

Pages from Harriet Hubbard Ayer's Book "Health and Beauty"

The only wrinkle remover

FOR fifteen years Mrs. Harriet Hubbard Ayer has been experimenting, manufacturing, writing and studying along the lines of making people beautiful. To be beautiful you must be healthy. Mrs. Ayer has kept that fact well in mind and consequently all her practical work and lecturing has been on the common-sense basis of health first as the forerunner of personal beauty afterward. She has recently published a book on the subject—a work of some 600 pages—wherein are given not only all the valuable articles which have been a feature of the New York Sunday World, but also much else of interest to the health and beauty seeker. The following papers are taken from this work. Coming as they do from the recognized American authority on such matters, you will find them worthy of careful attention and preservation.

IN spite of all that has been said for and against wrinkle removers, I do not hesitate to declare that massage after the Swedish system is the only reliable and lasting method of so strengthening the facial muscles that they will support and hold the fatty tissues firmly as in healthy youth.

When the muscles of the face relax, the underpinning, so to speak, of the structure becomes weak and flabby, and the face presents a withering, shrunken look, because the tissues are weakened and impoverished and have nothing stable to rest upon.

If the arm or leg were to present the appearance of shrinking and withering apparent in the face of almost every woman over 30 all physicians of all schools would agree that the patient required massage, friction, gymnastics and perhaps electricity to strengthen the weakened muscles. There have, indeed, been cures of seemingly hopeless paralysis by massage, continuously, systematically and scientifically given.

If a shrunken arm may be restored to symmetry and perfect contour, why not a shrunken cheek? Obviously one result is as logical as the other. The great difficulty is that in treating an arm or a leg we follow our physician's advice and secure a scientific masseur; but for some inexplicable reason we trust our faces, whose delicate anatomy and muscular structure we know next to nothing about ourselves, to the first woman whose sign "facial treatment" or "facial massage" meets our eyes on the street, and who is just one degree more ignorant than we ourselves.

No woman is competent to give beneficial massage to the face unless she has studied its anatomy, knows every nerve and muscle in its construction, and has practiced the giving of facial gymnastics for at least a twelvemonth under one of the professors of the Swedish school.

I suppose I am acquainted with nearly every so-called method of giving so-called massage in this country. It is utter nonsense to talk of different methods. There is only one real way of properly administering true facial gymnastics, and that is the school founded by the great Linz, the originator of the system. Where a woman can afford to employ a skillful masseuse of course she should do so. First-class Swedish graduates receive, naturally, good pay for their services, and but recently have been unwilling to give facial treatments alone, but there are two or three experts in this line who now give the facial treatment at prices not high when the quality of the service rendered is considered.

Frequently, however, to a woman who

needs facial massage, even \$1 is far beyond her means, and in such cases the subject may do the work herself on her own face and it is worth and not play, let it be understood, and fatiguing work, too, when properly done.

The Swedish massage is derived from the Greek *masso*, to knead. It does not, as many alleged operators appear to consider, mean to pinch, or punch, or bruise, or beat the tender flesh and nerves until the victim is as sore as a pugilist after a prize-fight.

Before a woman gives herself massage she should study the plate given in this book, showing the muscular construction of the face and throat, and she should recollect that the muscles must be developed by the exercise—which is given them in the various motions. All the important facial and throat muscles are manipulated, the operator manipulating her fingers with a tissue of skin-feeding unguent, or skin food, which has usually a basis of lanolin, because of its penetrating qualities, and is gently rubbed into the skin. It is quite wonderful to see how gratefully the skin accepts nourishment in this way. I am never tired of watching and marveling at the sensibility, the responsiveness and the power of its resistance.

The skin combines within itself the powers of an organ of excretion, secretion, respiration and nutrition. After it has absorbed the skin food it requires it will accept no more for the time being, and the operator may commence the smoothing-out process. All lines should be smoothed out; that is, they should be treated with the thumb and forefinger in an opposite direction to their formation. My own masseuse says:

"In giving massage the patient's face is first bathed in warm water and carefully dried with a soft towel. I use a little cream or skin food to anoint my fingers during the treatment."

The first picture shows the movement for obliterating horizontal lines and furrows in the brow. This is the rotary motion, as shown in the diagram. It is reversed in the work on the forehead, but always backward on the temples.

It has been said that a woman cannot afford to shed many tears after she is five and twenty, or if she does it will be at the expense of the beauty of her eyes, as the lachrymal glands are relaxed by weeping and the orbicular tissues (the orbicularis is the circular muscle of the eyelid) become emaciated, causing the disfigurement known as drooping eyelids, nothing but the most skillful manipulation can restore the contour of those delicate tissues.

This movement is shown in the illustration "to remove a droop in the eyelid." The movement is made with the third finger only of either hand, and is vibratory.

Another illustration shows the movement for removing laughing wrinkles. Laughing wrinkles are not disagreeable, but they certainly make a woman look older.

The temporal muscle is the one to be operated upon. The muscle is fan-shaped, its fibers arise from the aponeurosis of the forehead. The operator must exercise great skill and care to locate this muscle, giving it the proper rotary movement, thus forcing the blood to the surface, which will nutry and rebuild the fatty tissues and restore the temple and nasal contour.

The proper movement for developing the predominating muscle of the face is shown in another illustration. The principal muscle of the cheek, called the trumpeter's muscle, is a flat muscle which forms the wall of the cheek. It derives its name from its being much used in blowing the trumpet. But several other muscles enter into its formation, and these become relaxed from a disorganized system, sluggish blood and many other causes. The glands shrink, the fatty tissues emaciate and then we have sunken cheeks.

The operator must know how to locate these muscles, beginning at the origin of the trumpeter's muscle and manipulating upward to the predominating muscle above the ear, finishing the work on this muscle with the rotary movement, which will force the circulation through the relaxed muscles, invigorate and rebuild the tissues. This movement, in connection with the manipulation of the malar or cheek muscles, will completely obliterate the lines of care, but giving these movements special attention must be paid to the chin, as the contour of this most important feature can be diminished or abnormally enlarged by improper manipulation.

The manipulation of the cheek muscles is a sort of clawing movement. The muscles must be accurately located and the motion light and quick. Generally speaking, all facial massage movements are outward and upward.

Hollow cheeks fill out in an amazing way when this manipulation is properly and persistently given.

Most women begin to show age by a relaxed condition of the muscles of the neck and throat, and no woman, I am sure, has ever seen this first sign of advancing years without a sinking of the heart.

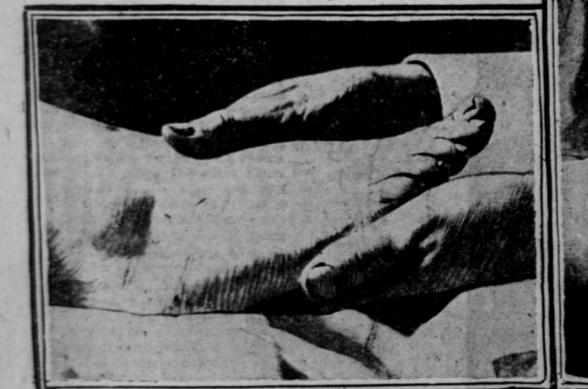
Do not hesitate to say that by care the contour of the neck and throat can be positively restored to the firmness and beauty of youth in all cases where there is not some wasting disease and where the subject is not over 40 years of age.

Where the muscles are much relaxed they are actually sensitive to the touch, and they suffer punishment at the first removal if they are properly manipulated.

How to massage the feet



TO MASSAGE THE SORE JOINT HOLD TOE IN PLACE BY SEPARATION OF GREAT AND SECOND TOES



RUB ALWAYS FROM THE ANKLE TOWARD THE TOES

FROM childhood we impose upon our feet, making them conform to a shape in shoes decreed by fashion and quite at variance with nature's arrangement. I find ninety-nine women out of a hundred have taken just such or kindred liberties with their pedal extremities, and once the feet have been thus tampered with they never quite recover.

Massage is a wonderful method for soothing the aches of feet that have been improperly shod, as well as for the pain that comes from overexertion, long walking or standing.

To give tired feet restful, delightful massage the operator need not be an expert masseuse. The process begins with an application of a soothing lotion to the foot by the hand of the operator. Arnica diluted with warm water will prove a simple and soothing application.

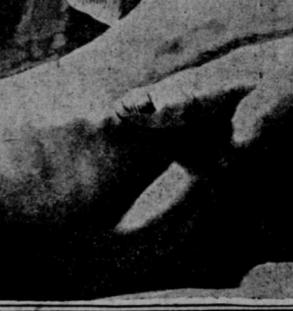
After the lotion has dried rub the foot gently, using a good toilet cream or oil of sweet almonds. Always draw the blood from the ankle or instep to the toes. Support the instep or ball of the foot with the left hand while rubbing with the right, using the downward movement on the outside of foot and ankle. A rotary motion on the instep is also very restful.

All the nerves start from the feet, which should be treated the same as the head—removing the shoes and elevating the feet to a comfortable position—not too high.

The foot-should never be massaged without using a little oil or cream. For a tender foot which perspires too freely always use oil, alcohol and ammonia combined, one ounce of oil, two ounces of alcohol, and one tablespoonful of ammonia. For a burning foot use cream or oil.

The following recipe will be found good for the treatment of chilblains:

Camphor, one drachm; beta-naphthol, ten grains; cocaine, five grains; diachylon ointment, one ounce. After bathing the part in hot water balsam of copaluba is painted over the surface.



SUPPORT BALL OF FOOT WITH LEFT HAND, MAKE MOVEMENT ALWAYS DOWNWARD WITH RIGHT



MASSAGE FOR WRINKLES IN FOREHEAD



MASSAGE FOR REMOVING LAUGHING WRINKLES



MASSAGE FOR DEVELOPING THE PREDOMINATING MUSCLES



MASSAGE FOR MAKING FLABBY NECK FIRM



MASSAGE FOR DEVELOPING MALAR OR CHEEK MUSCLES

How to make baby pretty



SKELTON CAP CORRECTS OUTSTANDING EARS



BY GENTLE PRESSURE THE HEAD MADE SYMMETRICAL

WE are all of us prone to discourse on the beauties of childhood, and truly there is nothing more charming than the features of lovely infancy.

We recall instantly the little child with eyes so gentle, so fearless and affectionate, and that reflect our every emotion. We smile at the dimpled faces, the chubby little forms of the babies whom we know, but occasionally we see a little child who is a positive distortion of infancy, and perhaps we wonder only that babyhood can be so unattractive.

I happen to know a little child who is physically trained into great beauty, even to the point of being purchased for a very fine time. I see a little tot with exceedingly outstanding ears I long to reach its mother and beg her to make slightly features of these almost monstrous and unnecessary deformities.

There is no sense in permitting a child to grow up with aural appenda looking like oyster shells rudely attached to the sides of the head.

Nothing destroys the symmetry of the head as these outstanding and distorted ears. No girl can grow up to be a beautiful maiden, no boy can ever be at his best, whose ears are literally deformities.

Beginning with the day of its birth a baby's ears should receive attention. If the nurse understands her profession she will take care always to see that the little ear is folded back against the side of the head when the infant reclines upon one side. When the baby lies upon its back she will see that even the softest pillow does not press the ear out from the side of the head.

Such care as this will always result in a prettily formed ear lying close to the head, as nature intended.

Where the child has been neglected in infancy it takes more time and it takes more skill to coax the head into the habit of lying close to the head.

For this purpose the skeleton ear cap was devised about fifteen years ago and is in almost universal use in England. This little cap may be purchased for a trifle, or an ingenious mother may make one of straps of linen tape held together by bits of elastic tape, which allows the necessary flexibility.

It is conceded that a straight nose comes nearer to the accepted standard of beauty than any other, and a flat pug nose is certainly very ugly. If mothers and nurses will but take heed there need be no pug-nosed children.

It is a curious fact, but one which will be corroborated by all who pay attention to the matter, that persons with upturned noses invariably use their handkerchiefs with an upward flourish whenever they have occasion to use them at all, and that those with turned down noses cultivate the very opposite manner of handkerchief etiquette. Now, nothing can be much uglier than the first mentioned habit, also nothing so potent in helping the pug to do its worst.

The nose may be really modeled if the baby to whom it belongs is caught early enough.

A baby's nose is very much like a bit of putty. It has no bone, and it will respond to pressure daily applied of a very wise and knowing thumb and forefinger. There is not a mother in the universe who cannot make a nice, straight little nose out of the most hopeless baby pug if she will several times a day, by the means of the thumb and forefinger, press the diminutive organ into the shape it should have.

The baby whose picture has been used to illustrate this article had the silliest excuse for a nose I have ever seen, but I produced on this unhappy infant's countenance in the course of two years, and that was longer than it usually takes,

a very respectable, nice little nose. Frequently I see a child with a one-sided, lumpy head, and I know that I have before me a poor little creature who has been robbed of his birthright, physical symmetry.

Many infants present themselves to a more or less admiring family on the occasion of their first appearance with distressingly distorted and bumpy heads. There are physical reasons for these eccentric looking little pates, and nature will assert her authority without other assistance in most cases. Occasionally the little head falls to acquire a proper roundness, and then the hands of the mother or nurse should assist in smoothing away the unnatural and disfiguring lumps.

Where the head is long and narrow and one-sided a gentle pressure of the hands with a movement from the chin to the top of the head will often repair this distortion in a few weeks' time.

The pressure should be firm, never hard, and never painful to the infant.

The human countenance is of very fascinating material and little children who are allowed to make grimaces very soon show for mothers to unsteady that later will assert her authority without other assistance in most cases. Occasionally the little head falls to acquire a proper roundness, and then the hands of the mother or nurse should assist in smoothing away the unnatural and disfiguring lumps.

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