

# CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

## OUTDOOR LIFE FOR CHILDREN



A Little Archer



Fun on a Modern Seesaw



An improvement on the King shot

THERE seems to be no doubt among sensible people that fresh air is the sovereign panacea for all ills, and particularly is this true in regard to children. Little people need to be developed; they need lungs full of good, sweet air, and they need the wide area of a garden so they may get sufficient exercise and grow up to be strong and well. They must not be started in life with a handicap. Each organ should be kept in perfect trim during all the period of growing, and this end may be attained only when the most healthful life is led. A walk in the park now and then will not bring roses to any one's cheeks, least of all to a child's. A short, hurried walk on the hard city pavement will not prove sufficient exercise to one who grows taller and heavier each day. Children need the country, and when it is not possible to have them live there, parents should at least choose houses with yards as spacious as possible, so the little ones may be shooed outdoors in the early morning and left there all day long.

But to expect to keep the children in the open air without amusement of some kind is surely to court failure and disappointment. They cannot be expected at an early age to take any interest in

the miracles of nature, nor can they pass whole days looking at the clouds. Games must be provided, and with a few of these on hand mother may spend much of her time caring for the house; if the garden is safe, the children will need little personal supervision.

The nicest games for the open air are those which teach something, and among those that may be so classed we find quoits, bow and arrow, the improved slingshot, and even the modern seesaw. The first of these teaches accuracy of aim and poise for the body. It is an interesting game, too, and it might be played as well with small wooden rings and a peg driven in the ground. The

system of counting the children will devise for themselves.

The bow and arrow teaches a child to focus on some distant point, and is in itself a lesson in grace. The game is so old that it needs no elaborate explanation.

The improved slingshot is made with a wooden ring and several elastic bands, which form a basket, with a round piece of leather in the bottom. To use it, a small rubber ball is dropped inside and the rubber is drawn taut, so that when the ball is released it will soar upward. The object is to catch it in the net on its return.

The seesaw is only slightly different

from those used long ago, but it is less dangerous, for it cannot drop so far and the rider cannot get her foot caught between the board and the ground. Neither can the littlest rider easily tumble off. As for the advantage of the game, who can forget the fun that seeing-saw was, and did it not teach one to balance under difficult circumstances?

For the comfort of the children after games have grown tiresome one needs also a hammock, and the one in the picture is made of a cot bed with feet re-

moved. It is hung on two stout chains, and large loops of iron erected at either end serve to hold a net spread over the hammock, thus preventing the flies or mosquitoes from disturbing the little ones. During the afternoon siesta. To make the hammock safe in case of rain a rubber blanket is kept permanently over the mattress. Then mother need feel no anxiety should a sudden shower arise. Children may quickly gain the shelter of the house, but hammocks like this are rather heavy objects to take down and carry around, especially if one is in a hurry.

### Advice on Social Customs

*Mrs. Chester Adams most cordially invites her friends to her Social Problems and Perplexities by letter at any time*

**A Parent's Example.**  
IF THE parent would discover what he really is, perchance he can see himself in the mirror placed before him—his own child. His attitude toward the child and his own character he may find reflected there, for children are mimics and readily adopt the manners and methods of their elders.

What is this imaginary parent's attitude toward his child, and what is its immediate result? Is he the superior soul looking down upon the little one with tolerant amusement as upon an inferior being? Then may he expect in turn to be ignored.

Is he the strict taskmaster, taking every fault to judgment and giving no kindness to the yearning little heart that looks up to him as a dream god? For every unflinching judgment rendered against this child, whose illusion of the dream god has been lost, he will "fight back."

Now, in like proportion will the child reflect the "manners and customs" of the parent. All of the uncontrolled actions will be mirrored in the child. Parents should make it a duty to study their children, who are by no means all alike. The little slight that one child may pass by without a thought will hurt another beyond repair. It is the oversensitive child who is most hurt by neglect or rough treatment, whose character is injured by the harsh word and by the inconsiderate attitude, for this sensitive plant is keenly alive and awake to the examples set before him.

There can be no more accessible example than a father and a mother. Their consideration for others will be a better lesson to a child than the perpetual teaching of consideration in so many words. If mother has a headache, father's cautious step will mean more to the imitative child than a scolding about the noisy patter of child-

ish feet. Com' plice quarrels between parents become habitual and induce wrath of the easy, coarse sort from one child to another.

"A pattern to follow" is the keynote. If parents could but bear in mind that children, in their love of copying their elders, seek always for an example, consciously or entirely without a knowledge of it, the "please" and "thank you," the "I beg your pardon," might become almost bywords in the home.

I cannot go deeply into this lengthy story, but if you, their parents, will but make another beginning in the matter of observation, I think you will see at a glance that almost every rude action is traceable to the hasty method you have acquired, the disregard of the small courtesies and the actual impoliteness from one to another. The volume is not so huge and the pages are not too large to turn over. You may not have got so deeply in that you cannot go back to the opening words, "A Parent's Example."

### PERPLEXITIES SOLVED

**Inviting a Man to Call**  
MY DEAR Mrs. Adams,  
Is it proper for a young lady to ask a gentleman to call?  
If, while dancing with a man, he should hold you too closely, what should a young lady do?  
Is it always proper for a lady to rise when introduced to a person?  
There is no reason why you should not invite a man to call upon you.  
It would be better not to say anything to the young man about holding you too closely, but be prepared with a polite negative answer the next time he asks you to dance with him.  
A woman should rise only when another woman is introduced to her, but never when a man is being presented.

**A Suit for the Wedding**  
MY DEAR Mrs. Adams,  
Will you please tell me what would be the proper style of coat for a young man 21 years of age to wear to be married in? The wedding is to be a very quiet home affair. It will be either at the noon hour or early in the afternoon, and the bride will wear traveling costume. This young man never wears a "frock," and if it is proper he would like to have a wedding suit that he can wear after the ceremony.

**A Bride's Question**  
DEAR Mrs. Adams,  
Kindly let me know through the columns of your paper the following:  
1. How soon after a wedding should a bride announce an at home day? Should she send cards to her friends or just have it mentioned in the paper?  
2. When showers and other entertainments are given for a bride and acquaintances are present, should they receive an invitation to the wedding or reception?  
3. When invitations to a wedding are sent to the bridegroom's friends, the bride not knowing them, should his card be enclosed?  
4. What are the latest at home days, say a day in the week or month, or a day each month for the space of three months?  
A CONSTANT READER.

**A Lack of Good Breeding**  
DEAR Mrs. Adams,  
I wish you would give me your opinion of the following and tell me if I did right: I was invited to a house party, and a day or two after I received a letter from the girl who sent me the invitation, saying I should not come, as there was not room enough for as many girls as she had invited. Then she wrote me again, saying two of the girls were not coming and would I please come in their place. I wrote a nice note saying I could not come. Did I do rightly?  
JENNY P.

**A Church Wedding**  
DEAR Mrs. Adams,  
After a recent death in the bride's family, would it be all right to have a church

wedding, and should there be many guests invited?  
MAE.

A church is the most proper place in which to have a wedding, but under the circumstances only the most intimate friends should be invited. The ceremony should be as simple as possible.

**Find the Reason First**  
DEAR Mrs. Adams,  
A young man neglected to send an engagement with me last week. Should I refuse to speak to him the next time we meet?  
HURT.

**It Would be Proper**  
DEAR Mrs. Adams,  
I have lately become engaged to a young man and now he is sick and unable to leave his room. Would it be proper for me to send him some little remembrance, and what would you suggest?  
KATIE P.

**When in Mourning**  
DEAR Mrs. Adams,  
I am in deep mourning, but love to wear real flowers in my dress. Can I do so?  
FLORA.

**How Long Shall I Stay?**  
DEAR Mrs. Adams,  
I expect to go South this fall, and have an invitation to visit a lady friend in the North before I go. Will you please tell me how long I should stay in the town where she resides? We are not engaged.  
WILLIE.

**Valuable Suggestion**  
I see no reason for stating a limit to the extent of your visit. So long as you are enjoying yourself and every one is congenial, stay as long as you like.

**Summer Headaches**  
THE warm weather is very conducive to headaches—in fact, some people claim they feel the heat so that they become easily fatigued and irritable. Unless these take very good care of themselves they very easily acquire the habit of invalidism and suffer throughout the summer months. The sun may cause one head to ache by bringing the blood into it too strongly; but the average headache is not caused by warm weather, but by the summer diet.

With regard to this most important matter, most people who suffer with the sick headache, are really suffering from liver attacks. Meat, fish, soup, stock—all become quickly tainted at this season, and tainted food is likely to be the cause of illness at any time of year.

The woman who cares for the health of the family will see that she does not use veal, pork or tinned foods to any extent; and, of course, the last mentioned must not be kept after the tin has once been opened.



An afternoon siesta

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### Aids to Correspondents

**Wind and Freckles**  
DEAR Mrs. Symes,  
I want to ask a question. Does wind cause freckles, or is it the wind and sun combined? I don't see how wind in the night could.

**Not Necessarily**  
DEAR Mrs. Symes,  
Kindly advise me through your health department if butter milk is fattening.

**For Developing the Bust**  
DEAR Mrs. Symes,  
Will you please tell me what is good for developing the bust and hips? I look so thin that I have difficulty in dressing well. Also tell me what kind of soda is good to make dark hair light.

**Dr. Vaucaire's Remedy for the Bust**  
Liquor extract of salera (coast-rose) 1/2 dr.  
Liquor extract of salera (coast-rose) 1/2 dr.  
Tincture of fennel 1/2 dr.  
Simple syrup 1/2 dr.

**To Develop the Hips**  
The following exercise is excellent for developing the hips: Stand alternately on each foot, swing the free limb pendulum fashion from the hip, each time allowing it to go as far forward and backward as possible.

**Face Powder**  
DEAR Mrs. Symes,  
Is there any harm in using liquid face powder? I use it every day, and if it is at all dangerous I wish you would advise me.

**Curling Lotion**  
DEAR Mrs. Symes,  
Is there any more natural way of making your hair curly than by using curling tongs, papers and such like? By natural, I mean a treatment with the hands.

**For Perspiring Feet**  
DEAR Mrs. Symes,  
My feet never give me a recipe for perspiring feet? My feet never feel comfortable because they are never dry.

**To Improve the Hands**  
DEAR Mrs. Symes,  
My hands are very ugly, and if you could give me something to whiten and soften them I would be very grateful.

**Recipe for Reducing Fat**  
DEAR Mrs. Symes,  
Is the recipe I enclose a safe one for reducing fat? I notice in your column you advise dieting as the only safe method of reducing fat. I am in a very large family and it is very hard for me to diet myself, as I seldom have anything to do with the meals and nearly everything we have is starchy. So I would like you to tell me if the recipe I enclose is safe.

**Thin, Oily Hair**  
DEAR Mrs. Symes,  
My hair is some and quite oily and keeps falling out all the time. Please help me or I will soon be bald.

**Quinine Hair Tonic**  
Sulphate of quinine 1/2 dr.  
Rosewater 1/2 dr.  
Diluted sulphuric acid 1/2 dr.  
Rectified spirits 1/2 dr.

**Five Queries**  
DEAR Mrs. Symes,  
1. My hair is yellow, made so by the use of peroxide. It has a dull, unnatural color of bleached hair. Would you please give me something that would bring back the natural gloss of healthy hair?  
2. I have some tannin to make my lips thinner, but it is a powder, and I do not understand how to use it. If it is put on the cheeks, will it make them thinner, too? My face is so fat, and I do wish it was thinner.  
3. The bridge of my nose and the backs of my hands are covered with small freckles. How can I get rid of them?  
4. I am 37 years old. How should I wear my hair? I do not like a ribbon, I am rather tall for my age. How long should I wear my tresses?  
5. How can I get rough skin off or do something to smooth the tips of my fingers?

**To Restore the Natural Color of the Hair**  
(A physician's prescription)  
Sugar of lead 1/2 ounce  
Liquor of ammonia 1/2 ounce  
Essence of bergamot 1/2 ounce  
Alcohol 1/2 ounce  
Glycerine 1/2 ounce  
Tincture of cantharides 1/2 ounce  
Ammونيا 1/2 ounce

**Cosmetic Glove Paste**  
Ground barley, the white of an egg, a teaspoonful of glycerine and one ounce of honey.

**Requests From Two**  
MY DEAR Mrs. Symes,  
My cousin and I are both very thin. Kindly publish a remedy that will quickly enlarge the bust, neck, arms and lower portion of the thighs, with nothing to be taken internally. Also something to face away pimples on the face.

**Massage the Bust, Neck and Arms**  
with cocoa butter and take the Vaucaire tonic, for which the recipe often appears in these columns.

**To Fatten the Legs**  
To fatten the legs, exercise is the best possible method. Long walks will soon produce results. A gymnastic feat which is said to be a certain enlarger for the lower limbs is to stand on one foot, and, with the other leg held out as nearly at a right angle to the body as possible, try to touch the knee to the floor.

**To Remove the Pimples**  
To remove the pimples, apply the cream recipe which I am giving:

**Extract of violet 1/2 dr.**  
**Sweet almond oil 1/2 dr.**  
**Sulphur precipitate 1/2 dr.**  
**Lanolin 1/2 dr.**  
**Outside of zinc 1/2 dr.**

The best thing to do to keep your hair in place is to wear a hairnet or apply a little bit of brilliantine.