

Exercises for Every Day

By Harriet Coates

Too much consideration cannot possibly be given to daily exercise. To prove it one has only to observe the girls in any of our large cities, as they go to and from school and see how distressingly few of them are shapely and strong. Instead of high chests, plump arms, comely figures and a graceful carriage, you see flat chests, angular shoulders, often round and warped forward, with scrawny necks, painfully thin arms and legs, narrow backs and a weak walk.

You will scarcely find one girl in a dozen thoroughly erect, whether walking, standing or sitting. Nearly every head is pitched forward; the arms are frequently held almost motionless, hanging down limply, and there is, moreover, a general lack of springiness and elasticity in their movements.

Let us go a little farther and watch these girls at play. You will convince yourself that but few of the games they amuse themselves with bring them really vigorous exercise. If they attempt to run hardly one in the party has the swift, graceful gliding motion she might so readily acquire. Not one can run any distance at a good pace.

You will realize that most of their exercise worth calling vigorous is for their feet alone, the hands seldom have much to do, and this inactivity prevents them from becoming fully developed and forceful.

As the girl comes home from school you will observe that instead of looking light and strong and free, she is too often what she really appears to be, pale and weak. This deplorable condition is then blamed on an overabundance of mental work at school, and very unjustly so. It is not the mental work which is breaking her down, but a lack of adequate physical exercise to build her up.

No girl is at school over six hours out of every twenty-four and deducting the time taken for recitations and recess, the five hours, or even less, will cover the time she gives to actual brain work in school. With the balance of the time practically her own, there is ample time for all the physical exercise and play she needs, and yet allow ten or twelve hours for sleep.

The usual exercise which a school girl takes is to walk to and from school, play a few minutes at recess, take an occasional stroll, or she may engage in some of the various children's games; but all the time she is intent on their conversation, never thinking of the exercise itself, and the benefit it gives.

And now, what is the result? Exactly what such exercise, or rather such lack of it, would bring. I am certain that there will be no doubt as to the result a few years later, and there should be no wonder if the neglected body develops some partial weakness or debility.

If the body, during the growing years, was called upon to do nothing to assist in perfectly developing it, while the brain was pushed to its utmost, does it stand to reason that the physical would long be able to support the mental?

The question has often been asked of me: Will not physical exercise dull the mind for its work? My answer is: No, not if indulged in properly and sensibly. However, if protracted several hours, or the greater part of each day, no doubt it would. Overdoing exercising is just as bad as not doing it sufficiently—the road of the golden medium is always the one to follow if good results are expected.

For the lean, as well as the stout woman or girl I would advise exercise to gain symmetry.

Exercises are here given that will serve for either the mother or child, indulged in regularly and methodically. Do not make a mistake by thinking you will correct a fault quickly by indulging in too vigorous practice, or till over-fatigued. Exercise in moderation and if any stiffness should occur, do not discontinue, but use less energy until you have become thoroughly accustomed to it.

These exercises may be practiced without any special previous preparation other than the removal of corsets and other tight-fitting garments. This is all necessary, in order to facilitate and give freedom to the movements of the body.

To begin the first exercise stand erect, feet together, hands resting on the knees (akimbo). Standing so, slowly bend the trunk forward—holding legs tense—as shown in illustration No. 1. Hold this position for a few seconds, and then slowly raise the trunk to an upright position.

Have rest a few seconds and then bend backward to the limit. Remember that the bending must be done at the hips, not the legs or the back.

Now resume an upright position (still holding the first position), after which bend the trunk first to the right, then the left. This complete exercise may be repeated eight or ten times, and will be found all that is desired in strengthening and invigorating the various organs which compose the trunk.

One organ, the stomach, will especially be acted on strongly, and when one considers the important part which the stomach plays in keeping the remainder of our body in a proper condition, one should feel doubly justified in giving much attention and thought to this one exercise.

Standing erect, heels together, hands joined just under the shoulder blades upon the back (compare illustration No. 2) begin the second exercise by thrusting the hands vigorously downward, keeping them clasped.

Then, with an equal amount of energy

quickly raise them to the starting position. Each time the hands are raised or lowered make an effort to go a little farther with them.

This exercise will not only strengthen the arms, but will give to them more grace, relieving them of many awkward movements. It is also one of the best chest developers known, and will quickly correct sunken or hollow chests.

The exercise should be repeated ten or twelve times, and may be indulged in often, at any convenient time during the day.

The third exercise is practiced holding weights in the hands, dumb-bells being used in the illustration. However, any weight that will permit of the movements will suffice.

The position is standing erect, heels together, arms resting at sides, hands grasping weights.

Begin the exercise by slowly raising the arms (palms of hands up) from the sides to a horizontal position.

Holding the arms thus, slowly bend the lower right arm at the elbow upward and continue on with it until the weight rests on the shoulder—illustration No. 3.

Now slowly raise the weight and bring the arm back to an outstretched position, and at the same time bring the left arm up to the same position (weight resting on shoulder).

Thus, when one hand is resting on the shoulder, the other is holding the weight with outstretched arm.

Reversing the position of the arms will enable one to continue this exercise for quite awhile, and will also give the weaker arm its proper development. The number of times to repeat the exercise will have to be governed by one's strength, as well as weight of the object held in the hands.

It is more advisable to not begin the exercise with weights exceeding one pound and as time progresses, heavier ones may be adopted.

Begin the fourth exercise standing flat-footed with the feet together. Commence by quickly raising the arms and

interlocking the fingers on the back of the head.

Now draw the head backward as vigorously as possible, hold it so and assume a sitting position (illustration No.

4). It will be necessary to rise on tip-toes in order to easily and successfully assume a sitting position; tight clothing must also be removed or at least loosened.

Hebe's Helpful Advice to Beauty Seekers

E. M. B.—Sulphur is used in preparations intended to darken gray hair. I will give you a tonic which I think is very good. Always massage the scalp after using tonic.

Hair Tonic.
Quinine bisulphate 11 grains
Tincture cantharides 2 drams
Tincture capsicum 2 drams
Resorcin 30 grains
Bay rum 8 1/2 ounces

To Reduce the Bust.

Katherine H. Anna S. T. and Mrs. M.—First bathe the bust with hot water, then apply spirits of camphor. Repeat two or three times daily. Remember to rub very gently.

Hair Moles and Shampoo.

Troubled.—The lotion I am giving you is very good for blackheads. The face must be kept very clean, and I would advise having it steamed and taking a thorough massage every week. The hair moles can be removed by the electric needle only. The hair should not be shampooed more than once every two or three weeks.

Blackhead Lotion.

Boric acid 1 dram
Alcohol 1 ounce
Rose water 2 ounces
Use once or twice daily with gentle friction.

Blackheads.

Eleanor P. N.—The formula given above I think is the one you want.

For the Nose.

X. Y. Z.—Bathe the nose with hot water then apply olive oil to the bridge of the nose, then massage with the middle finger and thumb.

To Cleanse Scalp.

Hopeful.—Saturate the hair with tincture of fishberry, tie the head up in a towel for a half hour, then shampoo with plenty of soap and water, rinse well and dry thoroughly. This will destroy all

life, but the little white particles must be carefully removed after the hair is dry, as they will not be likely to come out with the shampooing.

Vaucaire Remedy.

Mrs. Ruth C. and Mrs. Daryl.—The above remedy is very good, but in your case you should also massage the bust very gently once daily with:—
Cocoa butter 2 ounces
Lanolin 2 ounces
Olive oil 2 ounces
And practice deep breathing exercises every morning. Stand erect before an open window clad in a loose gown, take a long breath with the mouth closed. Hold the breath as long as you can, then come down quickly on the heels and exhale through the mouth. Always breath

deeply. This will soon expand the chest and develop the bust. It is impossible to tell you how much you will require of the medicine as no two people respond the same.

For Catarrh of Nose.

D. E. A.—First cleanse the nasal cavity with bicarbonate of soda, fifteen grains and hot water, one ounce. Mix the following and use as a spray:—
Menthol 5 grains
Thymol 5 grains
Camphor 5 grains
Liqueur vaseline 1 ounce

How to Use Creams.

A. J. H. & M. K.—The cleansing cream is intended to cleanse the skin

only, it can be used at any time and always before the massage.

The Child's Nails.

Young Mother.—While your baby is so young it would be better to cut the nails as well as you can. When she gets older you can file them, but a baby would never keep quiet long enough to have the nails filed.

Granulated Eyelids.

Constant Reader.—For granulated lids use a few drops of Adrenaline twice daily. Drop it in with a glass dropper. It is always best to consult an oculist for any trouble with the eyes as they are a very delicate organ.

For a Weak Digestion

Many mothers are worried by their children being unable to retain food during an illness. For a day or even longer this need give no special fear, as an occasional fasting is beneficial rather than harmful; but if long continued the strength must be kept up by liquid foods.

Often when nothing else can be retained, a patient may be kept alive for days by albumenized water. To half a glass of water break the white of an egg. Do not beat the egg, but shake it after being added to the water as there will not be froth to tell the patient what they are taking. Disguise the taste of the egg by orange juice. If you have no shaker, the white can be stirred through the water with a fork.

Clam broth can often be retained when nothing else is. This may be bought in cans, but is more nourishing when the fresh clams are used. Carefully scrub half a dozen or more clams, and put in just enough boiling

water to cover them. Cook until the shells open, strain off the liquor and add a dash of cayenne pepper.

The addition of milk to the clam juice, while it makes a palatable soup, is not so easily digested by an invalid. During convalescence, clam broth is appetizing and nourishing served in cups with whipped cream on top.

The pure essence of beef is also nourishing and easy to digest. Cut a pound of lean beef into small pieces and put it in a quart glass jar. Cover with a pint of cold water and a teaspoonful of salt and let it stand in refrigerator, covered, for three or four hours. Drain off the liquid and heat very hot in a double boiler or by setting the cup in a vessel of boiling water on the stove. Add a little cayenne pepper before serving.

Barley water is made by adding a tablespoonful of pearl barley to a quart and a pint of water. Boil down to half a pint and strain through a fine muslin. Add a little orange juice or a few drops

of lemon for flavoring, and if more nourishment is desired break in the white of an egg and gently stir through.

Freshening Straw Hats.

Light straw hats, which are the worse for last season's wear, yet which are not worth sending to a professional cleaner can be made to look nice and white by covering the straw with a thick paste of yellow cornmeal and gasoline mixed. Let the paste stay on overnight or until it is dry and brush off with a clean stiff brush. If necessary, another coating of the cornmeal can be applied.

Chip, Panama and leghorn hats can have soiled spots cleaned from them by rubbing the surface with crusts of bread. Use small pieces of the bread and discard as soon as soiled.

For dark colored or black straw hats the best freshener is a thorough brushing and a careful wiping with alcohol. This is a much better treatment for a black hat than attempting to give it new blackness by some polish.

THE SOAP AND WATER DEVOTEE

BY HEBE

To know how, when and where to use soap and water is quite essential.

Far be it from me to discourage the use of soap and water, but I do beg my readers to scrub from their throat to their toes and not their faces.

The daily tub bath, with plenty of good soap and a bath brush is very necessary for all who aspire to a clear complexion. It aids the elimination of the effete matter which, if not gotten rid of, will soon bring about a sallow, rough, unsightly-looking skin, full of blackheads.

Many women have become so accustomed to using hot water and soap on the face daily, that they are horrified at the idea of using a cream in its place, and will frankly tell you they would never feel clean without their daily face scrubbing.

But, mark you, these are not the women who are taken for their son's sis-

ters. It may all work very well for a time, but when the cold, winter winds are encountered the face will at first be slightly more flushed than usual, then the skin will be so rough that the finest powder cannot be used without being very noticeable, and the pores will grow larger.

In the Spring and Summer freckles will multiply most rapidly, the skin will sunburn so badly that it is very unbecoming and often painful, or tan until it is brown as a gypsy's.

What face can lay claim to beauty that is covered with freckles, or as red as a cherry? The women who have little, fine lines all over the face in middle life, ten chances to one, will tell you they have used soap and water on their faces always.

Soap and water removes too much of the natural oil and gives the skin that starved, withered look.

Those who insist on clinging to the soap and water face bath should study the art of facial massage and supply a good flesh food immediately after the bath.

Before going out in very warm weather or very cold weather apply a good cleansing cream, wipe it all off and use a fine face powder. This will protect the face from sun and wind.

Young women should use a cleansing cream always before retiring to free the skin and pores of all the dust and powder that has covered them all day.

In the morning a wipe off with toilet water is cleansing and refreshing. This process will help to keep the skin smooth, clear and prevent the pores from enlarging.

A weekly massage, of course, should be indulged in whenever possible. Those in middle life, or as soon as wrinkles appear, will find that ten minutes' massage every night in addition to directions given above, will aid largely to indefinitely postpone the evidence of passing years.

freckles will tell you her case is the most hopeless of them all.

Massage is a valuable aid in getting rid of freckles. Everything that tends to prevent the activity of the skin tends to remove blemishes and prevent them.

There are many bleaches that will remove freckles for a time, but they must be used with caution.

Freckles can also be permanently removed, but this work can be done by experts only.

There is nothing so exquisite or perfect as human flesh. This delicate tissue is capable of revealing every emotion. The ashen pallor of fear as well as the flush of delight are instantly revealed by the fading or increase of color.

A brilliant complexion is more improving than faultless features. While it is coveted by all women few are willing to do what lies in their power to attain the coveted prize. It is not the reward of indolence, inactivity and over-indulged appetite for sweets, sleeping in poorly ventilated rooms, or late hours. It is the reward of hygienic living, a well-nourished body, never strained to the point of over-exhaustion, of daily sympathetic care, healthful food and proper exercise.

The skin acts as a barometer and a close observer will soon detect a violation of nature's laws by the color and texture of the skin. Therefore those who are seeking a good complexion must watch their daily habits and pay strict attention to the little things that go so far toward gaining the coveted prize—a good complexion.

Children and Spring Colds.

"That locust blossom fetich is responsible for many wretched mothers and sneezing children," said a young woman when reproved by a mother of the older generation, for allowing her children to take off their winter clothing too early. "My youngsters never have spring colds which is more than the rest of you who cling to old saws can boast."

"The child who is bundled on warm days gets overheated and is sure to sit down on cold steps to 'cool off,' or as I saw your Mary do once, beg a huge chunk of ice from the ice man to hold in her hands because she was 'so warm.'"

"I have several weights of flannel for my children and change them with the weather. When it gets cold again I change back. I do not make cast iron rules about coats either. Take them off, I tell them, when you are exercising, as long as you remember to put them on when 'cooling off.'"

While I do not believe in a lot of directions about wraps I try to impress upon the kiddies the danger of sitting in drafts when warm, and above all the folly of sitting on damp grass or the ground, no matter how bright and sunny the day is and how dry the earth seems. This habit of children is responsible for many an attack of inflammatory rheumatism in Spring and early Summer.

"One trouble with most of us mothers we fail to remember that boys and girls have better circulation than we have and do not need so much external warmth. Over clothing is responsible for more Spring colds than too early removal of flannels."

Shall we Rouge?

The question is constantly being asked is it wrong to rouge? The answer as given to-day will be very different than if it had been asked of our mothers and grandmothers. Few will be found nowadays who would reply in the affirmative. It is entirely a question of good taste not of morals.

If one's nose be hopelessly red or skin sallow a touch of rouge artistically applied to the cheeks is a certain improvement. With dead black hair and ghastly pallor no one would blame a girl for touching up her face to prevent a sickly look. If one's liver refuses to act and sudden sallowness confronts one for an important function, what harm is there in bringing art to the rescue?

The thing is it must be art, art so high that it seems nature. The reason rougeing has fallen into discredit is because it is generally badly done. Many women show as much discrimination in painting their cheeks as if they were doing a tin roof. They use cheap rouges, have no knowledge of anatomy, or light and shade, and never think of toning down edges with cotton or a dash of powder.

Art fully understood is never in bad taste if it becomes a necessity. But that is quite different from girls with the freshness of youth blinding their hair and rouging until they would be shocked at the impression they create.

All women, girls especially, should try diet, exercise and regular living as beauty makers before resorting to more questionable means. The flush of health and the bright eyes and clear skin that follow an active life full of wholesome interests are much more charming than any rouge, Kohl or peroxide, however artistically applied.

Strawberry Vinegar.

Strawberry season is a boon to the woman who values inexpensive lotions for her complexion. An aromatic vinegar that is most refreshing to use in the bath and has invigorating, tonic effect on the skin, is made from fresh strawberries in the proportion of a quart of berries to two tablespoonfuls of strong, pure vinegar.

Hull and mash the berries and add the vinegar, cover closely and let the mixture stand for about two weeks, then strain through a fine muslin and pour into bottles with patent stoppers.