp.

I am a young girl of 17 years old, and wish to ask your advice in regard to a certain matter. My hair is long and black and has been washed and dried as it should, but I have a little dandruff, and at times my scalp itches terribly. But the worst of all is that my hair is so straight that I cannot dress it becomingly. It falls down to my shoulders, and I am not able to do anything with it at all. Will you kindly publish a little recipe to make the hair curly, and tell me what I can do to ease my scalp when it irritates so?

S. T. N.

Remove the dandruff from your scalp by using the following mixture. I think this will stop the itching. I advise you to do your hair up in curls two or three times a week, using a harmless curling, which will make the wave last longer. You should then be able to arrange your hair becomingly.

To Remove Dandruff.

Tincture of cantharides, 1 ounce; liquid ammonia, 1 dram; glycerine, ½ ounce; oil of sweet almond, 1 ounce; rosewater, 1 quart.

Mix all together with six ounces of rosewater. The more exercise the more oxygen and consequent destruction of fat by the one healthful method of curing obesity.

The more starch and sugar you eat the more carbon to burn away.

Borax in the Shampoo Water.

I have seen where you have helped others by the Vaucaire remedy. I have written to ask you about the hair. Do you think that too much use of soap will prove injurious to the hair turn gray?

I have heard that both ammonia and borax make the hair turn gray, and do you think that after a time borax loses its effect?

Ammonia and borax should each be used with moderation and judgment; but excessive use will prove injurious to the hair. A teaspoonful of either in the shampoo water is enough for ordinary purposes, and used in this proportion, they are harmless.

Oil Skin.

I am a constant reader of your paper, and would like to know if you could tell me what to do about my skin. It is very oily, and I have a great deal of dandruff. I have heard that both ammonia and borax make the hair turn gray, and do you think that after a time borax loses its effect?

Ammonia and borax should each be used with moderation and judgment; but excessive use will prove injurious to the hair. A teaspoonful of either in the shampoo water is enough for ordinary purposes, and used in this proportion, they are harmless.

Quinine Hair Tonic.

Supplene, 1 dram; rosewater, 8 ounces; distilled sulphuric acid, 15 minims; refined spirits, 2 ounces. Mix, then filter, add glycerine, ½ ounce; essence of rose, 10 drops; or essence of musk, 5 or 6 minims. Apply until solution is complete. Apply to the roots every day.

Pimples and Blackheads.

Will you kindly recommend through your column a good cure for persistent pimples and blackheads, which appear on face and neck? I have heard that you named Fossati cream for same. Would you mind giving me the recipe and advise how to use the same? Is vasoline or camphor oil better for the skin? I have used the same, and my face appears oily at times.

GEORGIA K.

Pimples usually indicate some internal disturbance, and should be treated internally. The Fossati cream is excellent for external use, but will not effect a permanent cure if the trouble is from the blood. You will find the lotion for blackheads very satisfactory. I do not know the use of either vasoline or camphor oil as a face cream or skin food. They are good for many ills, as in the case of the skin, chapped lips, cold sores, etc., but for general use a regular face cream is better.

Fossati Cream for Pimples.

Supplene, 1 dram; sweet almond oil, 1 dram; sulphur precipitate, 8 grains; oxide of zinc, 2½ grains; extract of violet, 10 drops.

Apply a very little of the cream to each pimple.

Lotion for Blackheads.

Pure brandy, 2 ounces; cologne, 1 ounce; liquor of potash, ½ ounce.

Apply at night after washing the face thoroughly with soap and water.



Cold Water on the Wrists
is Refreshing



A Short Rest in the Heat of the Day

BY paying proper attention to diet and exercise, we can more fully enjoy the summer weather and avoid the discomforts of hot weather.

Our digestion is sluggish during the summer, which is nature's way of telling us to eat less concentrated solids.

It is a good plan to cast off all fatty meats and use a small quantity of lean meat, beef, lamb, young chickens, delicate fish, etc. Green, watery vegetables, such as cucumbers, tomatoes, green peas, lettuce, cress and young cabbage are wholesome, nourishing and cooling to the blood.

Buttermilk, if clean and pure, is excellent summer food. With butter, cream, lettuce, cress and young cabbage, it makes a delightful and hygienic luncheon.

Ice cream cools for the moment, but keeps you fanning later. Water ices and sherbets, if taken slowly between meals, are far more cooling.

That fruit is meant to be a large part of our diet in summer is beyond all doubt a fact. Every indulgence is offered us by nature to partake of it.

Fruit juices quench thirst in the most wholesome manner, and at the same time delight the palate. They do more than this; they keep the blood pure and cool, neutralizing injurious acidity and aiding digestion.

In hot weather the whole body should be washed at least once daily. If cold morning tubs are indulged in, they should be supplemented by hot evening baths.

Bathing the wrists in cold water during the day will cool the whole body. Don't overdo yourself. You should never tear along at winter's speed on a hot day. Heat has the effect of relaxing your physical power, and consequently, your system cannot stand the same strain that can be put on it without impunity in cold weather.

Active sports should be indulged in moderately on hot days. In summer every woman will be better for a short rest in the heat of the day. Men can seldom pursue this plan, but very many women can, and those who are able should make a point of this rest.

Remember, too, that more sleep is required in summer than in winter to make up for the waste of the body. A warm bath is often soothing just before going to bed. People vary, however, in this respect, as well as in regard to exercise just before bedtime. Some are disturbed by it, while others are refreshed by it.

If you are troubled with sleeplessness, you should not work more than from four to six hours out of every twenty-four, and you should do this work in the early part of the day.

If you are very seriously troubled with insomnia and are not able to overcome it, the best thing you can do is to take a little trip and look at other scenes and talk with other people for a few days. It will change the current of your life and you will come back home refreshed.

The natural consequence of insomnia is increased sensitiveness. Sensitiveness is a form of nervous tension. Go to Nature, your eyes need the broad expanse of the horizon, the yellow of the sky, the blue of the sky and sea, the green of the grass and leaves, the purple of the hills.

When you have to hurry, hurry with your muscles—not with your nerves. What are we hurrying for? While we live, we die, and hurry does not prepare for death.

If you have contracted the habit, you must exercise your will power to stop it.

We would do well to imitate the Oriental Calm. The story is told of the Shah of Persia that he was asked to take a party of nobles to the Derby. He replied: "It is already known to me that on horse can run faster than man, and therefore should I go to the Derby?" He then returned to his palace.

Change of work is often as much recreation as any. Take up some work that you really like. There is nothing like having a hobby in life.

Importance of Rest and Recreation

By Dr. Emma E. Walker

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GIRL wrote me the other day that she had both the time and the opportunity for half an hour's rest at noon after her luncheon. She was very tired and had a headache, and she was afraid that she would develop indigestion.

Although digestion is slower during sleep, a few minutes' rest after a meal is beneficial and will do no harm. Just a word more about rest in the middle of the day. If you have been sitting all the morning, take a walk in the open air. If you have been standing, recline for a few minutes if you can. If you have been working hard with your hands, read a few minutes. If you have been using your brains, go for a little walk, or to your punching bag. Do something to stir up your sluggishness.

You remember the little suggestion about resting the eyes by looking up

from your work and off to the distance every half hour or hour during the day. Relax your mind in the same way. Stop thinking of your work now and then and call up the memory of some beautiful sunset that you have seen—of something broad. You have no idea how this will rest your mind and relieve the nervous tension.

Stand in front of your mirror and relax your eyes, your mouth and your fingers.

Pain gives us warning of trouble in the body. So, too, does depression and irritability give us warning of trouble with the nerves and mind. The nervous system needs various changes. Monotony and overattention are both important elements of fatigue.

Take an hour in the middle of every day. Take a minute out of every hour to think of your horizon and your sunset.

Change of work is often as much recreation as any. Take up some work that you really like. There is nothing like having a hobby in life.

Beauty Hints by Mrs. Henry Symes

CONSTANT READER.—To improve your complexion take a good skin purifier, go in for hygienic living, abstain from rich, highly-seasoned food, get plenty of outdoor air and drink quantities of fresh water. Apply the Fossati cream to the pimples as directed.

Fossati Cream for Pimples.

Lanolin, 5 grains; sweet almond oil, 5 grains; sulphur precipitate, 5 grains; oxide of zinc, 2½ grains; extract of violet, 10 drops.

Apply a very little of the cream to each pimple, wait until the pimples are soft and before using the face brush, which would irritate them.

Mrs. A. D.—I advise you to consult a skin specialist, as it is impossible for me to prescribe satisfactory treatment in your case.

M. D.—All the formulas you request, except the one for premature wrinkles, have been published since receipt of your letter. I repeat that with pleasure.

Lotion for Premature Wrinkles.

Alum, 20 grains; almond milk (thick), ¼ ounce; rosewater, 8 ounces.

Shake well and apply with a soft sponge or a fine brush.

Mrs. F. E. B.—Try one curl topot fashion, with a large ribbon bow, and letting the rest hang loose is a becoming style for most children of 4 years. Doing the straight hair up in curls will produce natural-looking curls.

M. H.—Head rotation is an excellent exercise for preventing and removing a double chin. Do this regularly morning and evening. Massage with a firm, hard movement, and make frequent applications of cold water. The Vaucaire remedy is excellent for bust development. Frequent applications of cold water, followed by brisk rubbing with a rough towel, will also make the bust firmer. The quinine tonic would be excellent for promoting the growth of your hair, and you will find the cream for hands referred to beneficial.

M. J. G.—The Vaucaire remedy would be beneficial in your case. It is for enlarging the bust only, and will not develop any other part of the body.

Mrs. J. B. V.—Your case seems to be a stubborn one, and I think massage with a good skin food would be helpful. A good skin food may be used on any part of the body.

E. M.—A good exercise for reducing the hips and abdomen is to lie flat on the back with the feet under some object which will hold them firmly to the floor, then, without bending the knees, raise the body to a sitting position. Repeat this as many times as you can without becoming overtired. Do not know of any method of making the hands smaller.

NAN.—Peroxide of hydrogen will bleach the superfluous hair on your

Raise
and Lower
the Body

And so it will be less noticeable, but will not remove it. The following depilatories have been used by a successful depilator in the market.

Depilatories.

One of the oldest depilatories manufactured, and which has a very large sale, is as follows:

Sulphide of soda, 100 grains; chalk, 300 grains.

Mix thoroughly and keep dry in well-corked bottles until wanted for use.

Borax is also used as a paste for depilatories. The standard formula is: Borax, 100 grains; powdered chalk, 400 grains.

Mix with water. The borax sulphide must be absolutely dry to be effective when it is mixed with the chalk. Enough water should be added to make a thin paste. Sulphide of strontium makes also an efficient depilatory. It is made as follows:

Sulphide of strontium, 2 drams; oxide of zinc, 3 drams; powdered starch, 2 drams.

Another good depilatory is made as follows:

Sulphide of soda, 100 grains; slaked lime, 50 grains; starch, 20 grains; lime water, 4 fluid drams. Apply as the preceding.

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