

WOMAN'S HOME PAGE

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THE LAWS OF FEMININE HEALTH

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Disgrace to be Sick Says Doctor

Education Is Physiological Laws and Proper Use of Body Would Insure Health—The Importance of Good Digestion

THE necessity for general physiological living, which means the prevention of disease, has been clearly indicated in the preceding papers upon this subject. A de-

sults in normal functioning of the cell in its countless thousands. To be a woman, anatomically and physiologically, means the possession of certain especial organs. They are



Miss Annette Kellerman, Conceded to Be the Most Beautifully Developed Woman in America, Says Anybody Can Attain the Same Perfection of Body.

parture from normal conditions may affect women in apparently separate and distinct ways, because of their especial anatomy and physiological functions. Such is really not the case, for all living beings are fundamentally the same, dependent upon the normal functioning of their myriads of chemical cells for health. If these go wrong the untoward influence may be felt in especial organs as well as others. This varies with the inherent tendency of the individual. Tuberculosis, insanity, cancer, for example, which means, after all, lowered resistance on the part of the individual, may exist. Intelligent care and education along the lines of right physiological living from childhood up tends to prevent their development. The first thing of importance, therefore, to recognize in order to prevent disease, is that care of the organism as a whole which re-

not vital in the sense that the heart and lungs are, for example, but they are necessary to the perpetuation of the race of human beings. All living things, animal and human, as well as plant life, possess the power of reproducing their kind. There is no necessity, however, why this power, associated with especial organs and physiological functions, should invite disease. On the contrary, that only comes because of the breaking of Nature's laws. If all the functions of the body pertaining to digestion, elimination, circulation, respiration and nerve health are properly performed, there would be but little of the impaired health which women are prone to attribute to their special anatomy, especially in relation to the wondrously beautiful phenomenon of reproduction. There is no more reason, physiologically, why women should be ill-

than men. Again, on the other hand, it is imperative that women should live physiologically in the highest sense. Practically the same physiologic laws govern both sexes—but that

ical functions, that they may do nothing to prejudice their well-being. This duty does not end with the mother, but belongs to the father as well. All bodily functions should be equal-



The Healthy, Athletic Physique is Naturally Graceful.

does not concern us here. It is the prevention of disease in women in which the readers of this magazine are vitally interested.

The Beginning of Maturity.

At certain definite years, varying with climatic conditions, changes occur which indicate the beginning of maturity in the life of the young girl. This process may occur anywhere from eight to sixteen years of age. In temperate climates it takes place at the earlier, and in cold climates at the later age. The average age for temperate climates is from fourteen to fifteen years, but many girls reach maturity at the earlier periods even in temperate climates. This will happen if the child's life is spent under conditions that are too stimulating. This is undesirable, and parents should see that their children live healthfully. To this end abundant out-of-doors, sunshine, exercise, proper bathing, dressing, regular meals of wholesome food, is necessary, while late hours, excessive excitement of music, dancing and the reading of fiction are to be avoided. All these things are desirable if not carried to excess. There should always be a judicious admixture of work and play in the child's life, while brain and hands should be taught useful things. Happy the child, and afterwards fortunate the woman, who is taught the art of housekeeping in earlier years.

Before the time for maturity arrives, however, the mother should have her little daughter of the nature of her physiologic function, when and how often it should appear, and of its relation to the beautiful mechanism of life. If she is not capable—that is, has not been instructed herself—she should ask help of the wise physician of her own sex. Both daughters and sons should be told of their physiologic



Swimming and Diving Are Sports That Miss Kellerman Recommends for Every Woman.

ly physiologic, and any departure from normal should at once receive recognition, not for the purpose of "molly-coddling," but for the prevention of ultimate disease. None of the appetites and desires of the living being are ignoble of themselves, but through their misuse and abuse.

Nothing is more important to the end of keeping girls and women well, after the physiological functioning of the cell, than normal digestion. This means the taking of suitable food, at proper intervals, its thorough mastication, the avoidance of eating between meals, save as needed by the growing child, when the food should be simple and wholesome, the necessity of water drinking other than at mealtime, and the avoidance of stimulants, than which none are more injurious than tea and coffee used indiscriminately. In addition, the habit of thorough elimination by bowels and kidneys daily must be secured. Therefore, the call of nature should never be ignored. If the individual says wait until I have finished this chapter, until I complete this bit of work, until I do this or the other, nature will signal less clearly the next time, and by and by not at all. Then trouble begins. The debris which should be thrown off is to a certain extent reabsorbed into the circulation. The blood becomes poisoned and all sorts of distressing conditions are established. In addition, the pressure induced by the retained digestive debris upon large veins in the lower part of the body creates a condition of congestion or stagnation, for these veins are not provided with valves, as are those of the extremities, and therefore may become



The Woman With the Perfectly Developed Body Doesn't Need to Wear Corsets.

abnormally distended. This will occur if the liver becomes clogged, so to speak, through the taking of too much or the wrong food principles. These large white veins have their return flow through the liver, and if that organ is not acting in a normal fashion, the venous circulation is retarded in the lower part of the body, which means an untoward effect upon the whole circulation. In this way women lay the foundation for much of their special ill-health.

The Evil of Heavy Skirts.

The habit of tight lacing or wearing corsets that encase all the lower parts of the trunk, and the weight of heavy clothing suspended from the waist, also interferes with normal circulatory conditions. When these are interfered with in organs which are the subject of increased circulation or a physiological congestion at definite times, it does not take long to set up conditions which tend to disease.

Insufficient clothing of the lower part of the body and extremities, the getting of skirts damp and wet and sitting with them on, wet feet, chilled extremities, are also contributory conditions. The many nervous phenomena which women manifest from time to time, and which they are led to believe come because of their sex, are preventable. To obey Nature's laws, or live normally in all ways, means perfect action, no matter what the organ.

Under the conditions of modern civilization, it is best that the average woman should command times of rest and quiet during the recurring periodical function.

There is no need of an abnormal watchfulness of self. This is all wrong. But there is need of fresh air, sunshine, exercise, baths, proper eating, healthful dressing, regular hours, sufficient sleep, work varied with diversion, mental poise, interested intelligence, cheerful and hopeful attitude toward life and avoidance of living over in one's mind or in conversation with one's friends and neighbors the trivial round, the petty details of life and its caring cares. The conscious effort of every woman should be to cultivate an attitude above and beyond these things.

In relation to all the interesting phe-

nomena of life, Nature is ever the best teacher. Her pages may be read by everyone, old and young, to their intelligent delight and physical better being.

Living, growing things, whether plant or animal, have the power, much higher, of passing the blessing of existence on. Trees, plants, animals, the human animal included, must live physiologically in order that in the perpetuation of their kind the beauty of life may be maintained.

Be Frugal of Energy.

The function of the cell requires energy, and if the energy with which the living mechanism is endowed is spent wrongly or too lavishly, that function becomes impaired.

Youth is not of necessity the time it is felt in this way. This is left for later years when it is more difficult for the cell to function by reason of impaired energy. On the other hand, energy that is misapplied, misdirected or unduly exhausted, detracts from a well-proportioned physiological life.

The growing, developing boy or girl should not be permitted to spend every energy required for the functions of the cell in over-mental development, extreme physical hardship, nor yet dissipation. At the time of adolescence energy is called upon in new directions and it lavishly used, abused or exhausted in wrong directions there is not left sufficient for the perfect performance of all the functions characterizing the body. This wrong expenditure may be in pampering the appetite for food, which does not necessarily mean the eating of very highly seasoned, spiced and indigestible food. It may mean equally an over-indulgence in the ice cream, candy, roast beef, coffee or tea of everyday life.

Study, exercise, amusements, and wholesome in themselves, may be carried to a point of definite harm. Simple living—natural living—is healthy, happy and honest living. A clean, radiant blood is not the one to suggest impure thoughts and actions to the brain it feeds.

Nothing is more pernicious for the growing, developing girl than the habit of sitting or lounging in overheated rooms indoors, from which fresh air is excluded.

Removing Wrinkles

And How to Avoid Them—Massage the Face and Don't Be Self-Conscious—Relax Your Muscles and Your Mind

By DR. EDITH L. MACKAYE.

I AM moved to write you about wrinkles, although the subject is by no means a new one in these columns. The other day I was taking a train to go out of town. I found myself in the midst of a crowd of women. One woman's face was seamed and lined with wrinkles. Seeing her, I was led to examine the others, and scanning one by one the faces of thirty or more women, I was amazed to find that there was not one who did not have one or two deep furrowing lines in the middle of her forehead between the eyes. Some were deeper than others, but all had them, from the youngest to the oldest. These wrinkles, being interpreted, mean several things. In the first place, and the simplest cause of them, is exposing the

eyes to a strong light, such as going without a hat or wearing a bonnet without a protecting brim. Next, there may be trouble with the eyes and difficulty in seeing. Too often they indicate a tension of mind and body, anxiety and care, mental stress and strain. If you have the wrinkles between the eyes, draw long breaths, relax your muscles, and take a more serene view of life. They are a more tired, unbecoming wrinkles, which should be banished, for they grow ever deeper and deeper as the years go by, and are more and more difficult to remove. Sometimes seen alone, but more often accompanying such wrinkles, are those which form transverse lines across the forehead. These are ner-

vous, worrying lines. Often they betray a self-consciousness and sensitiveness of the individual. They are formed early.

Crow's-Foot No Blemish

Those are the laughing, merry wrinkles, which are seldom a blemish. Generally they bespeak a happy, contented spirit, which sees the bright side in life and tries to make others do so. One need not worry over crow's-feet or try to vigorously remove them.

Ugly wrinkles are those which make a parenthesis about the mouth, coming between the corners of it and the cheeks. These lines are not formed much before thirty. They are made or exaggerated by deposits of fat about the mouth, and they are the most difficult to efface. If possible, their formation should be prevented. This is an axiom in regard to all wrinkles, but they steal upon one like a thief in the night.

It is only as the years accumulate that one is apt to take a serious view in regard to good looks in general and of wrinkles in particular. Mothers who have discovered this truth should exert themselves in behalf of their daughters, that they may be wrinkleless. And now I am going to impart to you the great secret of prevention of wrinkles. The seed for permanent wrinkles is sown with the daily face

washing. If this is done rightly, not only will wrinkles be prevented, but a fine complexion will be maintained. The face should be washed in hot water, and during the process should be carefully massaged with the pulps of the fingers of both hands, which take the place of wash-cloths or sponges. Feel out with the fingers the spots where the blackheads form, such as the creases about the nose and the folds between the mouth and the cheeks, the little dip between the mouth and the point of the chin, the place between the nose and the forehead; rub with a firm, yet gentle pressure, which stimulates the blood and brings it to the surface and makes the oil glands do their work. Dash the water on the face between the times of this face massage.

No "Skin Foods."

No soap is necessary, nor yet skin foods, so-called, if you begin this process early enough. Never neglect the places where the wrinkles will come, and if they have come, pay them special attention after this manner. Iron them out with your fingers. Press and rub them out just as you would if they were wrinkles in a piece of cloth. Spreading the skin of the forehead out on the bony framework of the skull underneath with a firm, deep pressure, with the tips of the forefingers at the angles of the eyes, make a firm pres-

sure on the bones beneath and work the flesh round and round to take out the crow's-foot wrinkles. To obliterate the wrinkles around the mouth and cheeks, work the whole mass of flesh upward with the palms of the hands, the left-hand palm applied to the left cheek and the right-hand palm to the right cheek. For the flabby and wrinkly skin of the neck, massage it with the back of the hands, one on each side of the neck, lifting up the mass of flesh and pressing it against the jaw bones and pushing it backwards toward the ear with a firm and equal pressure. These are the directions as to how you can massage the face yourself and prevent and remove wrinkles. If you will learn the movements and do them every time that you wash your face. After a time your skin will become smooth. It is much better to keep up for yourself these simple methods than to take at intervals a so-called "face treatment."

If the wrinkles have been left to themselves a long time and are deep you will have to go at them more vigorously, and in addition to the movements when washing the face you will have to spread the skin smooth and apply strips of zinc oxide plaster at night. The skin softens under it and the wrinkles will become smooth. Now, zinc oxide plaster is nothing but ordinary surgeons' plaster, which you can get any druggist's.

Don't Overstrain

Human Body Is Like Dynamo and If Too Hard Tied Is Imposed Will Break Down

There is no greater power than electricity, no more flexible, capable, obedient servant, but just so sure as the burden imposed, the intervening resistance or obstruction, is beyond the initial power of the dynamo, the work is not done. Man imposes upon himself burdens that defy every known physical and physiological law.

These truths concern boys and girls, men and women equally, and all should be taught to regard the human body as a beautiful temple, instinct with life. In order that these temples may not be defaced or defiled, physiologic living is absolutely imperative. Normal cellular activity means a pure, clean and radiant blood stream. By radiance of the blood I mean literally its sunshine. If the quality of the blood is not good, if it is poisoned by wrong ways of living, thinking and acting, the temple is defiled. To be poor, impoverished, lacking in the riches of this world, is not to be without dollars and cents, necessary as

they are to life's daily round, but to lack the wealth of a radiant blood and the energy required for its normal circulation.

It cannot be reiterated too often that to be sick is a disgrace, and whatever disturbs the natural function of the cell and causes derangement of its organs, is as criminal as theft, or murder. It is a theft of Nature's endowment; it is murder of the best expression of human life.

That we may always have this best of the services of a well-trained, skilled and experienced physician should be retained; not when outrage, Nature cries out in some form of acute or chronic disturbance, but to the end of keeping the bodily mechanism in good order.

Physicians should be regarded in the highest sense as teachers. Their value in this capacity is greater than their value in the unphysiologic diagnoses and shipwrecks of life, imperatively as their services are needed at such times.