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THE ART OF FEMININE BEAUTY

The
ART OF FEMININE BEAUTY

by
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**THE ART OF
FEMININE BEAUTY**

CHAPTER I

A PERSONAL CHAPTER

There are times when in stopping for a moment to let my mind rush back over the past, my life seems to have contained enough events, great and small, enough stress and strain, to fill half a dozen normal lives. There have been very few holidays in it, and scarcely ever an hour that was really my own, but there have been no dull stretches. I have had all the things that ordinarily occupy a woman's life—a warm background of family and friends, school, travel, marriage and children. Yet over and above and through all this has been my work—my professional life, exciting and exacting, demanding my last ounce of energy and strength. The building up of a business all over the world which involved and still involves personal relations with thousands of people as employees and other thousands as clients has been one part of it, and the other has consisted of less spectacular periods of research work, of painstaking experimentation in laboratories all over the globe. When I am asked by my publishers to preface this book with a memoir, I feel the impossibility of presenting more than the barest outline.

When I look back to the beginning of my life, to the quiet town where I was born, I feel more than ever the

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almost reconciled my mother to my excessive reading.

I was still very young when I began to take a vivid interest in my father's business affairs, and since he had no son he fell into the habit of talking over his plans and projects with me. I felt the honour of his confidence and wanted to be worthy of the trust that confidence implied. What precise part fate or accident plays in the development of careers, and what part is played by environment and is due to natural gifts, I make no pretence of knowing. But there is no doubt in my own mind that there existed in the atmosphere which surrounded my early years the forces which bent me in the way I was to go : the spirit of a household filled to its capacity with girls, and all the gaiety, frivolity and vanity, the humanness and warmth of that intensely feminine little world ; and along with that, the constant companionship of my father, who gave me glimpses into the larger world outside, the world of achievement, of success and fame.

Many incidents of my girlhood come back to me, which in retrospect appear indicative of my later life. I was responsive and sympathetic to all around me ; and although I knew nothing of the psychological dictum which states that an emotion is incomplete without action, I followed it instinctively. If I saw or heard about someone who was poor and ill, I lost no time in running to our own family doctor, who treated only well-to-do families, and persuading him to see the

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person who had aroused my interest and sympathy. He often acceded to my pleas ; and so I felt that my presumption was justified.

On one occasion, when I was perhaps nearly sixteen, my father found himself too ill to attend a certain business conference. It was too late to cancel the engagement and when I heard about the matter I volunteered to go myself, though it meant a short railway trip to a near-by town. Accompanied by an old family servant, I presented myself to the important man with whom the meeting had been arranged and told him I had come to act for my father. I explained my father's side of the question, and closed the deal successfully.

Another time my self-assurance saved my father from a very serious financial loss, which threatened ruin. The circumstances were these : Father had bought several car-loads of fresh eggs in Hungary which were transported to Cracow for immediate sale. The shipment arrived on the eve of a great legal and religious holiday which was to last two or three days. The unloading of the cars would therefore have to be postponed, for the observance of this holiday was universal. A violent heat wave set in and threatened to spoil the entire shipment. Father was in despair, for he knew it was useless to ask officials that an exception be made in this case. I understood what the loss of this quantity of goods would mean to the family fortunes, and I was determined to avoid it. My father said it was useless to try, but I went unaccompanied to the station master.

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The office boys and clerks informed me that a child like myself had no business with the important railway division manager ; but I simply refused to go away. Finally when they saw that I could not be discouraged by nonchalant treatment, I was ushered through many anterooms into the presence of the great man. He heard my case. I argued, I pleaded. I told him the welfare, and much of the fortune, of our family was at stake. I refused to believe that official regulations could be so stupid and unfair. In the end I convinced him. He gave an order that the work should go forward. The eggs and our fortunes were thereby saved.

But I must not make myself appear the girl heroine, who always rescued the family from disaster. And to disabuse you of this notion I must show the other side of the picture and tell an incident when my initiative and enterprise did not have such a happy outcome. My parents had gone away on a vacation, and I conceived the brilliant project of selling off the furniture of my own room and one other room in the house, and refurnishing it with the most garish of modern furniture. At that time I had no idea of the genuine affection my father had for these things which he had lovingly collected. I felt only that new things were much more desirable than old. Also I knew that I regarded the old bookshelves and bibelots as dust catchers. I lost no time therefore in calling in the second-hand man and disposing of a lot of precious antiques, and then

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hurried to a modern shop where I selected a shiny set of furniture in the flamboyant "jugend Style." I sat down happily to await my parents' return, proud of my achievement.

When my father finally arrived and saw what I had done he was aghast—almost too shocked for anger. He set about at once buying the old objects back ; and the emotion he displayed in finding again his cherished possessions impressed me in an unforgettable way.

A few years later my father's passion reappeared in myself and I began to respect ancient things that had been loved and laboured over and consecrated by use. One of the most genuine satisfactions of my life has been the collecting of old and beautiful objects ; I appreciate all that the mind and hand of man has contrived to enhance and intensify life. I have collected modern paintings and antique furniture, pre-Columbian Aztec relics, African masks, and eighteenth-century dolls. Never can I hope to have all of these various collections housed in one place. They are scattered over two continents, but I see them from time to time and I am conscious that other people see and enjoy them too. To be surrounded by objects of beauty—or indeed to have only one or two about at a time—is important to the health of one's inner life, indeed as important as the cultivation of outward personal attractiveness. Both are necessary elements in a full and beautiful life ; both represent our cravings for the ideal, the beautiful.

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After my courses at the *Gymnasium* were ended, I prepared to enter the university. I wanted to be a doctor. It was a career which I knew to be a noble one, and I felt that my sympathy for suffering people was a sign of my fitness for this exacting profession. But this illusion was soon dispelled. At my very first lesson in an operating room I quietly fainted at the sight of blood, and the smell of antiseptics nauseates me to this day. A life spent in the atmosphere of sickrooms and operating chambers suddenly seemed less alluring. My parents concluded that, after all, I was not intended to be a doctor. And I agreed with them.

It was during my preliminary studies that I fell in love with a young medical student. If I was not to be a doctor myself, being the wife of a doctor, helping him shape his career, inspiring him to great discoveries was the next most desirable thing in life. My parents disapproved, as parents often do. I struggled in vain to obtain their consent to my marriage ; they were stony and unmoved by my entreaties. To go against the will of one's parents was, in our circle, unheard of. I thought I would bide my time quietly and wait, and perhaps finally win them over.

For a long time, since I was a child, it had been one of my dreams to go to Australia. My uncles had settled there before and our imaginations had been fed on letters from this remote land. I had always wanted to go and see it for myself, and at this moment of disappointment, the trip seemed a solution. I obtained my

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parents' consent to the voyage. Secretly I was hoping that I would find a way for him to follow me out there at some later date. So my relatives, who lived on a large ranch near Coleraine, in Victoria, were duly notified of my intention, and I made my preparations for departure.

Going to Australia in those days was considered a tremendous undertaking and embarking on such a venture all alone was to me strangely stirring. In fact, travelling alone for any young woman, in those days, was considered most unusual, and singled me out as an object of much interest and attention. To which was probably due the fact that during the long voyage I received three proposals of marriage, all of which, needless to say, I declined.

Arrived in Australia I found a hearty welcome and was taken at once to the country place of my aunts and uncles. The newness of the country stimulated me, it was so different from all that I had known. I became a skilled rider and there was no phase of horsemanship I did not master, but I did not give up my old interests. I managed to contrive a little laboratory with the help of a country chemist and spent many hours in it, testing and experimenting. Gradually the emotional conflict which had been responsible for bringing me so far from home came to be less and less violent, and that young medical student in Poland faded gradually and completely from my thoughts and life.

My readers may know the climate of Australia is

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extremely trying. The sun is violent, the winds are violent, and the skins and complexions of women suffer in consequence. The Englishwomen of my acquaintance all complained of the disastrous effects of Australian sun, dust and wind. What should they do to avoid leathery, weather-beaten and sallow complexions?

My own skin was soft and fresh and remained so even in that terrible climate. And I knew that my immunity was due to a certain cream which I used—a cream which my mother and all our family had used for many years. It was a preparation which had first been introduced to us by the famous Polish actress Modjeska. The formula for this cream had been discovered by the brothers Lykusky who had supplied us with it for our personal use ever since I was a little girl. Naturally enough, I was quite frank in crediting the cream for my own flawless skin. I had brought enough of it with me to last some little time—or so I thought. But first one woman and then another was begging me for it. My original supply was scarcely enough to fill my own needs for a month. In the meantime, I had written home asking that an additional supply be sent to me by the first boat. Soon it began coming to me, a few jars at a time, never enough really to satisfy the demand that was growing in my own little circle of friends.

At about this time I was invited to visit a friend whose husband occupied a political position on the staff

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of Lord Lemington, the Governor of Queensland. Here I met a very cosmopolitan circle of acquaintances, and had my first taste of official social life. My aunt and uncle thought my main concern should be to find myself a husband, and indeed more than one desirable candidate presented himself. But even in those days I had other ideas about what I was going to do with my life. I wanted to go into business for myself. My relatives thought the idea was absurd—a girl of nineteen who wasn't obliged to work for a living to set herself up in business ! Indeed I had no encouragement for the project which was developing in my mind, and the one or two people who did lend their approval to my ambition were of no real assistance. But I was undaunted, for from my childhood I had been in the habit of acting independently. I opened a small salon in Melbourne and stocked it with a supply of the cream which I continued to receive with the arrival of every European boat.

My first establishment was sketchily furnished. I had too much pride to ask for help from home, and I determined to make the best of my slender resources. I had always had a flair for decoration, and my best evening dresses were utilised to make couch covers and draperies. One, in particular, made a stunning scarf for my piano. My first gift was a cash box, and whether or not it was given in jest or in earnest, it became one of the most useful of my possessions. My little business prospered beyond my wildest dreams. Before I had

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even engaged my staff, my first stock was exhausted and I had to employ a special secretary to answer the thousands of letters that began to pour in on me.

But selling cold cream, however profitable it might be, was not my idea of a career. I determined to go back to Europe to study the whole science of beauty intensively, to learn all there was to know about my chosen work, and to try to put the business of beauty culture on a scientific basis. I happened to have found a cream which had been useful in thousands of cases; and which, even to this day, I have not been able to tell enough about. I sometimes believe that if I had concentrated on furnishing the world this one cream alone, I should have been many times a millionaire. But that outlook was too narrow for me. There were other formulas, other treatments, that I wanted intensely to study and master. The whole field of health and beauty loomed up before me as my particular province, and I was eager to learn all I could about every separate aspect of it.

I went back to Europe, visiting first my parents and friends in Cracow. The old town had not moved a pace in my absence. To me who had changed so much in a short while, it seemed indeed to have gone backward, and to be a bit alien. I had travelled, I had met many people, I had achieved something. Home was not the same to me and from that time on I felt that my life was in my own hands. I felt a sense of assurance and power, and yet with that, a sense of my limitations,

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and it was with this latter feeling that I began my studies.

Vienna, Dresden, Berlin, Munich, Paris, London ! They were magic names to me, these great centres of culture and learning. During this first trip back to Europe I made a beginning along the lines of study and research which I wanted to pursue. At many other intervals later on I was able to continue these studies, to supplement the medical courses I had had in Cracow. I went to interview famous professors, scientists and savants. I worked in their laboratories and acquainted myself with what was being accomplished for the scientific care of the skin. I read greedily everything I could find along the lines of my subject. From the dermatologists I learned the intricate anatomy of the skin, the principles which govern its appearance, its health. From surgeons I learned what could be accomplished in facial surgery, which was then in its infancy. I learned what I could of metabolism and diet, and their relation to health and beauty. On later trips to these same universities and clinics I studied therapy. At the University of Berlin, a famous cosmetician accepted me as a student. Incidentally, the friendships I have formed with doctors and scientists during these periods of research are among those that I value most highly.

After this stimulating period of study, I went back to Australia, hugging my new knowledge and full of plans for the future. I set myself to the task of organising

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the business I had launched. The trip to Europe had made me realise more than ever that my choice had been right—that this work I had chosen was infinitely preferable to any marriage which my aunt might have destined for me.

Then began months of feverish activity. Success and prosperity came quickly, indeed almost too easily, but at the same time they brought unthought-of responsibilities. I mastered every separate branch of the undertaking so that if need arose I could step in and fill any part of the organisation ; moreover, I could only be satisfied that this or that part was functioning properly if I knew myself how it worked. I had a passion for details then, and I still have it. I learned to give orders—and to trust others to carry them out. At this time I was a little past twenty ; I was literally growing up with my business. It was my own creation, born of my dreams and brought to reality by my own efforts, with an amazing amount of good luck thrown in, it is true. No wonder I was eager to master it, to perfect it !

My venture expanded rapidly. My relatives who had looked askance at my going into business began to think that the scheme was not so wild, after all. I added other preparations to the original cream, and for each one I felt personally responsible—for its purity, and for its effectiveness in doing what it claimed. My original clientele remained faithful, and their support encouraged me to open branches in other towns

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of Australia. Money flowed in, in a continuous stream. It seemed that the whole Australian continent—or, at least, its feminine half—was bent on beautification.

I made several voyages back to Europe and at length, after several years, I decided to establish myself there. Australia had been my apprenticeship and now I wanted a larger scope than was offered me on that distant continent. I determined to go to London, the heart of the vast Empire, and the centre of the English speaking world. In London I took the house of the then Premier, the Marquess of Salisbury, in May-fair—a large place which I quickly transformed to meet my needs and which I still occupy. Opening a new establishment has always been exciting to me for I love to plan, to decorate, to select fabrics and arrange furnishings. In this case, there was an added excuse for excitement. I didn't know whether the great capital was going to like me ! I was still very young, I was a foreigner, and the English were very conservative, especially about all things relating to their personal lives, and were reputed to be cold and indifferent to outsiders.

But I was not long in suspense. My establishment had barely opened before it became a sensational success. Perhaps the reputation I had built up in Australia had preceded me ; perhaps I had come at just the right moment. I do not know, but the fact remains that I was overwhelmed by clients and by journalists' acclaim from the first day. London, even

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more than Paris, is the city of luxury, for it is not only a great metropolis but the heart and centre of a fabulously rich empire which draws rare products from every corner of the globe ; its very bigness awoke some responsive fibre in myself and stimulated me to my best efforts. Large-scale enterprises had always attracted me, but even then I did not dream that my own particular " sphere of influence " would one day reach to farthestmost outposts of the British Empire as well as to other lost corners of the world.

I was already familiar, from my Australian experience, with the needs and the temperament of the Englishwoman, and my clientele soon included some of the best and oldest names in the British peerage. To-day I can look back over three generations of Englishwomen who have come to me for advice and treatment. In this place I cannot transgress the ethics of my profession by mentioning names or titles, but it has been my privilege to receive queens, princesses, the wives of maharajas and other eastern potentates ; the wives of governors and premiers, as well as the leaders of society and the stars of the stage.

I may be pardoned for relating here just a few typical incidents.

An amusing experience occurred when the wife of the Viceroy of Ireland, who was not only ultra-conservative but of an advanced age, wrote to me and asked if I would permit her physician to go through my establishment and report to her ladyship if it was

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a fit place for her to be treated. Of course I assented, and following his visit, the Lady herself arrived and became one of my most faithful and enthusiastic clients.

At the outbreak of the war when all postal service was interrupted between London and the continent, both a European empress and a queen, one of whom is still living, sent couriers all the way from their respective countries to my establishment in London, to take back large supplies of my preparations. Wars might come and go, but beauty must go on for ever !

The steadfast loyalty that I found in London rewarded me for all the incessant, and often drudging work of those years. But London meant more than mere success and fame to me. It was there that my married life began, and there that my two children were born. My husband, who is an American, is known among the literary people on both sides of the Atlantic. His collections of rare books and manuscripts, begun in his early youth, is still one of his passions ; music is another, and in this my two sons resemble him. The little boys of those years in London are now stalwart youths who tower above me,—who started their studies at Yale and Princeton, respectively, and wound up at Oxford and Cambridge, and who, before long, will set out to fashion their own independent careers.

Like every real mother, I took the most intimate interest in the welfare of my children. Maternity, I believe, gives a richness to a woman's life which no

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other satisfaction can replace ; yet most women, during this generation at least, are finding that the home and the nursery are not enough. Bringing up children is not a life work, even for the women who must do the entire job unaided by nurse and governess. There are long years sometimes after, sometimes during the growing years of the child, when useful, profitable and stimulating activities outside the home are to be found.

After London came Paris.

It was many years before the war that I established my Clinique de Beauté there. This move was preceded by a long period spent in Paris during which I did nothing but study the Frenchwoman, her habits, her skin, her attitude toward beauty and her methods of beautification.

In France the cult of woman, the cult of beauty, has been developed as nowhere else. Youth is preserved for the sake of its ornamental quality, and also because it adds years of activity to a woman's life. Those women who come to Paris, the most feminine of cities, find out what it is that has made the Frenchwoman distinctive among her sisters. I myself came, I saw, and if to say I conquered is too bold a claim—at least, I came, I saw, I stayed.

Paris presented a special problem. Not only is the Frenchwoman's skin utterly unlike that of the Englishwoman, but her point of view is equally different. The Parisienne wants to look her best at every moment, and will take no end of trouble to achieve this

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aim provided it does not include undergoing painful treatments. Before the war she was accustomed to use too thick layers of day cream and powders to obtain her effects. But to-day all this has changed, and the Frenchwoman is less *émaillé* and cares just as much as the American for the natural perfection of the skin and the cultivation of those rosy brown tones that suggest an enthusiasm for sport and exercise.

During my preliminary work in Paris I tried all sorts of cosmetics on my own skin, and familiarised myself with the various techniques then in vogue. I bought the establishment in the Rue St. Honoré of a French beauty specialist whose ideas closely coincided with my own. My success there duplicated that of London, and I was particularly gratified to have pleased what is perhaps the most exacting clientele in the world. The Frenchwoman is intelligent about her problems, she has a certain aggressiveness underlying her desire to please which I find admirable. She is practical and at the same time adores luxuries—a happy balance.

Throughout my career I had been interested in America, the land of pioneers and of vast achievement. Australia had been a pioneer country too, but a colony, whereas America was a great forward-looking republic, unhampered by Old World tradition. By marriage I was myself an American and it is not surprising that I should have wanted to know more than brief trips could tell me about that amazing country.

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In 1915, therefore, I opened a Salon in New York and another in Chicago and from there my activities and my establishments spread over another continent. I fly, or sail, or motor from country to country. I spend a large share of my life in railway carriages, steamers ; indeed, ocean voyages are my only period of rest. I am now as active, as passionately interested in all the details of the fabric I have built up as I ever have been. In my employ there are more than three thousand people, without counting other thousands engaged actively in selling my preparations. My laboratories and factories in St. Cloud, near Paris, in London and in Long Island make incessant demands upon me. Even to-day my hands sometimes ache from long hours of work in laboratories, for I am still uncured of my passion for dabbling with oils and essences and various balsams and herbs ! The possibilities are so endless !

I love beauty in all its aspects. Beautiful surroundings, beautiful clothes enchant me. I love fabrics and textiles, and was among the first to use modern furnishing and furniture. I have collected jewels, paintings and sculptures with the utmost enthusiasm. And I have been the friend of scores of artists, some of whom have become famous, and more of whom have not. Many millions of dollars have passed into and out of my hands, yet I have not sought money, nor been especially interested in it when it flowed in upon me. Mine has been a full life, with little time to dream, and none at

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all to loaf ; I seem not to have been destined for leisure, and even now I find myself saying : “ If I could only contrive a six months’ holiday, I would spend it *working* ”—this or that new idea for the beautifying of the race.

CHAPTER II

FOREWORD

Many books have been written on beauty culture and beauty cults ; for beauty, how to attain it, how to enhance and preserve it, has been from time immemorial one of the permanent preoccupations of womankind.

The subject is inexhaustible, not only because of the wealth of material there is to draw on from the past, but because of the new contributions that science is constantly making. I have been asked, again and again, by women all over the world, to write a book on beauty. These women feel that my experience, stretching as it does over a period of thirty years, must have given me a knowledge on this subject which should be invaluable to them. Especially since the period of my professional life happens to have been the most significant thirty years in the development of beauty culture. It is with all modesty, therefore, that I set about the task of passing on what I have learned ; in outlining some of the newer discoveries for the preservation of youth, and in presenting those fundamental rules of health and hygiene which can be laid down as axiomatic, and which will be just as true fifty years from now as they are to-day.

FOREWORD

Practically every beautiful woman of note in the two hemispheres has come to me at one time or another for advice or treatment ; queens, princesses, stars of the stage and screen, society leaders—all have come on the same errand. And to them all I have given the same general counsel. Beauty is neither wholly the gift of God nor the gift of the cosmetician. An important part is always played by the desire to be lovely and the willingness to make small daily sacrifices to achieve it. If you follow the rules for your particular type or age you will keep your loveliness to the end of your days. You may not inspire a “ grande passion ” at the age of eighty, as Ninon de Lenclos is supposed to have done, but you will retain—just as that famous beauty did—your birthright of physical and spiritual graciousness.

I admonish my readers emphatically not to neglect the pages which seem to apply to an age they have passed or have not yet attained. The advice I shall give, much of which is applicable to every individual woman, is so scattered throughout the book that the particular information you are seeking may appear in the most unlikely place. Unless you read all, you may miss the very point for which you are looking. I urge thoroughness because the foundations of beauty must be studied to be understood. Never was any statement less true than “ beauty is only skin deep.”

To bring out beauty, to preserve, to repair—this has been my life-long work. Of the three aspects of

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the problem I confess my preference for the first two. It is of course possible to repair the ravages of time and neglect, yet it is so much easier and better to prevent them. Miracles in the way of physical rejuvenation have been performed, but this elaborate repair work indicates that there has been a long interval during which a woman has allowed her beauty to lapse and go to seed. And I deplore the very thought of such an interval. Doctors and beauty specialists may be justly proud of these miracles, but while giving all credit to their achievements, I prefer a milder technique—one that makes regular small daily demands rather than one that depends on drastic surgery and painful treatments, no matter how successful.

Nothing has been more interesting to me than to see the change that has taken place during my lifetime in the attitude toward beauty culture. To most of you who are living in a modern progressive epoch any comment on this may seem superfluous. You have come to take for granted and as something beyond the need of argument the importance of the cultivation of beauty. You are aware of the power it wields. Yet beauty culture in its present highly developed state is a very recent growth. The great democratisation of beauty has come about only within the past ten or twelve years. Women during these few years have become conscious and practical in the pursuit of good looks. But how well I remember the time when the plain woman resigned herself to her fate without an

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outward murmur. To-day, in nine cases out of ten, she does something about it.

It is for the benefit of the tenth case that I wish to emphasise that *coquetterie*, the comprehensive term which the French employ, is a natural expression of a woman's desire to please. Old-fashioned people may protest and bewail the modern preoccupation in the cultivation of beauty as a manifestation of the laxness of the times. But I shall continue to regard it as a duty, and a virtue, as well as a distinct pleasure.

From the purely personal point of view, there is no denying that the possession of physical attractiveness oils the machinery of life. With it you are always just so much nearer the attainment of your heart's desire, whether that be for fame or fortune or the happiness of marriage. If you only choose to regard the body prosaically as a machine, then you ought to feel that it must be kept in the best possible working condition. If you regard it as something more, as something higher and finer—then the extra attentions you give it beyond the bare essentials, will give an added zest to life.

To the so-called plain woman let me offer the French proverb, "*Il n'y a pas de femme laide*" (There is no such thing as a naturally plain woman), to which I enthusiastically subscribe. I really believe that no woman is so devoid of charms that she cannot make herself attractive along the lines of whatever is most characteristically herself. Charm, fascination, style,

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chic, what are all these attributes but the accentuation, the perfecting to its highest degree of what is truly individual?

Another French expression which may be heartening to those women who are less generously endowed by nature, is the term "*jolie laide*"—the woman whose very ugliness, that is to say her deviation from the standards of beauty, is the source of her attraction. She turns a defect into a virtue and capitalises whatever it may be.

Above all, stop thinking that there is anything frivolous or vain in wanting to hold on to youth, in striving to be beautiful. To preserve one's beauty is to preserve health and to prolong life. Through their determination to achieve these ends, women are helping to develop higher health standards. These standards are implanted in the newer generations. The fact that the children of healthy attractive mothers have a stronger hold on life scarcely needs to be demonstrated. The beauty-loving, beauty-seeking woman—especially if she happens to be a mother—is thus making an important contribution to the building up of a finer race.

The change in the attitude of the medical profession toward beauty culture is a sign of the times. Whereas formerly any preoccupation in trying to improve the personal appearance of a woman outside of remedying some outstanding abnormality was considered beneath its dignity and a lowering of the professional standard, to-day many of the most eminent doctors are turning

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their attention to the subjects of rejuvenation and the development of physical perfection. Modern doctors everywhere are co-operating with the conscientious and scientific beauty specialist.

I like to look forward half a century and imagine a world—and this dream is not beyond the realm of the possible—where every woman will rejoice in the possession of beauty. By beauty I do not mean a uniformity of figure, a perfect regularity of feature—how deadly that would be ! I mean rather grace and mobility of movement, loveliness in colouring and the harmonious interplay of mind and body. There is no reason why this goal may not be achieved—at least in countries like our own. The progress of the present century has been revolutionary. One doesn't have to go far back into the past to recall the time when the woman of thirty was regarded as *passé*, and the woman of forty as an old lady. I can picture a time when the woman of fifty will easily pass for thirty, and the woman of seventy will still enjoy a vigorous maturity. A woman's beauty will be a gracious curve from early youth to, shall we say, later youth ; for the weight of years seems to be resting ever more lightly on women's shoulders. We have all known women who were belles in their teens and early twenties and who through over-confidence in the durability of their charms and a consequent neglect have not ripened into the promise of their youth. Failing to take care of the gifts with which nature endowed them, they faded quickly. And there are others, who, not

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considered beautiful in their younger days, have in later life developed into recognised beauties. Such women, by intelligent cultivation of their persons, make for themselves a second and even a third youth more lovely and impressive than that of the springtime of life.

In America, where there are few inhibitions against innovations, great things are being accomplished. In the city schools children are taught the care of their bodies ; gymnastics, dancing, music and games all contribute to the desired end. If I had a daughter, I would see to it that no day passed—from infancy onward—without its period of scientific gymnastics, and this in addition to the hours spent in natural play. My establishments have frequently been called upon by the various superintendents of girls' high schools of various cities to send one or more of my experts to lecture on the care of the skin. This struck me as a happy sign of the times. The use of make-up among young school-girls has swept the country so quickly that there is danger that many youthful skins will be marred by the use of cheap cosmetics. In a later chapter I shall have a good deal to say on the subject of make-up, which is only the final touch to beauty. Other things must precede it—the right diet, exercise, cleanliness, and health. I dare say there are still people who think that a beauty salon is merely a heavily curtained place where rich women are powdered, curled, rouged and manicured. They are ignorant of the complexity of this newest of the sciences, of the expert knowledge that stands

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behind every reputable formula, of the months and years of experiment that have produced just one bit of helpful information; of the varying bodily chemistry which produces scores of different treatments.

All these things have been my primary concern for a long period of years. Even to-day I spend many hours a week in my laboratories, testing materials and experimenting with new formulas. I cannot stop, cannot put aside the task, possessed as I am by my life-long interest in the promulgation of youth and the intelligent beautification of the body.

My first and final word is that every intelligent woman who really cares can become at least good-looking. How much farther she goes will depend upon herself.

CHAPTER III

HOW TO MAKE AND KEEP A BEAUTIFUL SKIN

Women from every station and at every age in life come to me, demanding help and asking to be made beautiful—elderly women, schoolgirls with acne, young women prematurely worn out with nervous strain. Invariably they ask, “What must I do first?” And I invariably respond, with an Irishism, “There are three things you must do *first*—diet, exercise and take care of your skin.” These are the three most important highways to beauty ; the detailed treatment of the hair, feet, hands, eyes, mouth and teeth are for later consideration. I tell these women they must begin simultaneously to regulate their diet, to take exercise, and to give the skin the most scrupulous attention.

It is with this latter question that I shall deal first. A beautiful skin can counterbalance a great number of defects ; it can often make up for poor teeth or thin hair or a figure that is not *à la mode*. “Every feature, no matter how fine it is otherwise, loses half its power if surrounded by an *inexpressive* complexion,” wrote the famous beauty, Lola Montez, in her beauty book published far back in 1858. The Empress Josephine had some marked personal defects, but her lovely skin,

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made still more beautiful by her skill in make-up, rendered her adorers completely oblivious to their presence. A clear and dazzling skin is one of a woman's most priceless possessions. Anne of Austria, the mother of Louis XIV, is reputed to have had such a fine and delicate skin that it was roughened by any save the finest linen and lingerie. The too-fine skin is a great care and annoyance ; to my mind the perfect skin should also be a reasonably durable and resistant one ; in addition, it should be fine-grained, soft to the touch, unblemished, exquisite in tone.

The whole body, but particularly the skin, has all its life to fight enemies which attack it from without and within. The internal enemies are the wrong things we eat and drink, which poison the blood stream, the toxic substances created by fatigue and worry, and the maladies of the different glands of internal secretion. The enemies from without are the dust and germs in the air, the cold and wind in winter and the burning rays of the summer sun. No wonder that incessant vigilance is the price of a youthful complexion !

I will first take up hygiene of the skin. Let us consider the local treatment in which my long experience has made me such an ardent believer. Health alone does not necessarily produce a beautiful skin ; although it can and often does produce a passable one. To prove the truth of what I say I need only ask you to call to mind at least one invalid of your acquaintance who possesses a complexion of rather more than ordinary

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softness and fineness, and at least one apparently healthy woman who has an indifferent skin.

After having realised how important is the skin and its treatment regarded as an individual feature of the ensemble of beauty, the next thing is to make sure of the type of skin you possess. If you are in a position to consult a specialist who understands these different types of skin and knows what should be done for each, that is of course the simplest and in the end the most economical method to pursue. But if this is not possible, face yourself in a mirror which has a strong morning light, or make yourself the owner of one of the magnifying hand mirrors that are now sold everywhere, and examine your skin carefully.

There are three types of skin, the normal, the dry and the oily. Decide as nearly as you can to which type yours belongs. Some women have what I call "mixed skins," that is, the skin is dry on certain parts of the face and oily on others, as for instance dry on the cheeks and chin with the nose and forehead oily. In such cases the treatment must be a little more subtle, in order to strike a balance for the whole. But whether normal, oily, dry or a combination of all, your preparations and treatments must, in each instance, be different if you are to see real results.

The Normal Skin

The normal skin is usually the young skin, but not necessarily so. Some women manage to retain a

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normal skin all their days, and certain young skins are too dry, but more often they are oily and afflicted with blackheads and consequent acne. In the treatment of the normal skin, the first step—as with every other type—has to do with cleansing. The skin requires a certain amount of cleansing with cream and a certain amount with soap and water ; I advise alternating these methods, using cream one night and water the next. In this way you may be sure not to dry out the natural oils of the skin too much. In winter, or whenever the face has been subjected to winds or sun, I suggest the application of a little cream even on the soap and water nights—just after the washing. Leave it on for ten minutes, which will be long enough to supply any need for oil which the washing might have taken out.

As to the soap you use, it should be chosen carefully ; and particularly it should not be too fatty. Since it is difficult for the average woman to determine this for herself, it is far better to make use of one of the modern soap substitutes. These soap substitutes are one of the washing preparations that the clever woman always keeps on her bathroom shelf. They insure the most thorough cleansing of the pores and do not injure even the most sensitive skin.

In addition to the cleansing it is very necessary to use a cream which will maintain the skin in a normal condition and preserve its transparency. A clarifying cream, regulating the secretions of the glands and

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having properties to discourage slight discolorations is advised. Even the smooth, normal skin can have its lapses.

Along with the cleansing and the active cream, the normal skin needs a bracing lotion to remove any superfluous oil after the use of creams, and to tone and close the pores. Incidentally there are lotions that serve the double purpose of stimulating and toning, as well as forming a base for make-up.

The Oily Skin

As with the normal skin, the first step in the treatment of the oily skin is its cleansing. Some women with oily skins protest against washing, having the idea that the more they wash the face, the more oily it becomes. This is not true ; however, if the wrong method of washing is used, there may be a quick return to the oily condition.

Dust and dirt have an affinity for the oily skin and even more than the normal skin it needs a penetrating, dissolving soap substitute, which will cut the oil and leave the pores completely free. A sluggish circulation slows up the elimination from the sebaceous glands which results in clogged pores. A dissolving agent is needed to rid the pores of these impurities. Once the face is washed or cleansed with the proper cream the oily skin will need a lotion that stimulates and whips the blood to the surface and makes the skin more receptive for the cream which follows. Many women who

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have oily skins believe they should not use creams : but unguents containing specific ingredients for treating the overworked oil-glands and tending to restore them to their normal activity are most necessary. *No cream should be left on an oily skin overnight.* Creams such as I have described do their work very rapidly, and need be applied only for a few minutes, twice a day.

After the cream a cooling lotion should be applied to close the pores and give a smooth finish to the skin.

The Dry Skin

The burning question among women seems to be to wash or not to wash the face. In response to this I might say that the only case in which the answer might be in the negative is that of the very dry skin. And even this would have to be qualified ; occasional washings, especially during the summer months, are beneficial and even necessary for keeping the pores cleansed and toned.

This washing should be done with warm water and a mild pore wash that will not irritate the skin nor make it blotchy.

As to the temperature of the water to be used : warm water softens the skin and makes more thorough the action of the soap or washing preparations ; but cold water, especially in warm weather, refreshes and braces. I do not lay down any hard or fast rule ; each woman must try out the matter for herself, adopting whatever method brings the best results. Many women

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compromise by using warm water first and cold water afterward.

I am frequently asked about the use of ice on the face to close the pores after washing. I am not in favour of this; it is much too drastic a treatment for a woman's delicate skin, and frequently causes unsightly little broken capillaries. As the width of these little blood vessels is regulated by the action of nerves—when the nerves are shocked by sudden extreme cold, they may become paralysed with even one application of ice. Many young women have come to me with their faces covered with these little broken veins caused by the frequent use of ice.

To return to our treatment of the dry skin. A thorough cleansing with warm water and a mild pore paste is required, let us say, once a week. But at other times the cleansing should be done with a soothing, cooling cream. Where the skin is very dry and sensitive, this type of cleansing must entirely take the place of water and washing, until the condition can be remedied.

Where the circulation is sluggish a stimulant is necessary before using nourishing cream, to bring the blood near to the surface of the skin. Sometimes it is even necessary to nourish the skin again in the morning, or during a before-dinner treatment.

The mild astringent lotion used for the pores must be of a soothing balsamic nature, and not have the drying properties that astringent lotions usually have. Perhaps you did not know that this was possible and thought

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that all astringents were drying as well as tightening. If you search you can find one which tightens without drying the skin.

The dry skin must be protected more than other types from sun, wind and cold. This question of protection from exposure to the elements is taken up in another section.

An affliction common to all skins is sallowness. This condition may occur even when the pores are fine, and there are no wrinkles nor discolorations. Sallowness is often caused by sluggish circulation and it may be corrected through the regular use of stimulating preparations which act rapidly on the skin.

Anatomy of the Skin

For those of you who care for more detailed and technical information concerning the skin, I will take up certain aspects of its anatomy and physiology.

In studying the skin a close examination shows us that the outer skin has tiny apertures, the pores, through which fine hair grows.

If we want really to study the structure of the skin it is necessary to submit a small section to a microscopic examination, which will show us its most minute details. We recognise then three layers of tissues: first, an outer, epithelial layer, called the epidermis. Beneath this, second, a layer of firm and dense connective tissue, called variously the corium, the true skin, or derma, and third, a layer of looser connective tissue,

the subcutaneous tissue, which merges into the corium and serves to bind it to the underlying parts.

While the epidermis presents a compact mass of epithelial cells, the corium is formed of interlacing bundles of connective tissue. Its deep portion is supplied with vessels and nerves, supported by a fibrous elastic network, which contains muscle fibres and fat. The projections called "papillæ" rise from the network portion, many papillæ containing special nerve endings, which we designate as "touch corpuscles." The greater portion of the skin is loosely connected to the parts beneath it by subcutaneous areolar tissue, so that it is movable. When it contains fat, it is called the "panniculus adiposus," which high-sounding title I might ask you to note as I shall refer to it again in connection with plastic surgery.

The glands of the skin are in the corium and their ducts pass through the epidermis to open upon the surface. These glands are of two kinds : the sebaceous glands, and the sweat glands.

The sebaceous glands are found in the skin on every part of the body, except the palms of the hands and the soles of the feet, but they are most numerous on the face. They produce an oily substance called sebum. The sweat glands are found in practically every part of the body and are of tubular shape. Each tube has a duct opening upon the surface, and these ducts open on the ridges made by the rows of papillæ. The sweat secreted by these glands is a thin, watery fluid, containing

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a number of substances in solution derived from the vessels in the network of the corium. When we are in good health, it is estimated that 2,000,000 or more glands secrete nearly a quart of perspiration daily.

Hair follicles, sebaceous and sweat glands are found only in the skin, while fine blood vessels, called capillaries, are distributed throughout the body. Millions of these capillaries permeate the subcutaneous tissues, penetrating into the roots of the hair, the sebaceous and the sweat glands. But, stopping on an undulating line, they do not enter the epidermis, or outer skin. This outer skin has no nerves, no capillaries, and is therefore entirely bloodless, which is shown by the fact that after a superficial scratch on the skin no blood flows. But with a deeper cut, which penetrates to the corium, there will be a free flow of blood.

While the dividing line between epidermis and corium—or between outer and true skin—is sharp, the lowest layer of the skin merges imperceptibly into the deeper tissue layers, forming a more or less interstitial layer, the subcutaneous cellular tissue, or the subcutis.

This subcutaneous layer consists of meshes of tissue which are filled out with clusters of fatty globules. It may be of varying extent. In individuals who have become emaciated it may be very scant, that is to say, the fatty globules will have largely disappeared. This is also the tendency as we grow older. In corpulent people the subcutis is enormously thick, and even exceeds the thickness of the skin proper, which is from

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two to five millimetres, while the subcutaneous cellular tissue—this, for instance, on the abdomen—may attain to a thickness of from eight to ten, and more, millimetres. In such instances, of course, it consists mostly of fat.

The function of the skin is protective. The epidermis consists of numerous cells which are packed closely together, and this structure reminds us of the wall of a house. It protects the body from cold and heat and prevents the entrance of bacteria which are inimical to health and beauty.

Cutaneous Affections

Very few women possess naturally a skin of ideal beauty. Even normal skins are in the minority. Most complexions are more or less defective in some respect or other. And one of the most frequent causes of a poor complexion is congestion of the sebaceous glands. If the excretory duct of such a gland is clogged up with sebum, it becomes dilated and a wormlike thread forms. The outer end of the thread, emerging on the surface of the skin through a pore, shows a black discoloration, which, however, is not always due to dirt, but the effect of light on the horn and fat cells which gather in the pores.

For the removal of such blackheads, where the condition is very bad, and they are thickly clustered on the nose and forehead and chin, it is sometimes well to steam the face in a vapour bath (directions for which

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will be found elsewhere) and after the skin has been sufficiently softened squeeze out the offensive black points (also called comedones). The hands should be scrupulously clean in doing this, or unpleasant complications may result. Pus-forming bacteria may enter into the empty sebaceous gland, and cause inflammatory swellings, or pimples. The manipulation must be done very gently as well, in order not to bruise the skin. Cover the finger-tips with two soft clean tissues and squeeze the infected area between them.

Another method that is suggested for removing a blackhead is by the application of peroxide of hydrogen and powdered pumice stone. If you wish to try this, first wet the skin with peroxide, then before it can dry off dip the fingers in the powdered pumice and rub the skin circularly, and with light pressure. As soon as the pumice has disappeared, dip the fingers in it again and recommence. The drawback to this method is that it is an "emergency measure"; it merely removes the head of the comedone and eventually more radical methods must be employed.

The removal of a blackhead is tantamount to the evacuation of a sebaceous gland, and this empty gland may now be invaded by bacteria from the surrounding air, and chiefly by streptococci and staphylococci. These organisms are so small that hundreds and even thousands may settle in such an empty sebaceous gland without doing any harm. But if they multiply into tens of thousands, their secretions will form pustules, or

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pimples, on the skin. If then, such a pimple is squeezed out, the matter will flow into an adjoining gland and infect the latter. For this reason one should always have on hand a pledget, or soft ball of cotton, saturated in a disinfecting fluid (a three per cent. solution of carbolic acid, or lysol will suffice) and apply this at once to the squeezed-out pimple, thus preventing the infected matter from reaching an adjoining sebaceous gland.

If we are dealing with an especially thick and hard nodule, such as occur in cases of acne, a small piece of cotton soaked in a disinfectant should be applied.

It is always hazardous to squeeze out a large pimple, since after healing a tiny, fine scar may remain. One of these scars may not matter much, or show itself. But when there are many of them all over the face—as happens so often after a severe case of acne—the result is not less than a tragedy. I know we have all seen these acne-scarred faces, which in some cases are as badly pitted as if the victim had been through an attack of smallpox.

This is why the manner of taking care of a large pimple is so important. And this is how it should be done. When the pimple has come to a head and is ready to open, puncture it with a sterilized needle, and then with a small glass globe with a rubber ball attached to it (this is known as Bier's suction apparatus) suck up the matter. The opening of the puncture will heal up without leaving the slightest scar.

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Another unattractive condition of the skin is caused by an overproduction of sebum in the glands. For the correction of this condition the face should be frequently washed with warm water and a mild neutral soap, or "washing preparation," and dried with a towel. In addition the skin should be treated with a corrective lotion, or an astringent.

Sometimes we encounter severe and obstinate cases of clogging of the sebaceous glands, and for these a more complicated treatment is necessary. It is difficult, owing to the narrowness of their orifice and their depth, to cleanse these glands thoroughly in the usual way. But it can be done through *iontophoresis*, that is, the introduction of solutions by means of the electric current.

This process needs some preliminary explanation, which if you find too technical, you may skip.

From the standpoint of applying electricity the human body may be compared with a membranous bag containing a fluid which resembles sea-water in its constituents. When an electric current is conducted through it chlorine will be under the positive and sodium under the negative electrode.

To cleanse and disinfect the sebaceous glands, then, it is necessary to cover the affected part of the skin with a pliable electrode saturated in common salt, or soda, or iodide of sodium, to connect the same with the negative pole of the battery, and to pass a weak current through it for ten minutes.

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After from eight to ten sittings, repeated at intervals of two days, the skin of the face will, as a rule, present a normal appearance.

At first we observe the disappearance of the large blackheads. For the sodium compounds, which under the influence of the electric current have formed at the bottom of the gland, migrate outward between the wall of the gland and the blackhead, whereby the latter is detached from the wall and—with the aid of the smooth muscles which have been stimulated by the electric current—is expelled.

After the expulsion of the sebum, the glands are ready for disinfection. And for this purpose the electrode is saturated in a one per cent. solution of sodium salicylate, iodide of sodium or sodium hyposulphite. Only distilled water should be used for the solution of these chemicals. For the avoidance of an emigration of ions, proceeding from the metal of the electrode, eight layers of absorbent gauze saturated with the medicinal solution are placed between the metal frame of the electrode and the skin.

Iodine preparations kill parasites quickly, but also set up irritation. Especially in the region of the gland-formation the skin becomes brown. If we want to employ sublimate or copper sulphate for disinfection, which can only be introduced with an electrode, we have to apply the negative electrode from 15 to 30 minutes, in order to liquefy the sodium compounds. This must be done by an expert.

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Freckles

Most women consider freckles as skin blemishes.

As a matter of fact, they are not nearly so unattractive as women think they are. I know, for instance, a celebrated French painter, in whose eyes his young wife's freckles seem delightful, and even fascinating, and I have met other men who regard freckles as most piquant. However, the average woman prefers not to have them and I am constantly called upon to advise how to remove them. My advice on this is not to get them in the first place, agreeing with the sages of all time in the ounce of prevention as against the pound of cure.

It is so simple to prevent freckles to-day. All one has to do is to anoint the face, before going out, with a lotion or cream created specially to counteract the rays of the sun and the effects of the wind, and to powder over this.

Yet women who are most susceptible to freckling will go out into the blazing sunlight and stay there for hours with no protection for the skin. With women who freckle easily a mere broad-brimmed hat or a parasol avails nothing ; *the skin must be protected by cream and powder as well.*

Freckles, or eppelides, are described as " pigmentary discolorations of the skin." As they are not situated in the epidermis or outer skin, but at the border between the epidermis and the second skin layer, the so-called corium, or true skin, they cannot be removed

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by such simple remedies as lemon or cucumber juice, sour cream, and the like. The freckles "glimmer," so to speak, through the outer skin, as through a transparent covering. The more delicate the epidermis, the more conspicuous will be the freckles, and therefore they occur most frequently in Titian and blonde women, who have transparent skins.

There are several ways of removing freckles once they are acquired. One way is by touching them with carbolic acid. This must be a concentrated, and not a dilute solution, for if diluted it loses its effect. This touching must be done with the utmost delicacy and precision, using the smallest amount possible of the solution on a glass rod, or pointed stick, and can be employed only where the freckles are large and somewhat scattered, as there is great danger of burning the adjacent skin. Only an expert should do this !

Bleaching creams and bleaching stimulants may also be used to fade out freckles effectively. This treatment has the advantage of being safe for home use.

Unlike freckles, a real blemish of the skin is "miliaria," so-called from *milium*, a millet seed. These consist of small hemispherical white or yellowish nodules, which are especially distributed on the upper part of the cheeks and around the eyes. They are, in reality—these "millet seeds"—sebaceous glands without excretory ducts, so that the sebum is not evacuated but stagnates through lack of proper circulation beneath the skin. If the removal of these formations is

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not possible with powdered pumice, or green soap, the cutaneous layer should be lanced with a sterile needle, and the "seed" lifted out with a comedone-extractor. Also if the nodules are touched with a cautery needle they will be obliterated and fail to appear. But great care must always be taken. The operation should be done only by a qualified expert.

The skin, like all other parts of the body, is being constantly renewed, and therefore even the most obstinate skin affliction can be corrected or remedied with patient care.

Masks

No chapter on the care of the skin would be complete without the mention of masks or beauty packs, as they are sometimes called.

Masks are as old as beauty itself. I have in my records a formula not less than twelve hundred years old. And if it was rather primitive in its clay and herb and oil ingredients, it had nevertheless such an effect upon the skin of the fair Egyptian who concocted it that the mask became one of the favourites of all beauty items—as it is even in the present day. There are all kinds of masks, ranging from the simplest of clay packs to the meat mask which became famous through the enthusiastic acclaim of a European empress. Although the latter was the base of one of the most expensive treatments in Paris, it can very easily be adapted to amateur use at home.

Fresh beef is cut into very thin slices, according to

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a pattern which you should make at home. Cut pieces out of paper—a strip to cover the forehead, another for cheeks, chin and a thin narrow strip for the nose. Give your pattern to the butcher, who will cut the meat accordingly. Leave openings around the eyes and lips. Pack the meat over your skin and secure it with a strip of muslin which has also been cut according to pattern. Leave it on for one or two hours or overnight if possible. Remove and wash the face thoroughly with hot water. Finish with a good cream and a tonic.

Another face pack is made of an egg. Before applying, cleanse the skin and apply a liquid stimulant. Separate the yolk and white of one egg. Beat the white slightly and apply thickly with a small brush. When the first application has dried, go over it a second time. You should have used all the egg-white. Then, after this second application is thoroughly dry, paint on the beaten yolk of the egg and permit this to dry. Leave on for an hour and then wash it off with hot water and a soft absorbent wash cloth. Follow the treatment with a nourishing cream. I can give no better advice than to recommend this.

A very simple mask may be made with two tablespoonfuls of cooked oatmeal, four tablespoonfuls of glycerine and two tablespoonfuls of rose water. Blend the ingredients to a thin paste. You will probably have to use a mask of thin muslin or gauze cut to pattern to keep this on. Be sure to secure it so it will not slip.

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A variation of this mask is to make your paste of cornmeal, fine oatmeal or almond meal mixed to a paste with milk or buttermilk and apply it in just the same way.

One of the most successful masks I have ever made has a base of pulverised water lilies. Another, a contour mask, has ingredients that come across four of the seven seas. Masks have a very important place in the history of beauty and they seem to be even more popular now in these modern days of speed and efficiency than they were when the princesses of Egypt introduced them to the world.

CHAPTER IV

THE EYES

The poets have called the eyes "the mirrors of the soul." Perhaps they are with children, or people with very simple, almost naïve characters. But few of us under civilisation are free to express our true selves in this way, except on rare occasions, and I find the definition inexact. The most we can say is that the eyes express the passing mood. And a melting, liquid gaze which appears to indicate a deep and soulful nature, though lovely and captivating, and incidentally invaluable to its possessor, is not necessarily a criterion of great depth or sincerity.

However, this is to digress a bit. And whatever eyes may or may not express, the owner of beautiful eyes usually finds the world at her feet. It is worth one's ambition, then, to cultivate or keep beautiful eyes ; so let us consider what can be done in this respect.

We will first take up those "eyes of youth" that are fairly normal and must be kept so. Your rules of beauty hygiene will concern the eye itself and the brows and lashes.

As to the former, you must see to it that the eye is not strained, and for this I refer you to the final part

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of this chapter. It will help to keep the eyes normal if they are treated to "ten-minute" compresses of cotton dipped in as hot distilled water as can be borne, to which has been added one per cent. of salt. A two per cent. boracic acid solution is also excellent when used as an eye-bath.

For taking care of the brows and lashes you will need a special small brush with which you will brush them into shape night and morning. An eyebrow cream is equally effective and perhaps more pleasant to use. The best eyebrow cream comes darkened, so that if you wish to use it in the daytime as well you may do so without fear of its being unattractively obvious. To promote the growth and beauty of the eyelashes, pure castor oil applied on a tiny eyebrow brush will prove excellent.

I am happy that the fad of plucking, shaving and otherwise slenderising the eyebrows is far less popular than it has been in the past. I have steadily preached against overdoing it, believing that it detracted from a woman's individuality and produced a standardised look that was far from attractive. "The eyebrow that goes with your type" has always been one of my beauty slogans. Arch it, if you will, pluck stray hairs that tend to make a straggling, uneven line. Pinch it with the thumb and forefinger, so that the little fine hairs may grow properly ; brush them with your little brush, and apply your eyebrow cream. A good stimulating hair tonic massaged in daily is also excellent.

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The same cream that is used on the eyebrows can be used on the eyelashes at night, applied with the same little brush, and eyelashes should be brushed upward to encourage them to curl. Such a cream cannot injure the eyes themselves, and will not only preserve brows and lashes but stimulate their growth.

That covers, I think, the so-called normal eyes.

We must now consider the remedying or curing of defects and deficiencies ; in others words, how to create lovely eyes or the illusion of having them.

Inflammation of the mucous membrane of the eye is a common affliction, and there is nothing that detracts more effectively from the appearance. Aside from the compresses previously mentioned, there are drops that are efficacious for clearing the white of the eye, especially the inflammation brought about by motoring or sailing. Bathing the eyes with a mild solution of boracic acid is an excellent way to refresh them when they are tired from reading or sewing.

If one's eyes react sensitively to sun and wind it is always best to protect them by wearing coloured glasses when out of doors.

More serious inflammations that tend to become chronic should be referred to a physician. If the sebaceous glands become inflamed—this manifests itself by the appearance of small styes—tepid moist poultices of linseed will help in reducing the affection. Poultices recommended for reducing inflammation

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may be made of the dried flowers of camomile, using one ounce of flowers to three of hot water. Thyme and arrowroot may be substituted for camomile, or combined with it. Splendid eye packs containing assorted herbs may also be obtained and are especially effective.

The facial surgeon can now correct the defect of too small eyes by the enlargement of the palpebral fissure, which means the aperture of the eye.

Discoloration, or light spots in the cornea, can be successfully treated by the ophthalmologist. Drooping eyelids, due to paralysis or the relaxation of the muscles that raise and lower the lids, can be remedied by surgery, but I do not advise this method except in cases that do not respond to milder treatment. For there is a simple remedy at hand, and that is one of the stimulating preparations that can accomplish such miracles of tightening and smoothing. Mature women, whose eyelids have become relaxed, have achieved the most amazing results by the use of them.

For the treatment of certain eye ailments the physician is obliged to apply atropin for the enlargement of the pupil. Women should be warned against using this by themselves, for the habitual use of this drug is apt to lead to grave disturbances, even to blindness. Without a doctor's prescription the sale of atropin is a punishable offence.

This is the hygiene for keeping the tissues and the muscular structure around the eyes young and

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smooth. But there is something further necessary for the youthful beauty of the eye, and that is concerned with its vision. If your eyesight is poor, not only will you have the tendency to wrinkle up the skin surrounding the eyes, to grow that unsightly "frowning wrinkle" between them, in adjusting your vision, but the eyes themselves can never be as bright and shining as they are when the sight is normal. People with imperfect vision unconsciously assume a staring expression, and that is anything but alluring. And shortly they are wearing spectacles or eye-glasses, and that, as Paul Poiret has been pointing out, adds nothing at all to your personal appearance, though we have gone so far as to make a virtue of a necessity.

The human eye resents glasses. Every oculist knows that patients who start out using glasses have to get used to them, and that sometimes they never do succeed in doing so. Not only are they unbecoming, but they are a nuisance, difficult to keep clean, always breaking and getting lost, trying for sport.

Tradition has had it until recently that the wearing of glasses helps to strengthen the eyes. But some of the foremost specialists have discarded this belief. The truth of the matter is that glasses are crutches, and like other crutches they tend to weaken instead of strengthening the muscles. As proof of which as time goes on they must be made stronger and stronger.

One of the foremost authorities on "perfect sight

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without glasses," Dr. W. H. Bates, who has studied the various conditions of the human eye for more than thirty years, became convinced that errors in refraction are not due to organic change in the shape of the eyeball or the constitution of the lens, as had been heretofore supposed, but to a functional and therefore curable derangement in the action of the extrinsic muscles. Dr. Bates claims that the eyes lose their vision not necessarily because they wear out, but because they are strained ; the muscles become rigid, and that prevents a proper flow of blood to the tissues.

Perfect vision can only be obtained by relaxation. Sleep does not do this, as any one with defective vision can tell, since the sight is no clearer in the morning after a night's rest. The reason for this is, that once the eyes have acquired the habit of straining they do not relax even in sleep ; and if one is under a strain awake one will continue under a strain asleep.

The idea that it rests the eyes not to use them is also believed to be erroneous. Modern authorities accept the belief that when the mind is at rest nothing can tire the eyes, and when the mind is under a strain nothing can rest them. Anything that rests the mind benefits and hence beautifies the eyes.

Rest is essential to perfect vision. But rest does not mean sleep. The eyes are like other muscles, the more they are exercised the stronger they become, provided they are used judiciously. Dr. Bates takes as one of his axioms, " the eye is at rest when it is in motion." As

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we grow older the tendency is to keep the eyes fixed and rigid, though this condition can occur even with young people. But nothing is so bad for the eyes as staring at things with a rigid gaze. Few people who read or use their eyes know how to do so without straining them. The mind is tense and the eyes partake of this tenseness.

So the first thing to which to train your eyes is relaxation. To assist in this remember when reading to look away from your page now and then. Blink the eyes frequently, which is splendid for relieving strain, and for brightening as well. You know how children and animals blink, and what bright eyes they have. Think of these two things when you go to the theatre or the movies. Look and look away quickly for just a second. You won't miss any of the action, and in the end you will see the better for doing this.

Here are two other traditions that the modern eye specialist explodes. One is that it is bad to read fine print, and the other that it strains the eyes to read in a low light. On the contrary, it is very useful to read fine print, every day, as close to the eyes as possible, because the extent to which you can distinguish the words clearly is the measure of the complete relaxation of your eyes. We have long laughed at the story of the old lady who took up fine sewing to improve her eyesight, but modern experiment credits her with being scientifically correct. As to reading in a low light,

the same thing holds true—only if the eyes are relaxed can one read at all.

Remember that the eye in normal sight never *tries* to see, it is relaxed, and therefore can see.

One of the best ways of securing relaxation is through what is called “palming.” Cover the closed eyes with the palms of the hands, the fingers crossed upon the forehead. Do not place any pressure on the eyeballs and be sure to exclude all light. Try to “see” a field of dense blackness. It will not be possible until the eye is perfect but remember that the closer you come to it the better your eyesight will be. It is not as simple as it sounds, particularly since you must not exert any conscious effort. Practise it from five to ten minutes at a time, several times during the day if your vision is growing dim.

Because looking into blackness is so good for relaxation, looking *at* black is excellent also. And I thoroughly approve of the modern tendency to employ black in one’s interior surroundings. Black velvet draperies are delightful for resting the eyes. So are black rugs, and if you cannot indulge in those, at least every woman can have one or more black satin or velvet pillows somewhere around her.

In addition to palming, so slight a thing as the perfect visualisation of a period has an excellent effect in helping the eye to relax. Think of a white wall space and the smallest possible black dot on that, in short, a period. If this seems difficult at first—and it does take

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practising to do it correctly—try thinking of a small black spot and gradually work it down to a period. This visualising of the period means that the brain is concentrated on that, and therefore the attention taken completely away from the eyes, whereupon they relax. And relaxed eye muscles mean better sight.

Remember this then, that the memory of your period is a test of relaxation, it is the evidence by which the patient knows that the eyes and mind are at rest. For we see largely with the mind, and only partly with the eyes.

The eyes, like the other muscles of the body, must have regular exercise and this will help them to relax. Here are some simple ones that you can do at odd moments in the day. Stop for a few minutes in your reading or sewing, or whatever you are doing, and go through them, or add them at the end of your “daily dozen.”

Eye Exercises

Either sitting or standing, fix your gaze on some centre, level with your eyes, then look straight up as if you were trying to see the top of your head, and back again to centre. As you do this inhale, hold a second, and exhale. Do this six times.

Look down as if you were trying to see under your chin, and back to centre. Inhale, hold, exhale. Six times.

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Cast the eyes obliquely up to the right and then down to the left, twice, and back to centre.

Reverse, moving the eyes obliquely up to left and down to right. Twice.

Roll the eyes all the way around from right to left, and then from left to right. Draw in a deep breath before commencing and hold it while you roll the eyes. Start with twice around on the one breath and then try gradually to increase the number of times you can roll the eyes while holding your breath.

Fix your eyes on a large piece of furniture, or a wall space, and let your gaze travel very, very slowly around the circumference, as if it were a fly crawling on the edge. With this breathe naturally. This is good for relaxation but its efficacy depends on it being done slowly.

In conclusion let me say that the vision is very dependable upon the general health, a proof of which is that a person may have normal vision at one time and not at another. It is dependent upon the kind of food you eat. Clogging up the system with poisons sends an impure or impoverished blood stream to the eyes, and this blurs the vision.

The most successful way of lending depth and mystery to the eyes is with the eye shadow, which is still more used in Europe than America. I suppose because the influence of the East, where the mode of tinting the eyelids seems to have originated, has been more pervasive.

At any rate lovely, soft, alluring effects can be created for the eyes with these eye crayons in blues and greys and browns and greens, in short, a whole palette of tones. The blue tones are particularly lovely for blue eyes ; blue-grey for light blue eyes, purple-blue for eyes of violet. But an interesting thing about these blue tones is that they may be used also for brown eyes. In truth there is no hard and fixed rule for their appropriateness in colour harmonies. One can only tell what will be most effective for any woman when one has taken into consideration the whole ensemble of colour tints in her face, to which the eye shadow gives the finishing artistic note. I should like to see more women studying the subtle possibilities that lie in this Oriental art of the colour shading of the eyelids.

To-day one can have the eyebrows and eyelashes coloured by a clever process of tinting, which has certain advantages of practicality, especially for the woman who goes in for sports, and more particularly that of swimming. The dyeing is done by a henna process and any desired shade, whether châtaigne or dark brown or black, can be obtained. Since the eyelashes grow so slowly it is only necessary to repeat the process every few months.

The practice of dyeing the eyelashes is very successful with some women and not with others. It cannot be recommended indiscriminately. Women whose eyelashes are thick, but so light in colour as to be practically

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unnoticeable, have been surprised at the fringed effect they have had given to their eyes when their eyelashes were correctly treated in this fashion or with eyeblack.

CHAPTER V

THE MOUTH, NOSE AND EARS

A lovely face without a beautiful mouth is hard to imagine ; and whether one's own fancy is for a large or a small one I think most people agree that to belong in the class of beauty a mouth should show alluring curves and have a skin of satin texture. The matter of its natural colouring, once so important, is no longer of such moment, since a lip-stick, knowingly chosen, can supply all deficiencies in that direction.

Once in the "dear, dead days," the small rosebud mouth was the ideal one for any woman, and a large mouth, even with beautiful curves, not at all the thing to have. But now—outside of Serbia where, I am told, the traditional ideal of the little flower-like mouth still holds sway—it is rather the opposite. This is in part due, I presume, to the "character readers," who have been assuring us that large mouths are indicative of generous and warm-hearted natures. And then a large mouth gives one so much more opportunity to contrast its crimson against the fairness of a perfect skin.

As with every other part of the body, the appearance of the mouth may be marred by one thing and another, its inherent loveliness obscured by defects, which are

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nevertheless usually amenable to complete removal or at the very least to improvement.

The red colour of the lips is due to the abundance of blood supplied to the second layer of the skin, this layer here being covered by a filmy, transparent mucous membrane so very thin that the slightest abrasion may cause a marked reaction. Certain very astringent mouth washes, or too pungent food, may irritate the lips.

In such cases the use of disinfectants only aggravates the trouble. But a good cold cream lipstick or lip salve should be rubbed into the lips every day.

Chapped lips are as a rule due to unfavourable conditions of the weather, and occur chiefly with women who are in the habit of moistening or biting their lips. To cure them, rub olive oil or, better, an appropriate cream on them.

For inflammation at the corners of the mouth, the application of an ointment of nitrate of silver is helpful. It discolours the lips temporarily, but is otherwise perfectly harmless. In what is known medically as herpes labialis, characterised by small vesicles of a light yellow colour appearing on the lips, apply a good cream.

The Hygiene of the Teeth and Mouth

Often I see the sweeping statement made that no mouth can be beautiful without beautiful teeth. I do not entirely agree. For a beautiful mouth can be

beautiful as long as it is in repose, even where the teeth are distinctly faulty. The Empress Josephine, that famous charmer, is reported to have had very bad teeth indeed, though she was careful to conceal them as much as possible behind dainty little lace handkerchiefs, and to cultivate a smile with the lips closed.

I have also known one or two women of to-day with reputations as beauties, whom one could hardly praise for their teeth, though they were supposed to have beautiful mouths.

All this, nevertheless, is far from saying that white, even teeth are not one of the most desirable beauty assets. Beautiful teeth and a beautiful smile can often make a commonplace face alluring. Much has been said and written of the beauties of the past, but I feel that if they were to come back to life we should find them deficient in many essentials, and particularly in the matter of teeth. Our standards of beauty—no matter how much certain people may sigh for bygone eras—are much higher in every respect to-day.

If fine teeth can do so much to beautify the face, they are equally important inasmuch as they directly affect the health. Next to the tonsils the teeth have most frequently been found to harbour what is known as a focal infection. Such an infection, being located at a cavity, or the chronically inflamed root of a tooth, may lie dormant for quite a long time, but it may cause a serious disease at a far distant part of the body. We shall speak of this more in the following paragraphs.

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Frequently a sallow complexion, rheumatic affections, a general "run down" condition are traceable to bacterial invasion from focal infection of the teeth, and have been completely overcome by hygiene and dental treatment.

Dr. Osler, one of the greatest medical authorities of our age, goes so far as to state that there is no one thing more important in the whole range of hygiene than efficient care of the teeth, and that more diseases are brought about by neglected teeth than by abuse of alcohol.

Good teeth are not a special gift of nature to certain individuals. Science has come to the conclusion that unless there is a scrofulous or a venereal taint, all children are born "free and equal" as to teeth. Teeth that decay rapidly may be due to the mother neglecting to furnish the infant with sufficient lime salts through improper diet, or to later neglect, bad health habits, lack of cleanliness and carelessness.

But mothers should remember that the care of the teeth should start *before* the child is born; and she should see to it that the elements for bone formation are present in her diet,—especially the last six months of pregnancy,—contained in such foods as milk, eggs, peas, beans, lettuce, whole wheat bread, etc. Fruit juices, particularly orange juice, are of great value in tooth formation for young children: they are changed in the child's stomach into the essential alkaline salts of calcium and potassium.

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Why do we find such comparatively little decay of the teeth in the aboriginals? Simply because of the food they eat and the fact that they chew thoroughly. The main cause of trouble with modern Americans is that their diet contains too much candy and soft foods, which increase lactic acid in the mouth.

Points of infection around the edge of gum and tooth breed germs by the billions, the germs are carried through the entire circulatory system producing rheumatism (this was first demonstrated in 1914), nervous troubles such as headaches, neuralgias and neuritis, biliousness, and (according to Dr. Billings) appendicitis. There are about sixty varieties of bacteria totalling in the neighbourhood of three billion in a neglected mouth; they are swallowed with your food and distributed through the body. The bad results of this bacterial invasion may nearly always be completely overcome by dental treatment and hygiene.

People with healthy teeth live longer, according to the statistics of insurance companies and of the Life Extension Institute. It has been said that Theodore Roosevelt died from rheumatic fever following the death of a tooth pulp which had become abscessed twenty years before; he was otherwise in the pink of condition and should have lived for many years.

The Life Extension Institute finds focal infection so frequent after middle age that its absence is exceptional; yet it can be prevented by cleanliness. *A clean tooth does not decay.* Every part of every tooth should be thoroughly

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cleansed regularly to free the teeth and the spaces between from particles of food, acids, decomposing plaques which attack the enamel.

The first symptom of that distressing infection, pyorrhea, is a tendency of the gums to bleed at the slightest provocation ; then the gum tissue shrinks away, tooth nutrition is interfered with, pus pockets form and the attachments of the teeth in the jaw become loosened.

Treatment of advanced pyorrhea is a matter for the dentist only. But at an early stage it may be checked by hygienic care, and the prevention of all irritation.

The first step is to have the teeth polished by a dentist, which removes all calcareous and tartar deposits. Mouth washes are sometimes good, particularly Dakin's Solution. The Life Extension Institute recommends three drops of tincture of wine of Ipecacuanha (wine of Ipecac) dropped on the toothbrush, and the teeth well brushed with it. This is to kill a germ known as endemeba that is the partial cause of the trouble. The so-called 1-2-3 mixture of Black is used in the same way. It consists of one part of oil of cinnamon, two parts of carbolic acid, and three parts of oil of Gaultheria.

It may interest you as well to know of a preventive against pyorrhea that I have followed for the past fifteen years. This régime was given by a European dentist, and goes as follows :

I first prepare my mouth with little pads of absorbent

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cotton, placing them along the lower jaw on either side, to absorb the saliva. Then I take an orange-wood stick, wrap it with a small piece of cotton, dip it in a non-toxic iodine, such as Burnham's Soluble Iodine, which is especially intended for dental use, and swab my gums outside and inside, particularly at the line where they meet the teeth. I keep my mouth open a few seconds for the iodine to dry ; then take out the cotton, arrange fresh pads for the upper jaw, and repeat the process there.

If you have very good teeth this need only be done once or twice a month. But if you show the slightest symptoms of pyorrhea, do it every second day.

Eat hard crusty food, such as crisp toast or rusks, apples and celery, which give the gums and teeth plenty of exercise. Brush the teeth outside, inside, and also brush the tongue. Use a medium stiff brush ; it must be stiff enough to scour the enamel but not hard enough to injure the gums. Brush first longitudinally from gum to chewing surface (vice versa will tend to sweep bacteria into the corners), and then from side to side. Some dentists advocate the rubber brush for massage of the gums.

After using a toothbrush, disinfect it, preferably in some oxygen-producing medium, as this oxidation will "burn up" the remaining food particles. Use a brush shaped so that it will reach the cavities between the teeth and behind the teeth.

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Some cleanser should be used at least once a day. Opinion is fairly evenly divided between pastes and powders. Pastes have been decried as containing gummy substances on which bacteria thrive, and powders as being likely to contain harsh abrasives. As far as pastes go, the mouth is rinsed after brushing, and if you have found a paste that satisfies you, that is not too gritty and which leaves you with a clean, fresh taste, you may feel quite safe in using it. Powder is probably better, provided it is free from grit, infusorial earth or other insoluble substances. Powdered chalk is not "gritty" in this sense. Oxygen-forming powders are undoubtedly the best.

Most mouth germs breed in acid conditions and create acid conditions. Therefore an alkaline preparation is probably better than an acid one. The most efficient preparation is probably Dakin's Solution, which I have mentioned earlier. Its action is too complicated to discuss in detail, but it is at present considered a good disinfectant and anti-bacteriological agent.

The rinsing of the mouth should be thorough, back and forth through the interdental spaces and not merely around and around.

Dental floss is better than a wooden toothpick, but the latter is harmless if carefully used. Both methods require care, so as not to injure the delicate gum structure and cause bleeding, which leads to infection, pyorrhea, etc.

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For bleeding gums the following is good : Alcohol, 1 part ; Vinegar, 1 part ; Water, 8 parts.

For blisters and cankers try pure lemon juice. A special non-caustic preparation for this condition is Burnham's Soluble Iodine for dental use.

For bad breath caused by dental or tonsil infection, try the following : Formaldehyde Solution, 8 grains ; Glycerine, 4 fluid drams ; Alcohol, 1 fluid ounce ; Water to make eight fluid ounces. A 3 per cent. solution of peroxide of hydrogen or 2 or 3 crystals of permanganate of potassium are equally good.

All fruits are beneficial in neutralising bad breath ; apples are especially recommended by medical men because they not only neutralise the mouth acids but mechanically clean the teeth as well.

The Nose

Much may be done to improve the appearance of the nose, which seems more often than other features to lack perfection. Surgical assistance in reshaping noses has been very popular for the past few years, but I would ask you to be very sure that your nose is actually disfiguring before you resort to the surgeon's knife. Fashions in noses, like fashions in hands and mouths, have changed, and the small childlike nose is not necessarily considered the most beautiful type by connoisseurs of feminine beauty. The larger nose has been proven, by those who study the psychological

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significance of the features, to denote far more character and individuality. Now it stands for greater beauty also.

Improving the texture of the skin on the nose is another matter. Two of the commonest afflictions that will inevitably destroy the beauty of even the most classically shaped nose are a shiny, greasy skin, with enlarged pores or blackheads, and a nose that is chronically red. Little red veins, or broken veins as they are called, on the wings of the nose, are also very disfiguring.

First let us take up the question of blackheads, and shininess. As a rule this goes with a skin that is over-oily, yet with certain women it is the skin of the nose alone that shows this tendency. In any case the condition calls for special washing with hot water and fine soap, or better still with a soap substitute. The reason I prefer these preparations to soap is because they have special qualities which enable them to penetrate into the pores and to wash away the blackheads as nothing else can do.

After the washing, an astringent lotion can be used, with, of course, a finish of powder.

The same treatment that does away with the blackheads will help take care of the excess shine.

As to redness of the nose, it may be caused by various physical conditions, such as sluggish circulation, or merely by long exposure to cold and biting winds which tend to paralyse the capillaries. In some cases

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this paralysis, with subsequent passive local hyperæmia, is likely to spread to the adjacent parts of the forehead and cheeks. Again, a red nose may be due to digestive disorders and the habitual drinking of hot, strong tea and coffee.

In some cases the nose not only becomes chronically red, but hard red nodules appear. In other cases the nose becomes abnormally enlarged, with bulbous excrescences. When this extreme stage is reached, only surgical treatment is of any value.

When the first indication of persistent redness appears which cannot be relieved by simple measures, a physician should be consulted, so that the internal disturbances, if there are any, may first of all be remedied.

The tendency to redness from cold or from poor circulation comes within my province. Those afflicted with poor circulation should try first to get the circulation of the whole body in better condition by systematic exercise. Then local aid should be given by means of one of those stimulating preparations of which I have spoken elsewhere. When applied to the whole face they whip up the circulation, equalising it and thereby taking the congestion from the nose.

In mild cases a five per cent. solution of alum for bathing the nose is often helpful. Good results may also be obtained from mechanical treatment, that is, massage. This would consist in vibrating motions with

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thumb and index finger, beginning at the tip and advancing toward the root of the nose.

Sometimes, too, the alternating hot and cold bath is effective. Have two basins, one containing very hot and the other very cold water, with a small sponge in each. Press the hot, then the cold sponge upon the nose. The blood-vessels of the nose are thus alternately dilated and contracted and the sluggish blood is stimulated to circulate more briskly, relieving the redness and congestion. This method will only alleviate, not cure, if the case is one of long standing. A real cure is exceedingly difficult, and can be effected only by electricity in milder cases, and in those more severe by puncturing, which is done with a pointed cautery, or the more modern diathermic needle, and by which the capillaries are obliterated. This procedure must be entrusted to the hands of an experienced operator or physician.

The disfiguring little broken veins, mentioned earlier, can be done away with by this same puncturing with the electric needle. It is quite a simple operation and very successful if done by a skilled operator. This treatment is given oftener in London than in America, since the condition of broken veins is more common in London, due to the heartier eating and the fact that women go in more for hard riding and out-of-door sports, subjecting their skins to all weathers. The puncturing of the vein simply atrophies it, while the small amount of blood which it contains is absorbed by the surrounding tissues.

The Ear

In the ensemble of a woman's face the beauty of the ear is an integral part which strikingly affects the appearance and attracts the beholder's eye. This is the reason why in all quarters of the globe and at all times the ear has been decorated with ornaments. A certain African tribe pierces the ear and enlarges it by means of weights, until the lobe touches the shoulder. Another tribe pushes a coloured bit of wood, as thick as a lead pencil, through the ear and considers it the height of smartness.

Among civilised people ear-rings come and go, but never pass entirely out of fashion. In America the piercing of the ears was for a long time under a ban, perhaps merely because Puritan sentiment wanted to discourage the wearing of ear-rings entirely. But women were determined to have them, and the method of screwing them in was invented, though this method also has its drawbacks. For when the screws are tight enough to hold fast, they tend to pinch annoyingly ; if too loose they are always in danger of falling off. Many women therefore have gone back to the old custom—never abandoned by European royalty—of having their ears pierced, an exceedingly simple operation.

Outstanding ears are a blemish, but fortunately with women they can be concealed by the coiffure. If they have not been corrected in childhood, a surgical

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operation is required. A piece of skin partly from the ear and partly from the side of the cranium, is excised ; from the ear itself, a piece of cartilage is also cut out, and then by sutures the ear is attached close to the head. The wound will heal up in about a fortnight, and the results of the operation are most satisfactory. Ears that are too large can be reduced in size by the excision of pieces of skin and cartilage.

CHAPTER VI

LOVELY HANDS ARE IMPORTANT

TO my way of thinking a lovely hand is one of the most seductive possessions that a woman can have. And it is difficult for me to imagine a woman as being really pretty who has not pretty hands along with her other attractions, though perhaps this is more an Old than a New World point of view.

Europeans have always laid stress on the importance of the hand in the ensemble of feminine beauty. And to the Frenchman, what he describes as a "*petite main nerveuse*," makes a special appeal. He likes this to be of a pearly whiteness, with the nails slightly pointed, carmined and brilliant. And to have in addition gestures that are spontaneous and gracious, and a magnetic warmth in its pressure. When it has all these qualities there is no end to the power that this *petite main* can wield over him.

In America the hand is just coming into its own, aesthetically. American men, I am told, have always liked little soft hands, but have been oblivious to other beauties of formation. I can remember many years ago on my first visit to America, admiring at a formal dinner the beautifully shaped hands of a woman of forty.

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"How happy your husband must be, Madame," I remarked, "to live with such lovely hands."

She opened her eyes in astonishment and remarked that she did not believe her husband had ever particularly noticed her hands. Certainly he had never said anything about them during their fifteen years of life together. I must confess that I was shocked at such a waste of beauty, and thought what an extraordinarily insensitive husband he must be. Later I was to find that he was rather typical of the men of that period.

But that was before the war. To-day most American men have come into an awareness and an appreciation of beauty that was formerly regarded as "soft" and unmasculine.

Whether beautiful or not according to classic standards, every hand reveals the character, intelligence and temperament of its owner for which there is a good physiological reason, since there are more nerves running between hand and brain than between the brain and many other parts of the nervous system.

To the specialist the hand is an important factor in the diagnosis of disease. It may be pale and cold in certain conditions, and hot and feverish in others. Damp, clammy hands often signify nervous exhaustion. The hand with a weak grip, covered by a transparent skin through which show large dilated veins, may be an indication of general debility. The fingers are significant too. Large knuckles may point to rheumatism, and the clubbing of the finger-tips to heart trouble or

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consumption. And the nails may be subject to deformities, such as marked transverse striations which frequently follow attacks of inflammatory rheumatism and gout.

Whatever the chiromancers may tell us of the square, spatulate, the artistic or the psychic hand, so much at least is certain—you mould and modify the general contour of the hand you were born with.

Over the skin of your hand you exercise a distinct control. It is constantly changing and you can see to it that the change is for the better or, at least, not for the worse. Unwatched and untended the hand grows old and becomes wrinkled just like the face. Many times it grows old prematurely, and I have seen the hands of young girls, who go in enthusiastically for sports, that were corded and weather-beaten—the hands of middle age on the body of youth. Conversely, I have seen the hands of women of fifty that resembled the hands of a young girl, because they had always been well taken care of. Sarah Bernhardt's hands were like that. She took the greatest pride in her hands, and I used to make a special cream for her in Paris, which contained, among other ingredients, a pound of fresh butter. The Empress Elizabeth of Austria was another famous beauty who cherished her hands, and used to have them massaged with warm balsamic oil, and then wound round with bandages in which she would sleep all night.

The hands are such a give-away. They cannot be

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concealed, as can some other parts of the body which may be defective. And the care of the hands is especially important for the mature woman. Very often the woman of fifty has preserved her complexion, her contour and figure, but never having thought of giving her hands especial care they have reached a stage of skinniness and yellowness that is appalling, and completely out of harmony with the rest of the picture. This is what you must look out for and forestall.

Hands, young and old, may easily become scaly and hard under the influence of cold and the use of certain soaps, of which I shall speak. They should never be exposed to extremes, to heat and cold. Wash them as little as you can, substituting whenever possible a cleansing lotion or cream, for each time you wash them you wash away the sebum, which keeps the skin pliable. If frequent washings are unavoidable, rub a suitable cream into them afterwards, or glycerine, but the latter only when the hands are still moist, for glycerine is not a fat, but a triatomic alcohol, which avidly absorbs water and dries out the skin.

Of the three the most ideal to use after washing is the rich cream that is built on a pasteurised base, as it not only supplies moisture and nourishment, but when wiped off leaves no unpleasant stickiness, or the feeling that one's hands must be dipped in water again. I know of no other cream that has this precise effect.

In winter the water used for washing the hands should never be cold, but warm or at least tepid.

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And special attention should be given to the toilet soap, which must not contain free alkalis, as these irritate the skin. Whatever soap is used should contain an excess of fat and should never be chosen for its scent. On the contrary, highly scented soaps are bad for the skin owing to the amount of ethereal oils which they contain. European women are accustomed to buying very good toilet soaps, but it seems difficult to induce the average American woman to do this, and perhaps that is one of the reasons why her hands are frequently less presentable. The soap you use for your hands should be as fine as that for the face. And always have a nail brush with which to scrub the hands night and morning.

If you have a tendency to rough hands, you must get into the habit of wearing gloves at night, and during the day as much as possible. The best type of gloves for daily wear are chamois, chamoisette, or wool and silk, which do not impede the circulation as much as gloves of kid. Do not think that you are reducing the size of the hands by wearing a small-size glove. Tight gloves impede the circulation, and as soon as they are removed the blood rushes to the hands and makes them more conspicuous. Moreover, small hands are not necessarily to be admired, any more than are tiny noses and rosebud mouths. Smallness is no longer a mark of beauty, as it once was, and a large hand with long well-shaped fingers, beautifully turned wrists and white satin-smooth skin is much more lovely than a hand which has only smallness as its recommendation.

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For every woman, and especially those who go in for sports, I recommend the wearing of loose chamoisette gloves at night. If they are quite loose you will soon cease to notice the feel of them which some women say they find annoying. There are white kid mittens on the markets for wear at night, but I find the soft chamoisette gloves much more comfortable. You can also wear them for an hour or two during the day, when you are reading or lying down. Women who read for a time in bed before going to sleep at night have a wonderful opportunity for beauty culture and this is a logical time for your beautifying gloves.

The hands must be massaged with a rich cream before you don your gloves. Knead it into the skin, wring the hands together, massage the fingers all along their length, particularly around the knuckles, working the skin forward toward the tips (this is good for thin fingers) and then back again toward the palms, the latter movement being that of pulling on an imaginary pair of gloves. Twist round the tissues of the finger of one hand with the other, and bend the latter as far back from the palm as you can. This type of massage will not only work the nourishing cream into the hands but exercise them as well, model the knuckles and accelerate the circulation. Then on with your gloves !

The wrists should be massaged along with the hands as should the whole arm, giving several seconds to the elbows, which are a vulnerable part of the body, with a tendency to show signs of age early. American women

have special need of this attention, for their elbows are inclined to be sharper and less rounded than those of Continental women, perhaps for the very reason that they often neglect them. If you really wish to do the thing correctly, your sleeping gloves should be long enough to cover the elbows.

Whether with gloves or without, avoid going to sleep with the hands closed or tense. Relax them completely in order that the skin between the knuckles will not take on too accentuated folds.

If you follow this régime as I have outlined it your hands will begin to recover the velvetiness of youth in no time. You will have laid the foundation for improving the texture of the skin, and are then ready to accomplish something in the way of softening and whitening the hands.

For this the hands should have a special hand cream and lotion to be used once or twice a day, smoothed into the skin and around the nails and the cuticle pushed back with it. A bleaching lotion may be used two or three times a week.

In cases where hands have been reddened by the cold an astringent like spirits of camphor may be used. Also hot tan-bark baths have been found helpful in allaying the redness. They should be taken as follows : Put about two handfuls of tan bark into an ordinary basin of hot water and soak the hands for a quarter of an hour. Then dry them and apply a bleaching cream.

Red hands caused by cold and exposure may also be

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treated with the congestion method. This consists of a tight ligation of the upper arm for several hours daily, which restricts the flow of blood to the hands. If this is done before one goes out in the evening the colour of the hands can be much improved.

This congestion method is derived from a treatment used by Spanish ladies long ago, when fair hands were prized quite as much as beautiful faces. They also are said to have resorted to the painful expedient of sleeping every night with their hands held up to the bed posts by pulleys, hoping by this means to make them pale and delicate.

The skin of the upper arm of many women presents the appearance of a continual goose-flesh condition, which the sleeveless fashion of the day renders especially conspicuous. This unsightly state is due to an accumulation of the horny cells of the epidermis. Where the condition is mild it may be removed by washing nightly with an appropriate soap substitute, rubbing the preparation well into the skin, and leaving it on.

Another way of helping to cure goose-flesh where it is pronounced, is to rub green soap mixed with a pasteurised cream into the skin with a stiff brush. Then wind a small bandage around the arm, and after from two to five days take it off and wash the arms in warm water. The skin will be soft and red, and should be greased until the inflammation has disappeared. Since the effects of this treatment are not permanent the procedure must be repeated from time to time.

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I spoke at the beginning of this chapter of hands with magnetic pressure, and you must all know from experience how you are attracted to anyone who gives you on greeting a warm, enthusiastic handclasp. A weak limp handshake has just the opposite effect, suggesting, as it does, indifference and lack of feeling. In many cases the person with the pallid handshake has just as warm a heart *au fond* as the other, but has simply neglected to cultivate this little detail of a charming personality.

The right kind of grasp depends on the elasticity of the whole hand. No matter how you may wish to express your regard or your affection for some one, if your palm is hard and wooden and your fingers rigid, your good intentions will not be evident. Your greeting will seem stiff and stilted. *Moreover, the wooden hand is the hand of age and not of youth, and for this reason alone should be abhorred.*

Acknowledge to yourself the importance of an elastic and magnetic hand, and if you have not one, go ahead and cultivate it !

Begin by relaxing the hands completely. Hold them away from the body, elbows bent loosely, and then shake them from the wrist. Let the action be done entirely by the upper arm and let this flap the hands rapidly so that the fingers fly around wildly in all directions.

Then open and close the hands in this fashion : open them as widely as possible and bend the fingers

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back as far as you can. This is a bit different from the massage exercise I described previously, as that was done by one hand forcing the other, while this the hand must do of itself. When the fingers are bent back as far as possible slowly close the hand, curling the fingers over one by one till you have a tight fist with knuckles showing white from the strain.

Hold the hands up and play imaginary five-finger exercises in the air.

Push the fingers of one hand apart with the fingers of the other. Finish up with the relaxing exercises with which you began.

Then when you take someone's hand, your live and flexible hand will respond of its own accord.

I am particularly fond of the hand exercises because they can be done at odd moments any time during the day. I liken them to "pick-up" work, as they say in America, because they can be done at odd moments of the day and their effect is restful and relaxing to the rest of the body as well.

Manicuring

We think of and use the word manicure as referring to the care of the nails only ; in reality it includes the care of the hands as well. But let us use it here in its current meaning.

The appearance of the fingernails is of supreme importance in the ensemble of beauty, for they can do so much toward beautifying the hands. Though the

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method of caring for the nails is to-day known to every woman and girl, some of you may like to have me outline the method of procedure as practised by the best professionals, in order to follow it in your home manicures.

Begin the operation by filing the nails with a long, flexible file, to shape them, following this shaping with an emery board to give a perfectly smooth finish. Be sure to leave a fine white line at the sides of the nail and do not file down to the pink as some women do. Filing should be in an upward direction, toward the centre. Use the file on the under side of the nail and the emery board on the edge, as this prevents nail splitting. Whether you shape your nails in almond form, round or pointed, is a matter for each woman to decide individually. Either shape is correct provided it is harmonious with the shape of your hands and your mode of life.

After shaping and soaking, push back that "parasitic" skin which continually threatens to encroach upon the nail and alter its shape. Never do this with a steel instrument, but always with an orange-wood stick. Once you have pushed it back in your manicure, get the habit of keeping it back by pressing it down firmly with a towel every time you dry your hands after washing.

If there are still loose bits of cuticle, they should be trimmed with a special cuticle scissors, else they may lead to annoying hangnails, which are not only

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extremely painful but capable of leading to infections if neglected.

To keep the cuticle in a healthy condition is most important. Those who have hard and brittle cuticle would do well to buy a special cream, but for the average woman any good cold cream is sufficient.

Massage this cream into the cuticle and into the ends of the fingers as well ; this will prevent the nails from becoming brittle and ribbed.

The nails are now ready to be tinted and polished, which brings us to the somewhat disputed question of the merits of nail powder and the buffer as against the more modern liquid enamel. There was a day when the liquid enamel was not considered *comme il faut* by conservative women, and many older women still have a prejudice against it. But the superior convenience of the liquid enamel in this hurried age has broken down resistance and its use is now considered perfectly good form. Personally, I consider the ideal to be a combination of the two methods. By first giving the nails a buffing with powder, a firmer and smoother foundation is provided for the application of the enamel, and the latter coating lasts longer without chipping. Give only one coating with your brush, and take extreme care not to cover the little half-moons at the base of the nail, nor to touch the skin at the sides.

You can make your own nail powder, if you wish, by taking talc and tin oxide in equal parts, and adding a little carmine.

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Whether you choose a deep or a medium shade of rose for your powder and liquid enamel is again a matter of personal taste, as both vivid and rosy tones are much used. Select the one that suits your general type and preference.

As I write this in Paris a fad for violently carmined nails has just burst forth. Originating apparently with some of the mannequins in the big dressmaking houses, it has been seen there by transient Americans and Englishwomen and somewhat injudiciously copied. That is to say, instead of discriminating as to the time and place for these begonia-pink nails they are worn on every occasion, for sport and otherwise.

Though the fad will be short-lived, I know, still I am mentioning it, because there is a place in the ensemble at times for such vividly coloured finger-tips. They are permissible with a gala costume in the evening, or with an elaborate afternoon frock to be worn under the electric lights, especially if you are a somewhat exotic type. But I would limit them to the young woman with pretty hands. Thus worn they have a certain *de luxe* air, and if I may say, a *preciosity* that renders them alluring and chic.

For the last finishing touch to your manicure you will run under the nail tips a specially prepared nail bleach or one of the short thick cotton threads which are coated with "nail white," to add that contrasting white rim to the brilliancy of the rosy tint. In the evening the hands should be whitened with a liquid

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enamel, or a whitening cream may be rubbed in, with a dusting of powder.

Striated or ribbed nails, about which I am so often asked, are due to an acid condition of the blood, which it is not my province to treat, outside of my suggestions on diet. Spots on the nails, likewise a frequent subject of inquiry, may be due either to digestive disturbances or to the injury of the nails by hard implements. That is one of the reasons why a file should never be used to push back the cuticle, as this can cause the little white spots.

Brittle nails may sometimes be improved by holding the finger-tips in a mixture made by melting :

Myrrh—1 drachm

Lanolin—1 ounce

Oil of sweet almonds—1 ounce

Spermaceti—4 drachms

This mixture should be as hot as can be borne. Brittle nails that chip off continually leaving the ragged edge that is so unsightly and irritating, can be helped by inserting under the nails, at night, a layer of cold cream—a nourishing cream, of white thick consistency, that will oil the nail and help to give the rim the required whiteness.

Here is a helpful suggestion for those who have housework to do, or other work that necessitates getting the hands grimy. Try inserting under the nails, before you

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start in, an edging of any good white soap, for example, castile or ivory. This will prevent your nails from getting that greyish look which sometimes seems to attain an almost chronic state.

Discoloured nails, ink-stained or roughened by garden work, must be treated with nail bleaches. Do not forget that a strong solution of peroxide, or lemon juice, is almost equally effective.

These are the main details of nail care and manicuring to bear in mind, and if they are followed, the quota of lovely hands in England will be brought up to the already very high quota of lovely faces. Let our slogan be :

“ Beautiful hands to match the beauty of the face ! ”

CHAPTER VII

HAIR BEAUTY

From time immemorial woman's hair has been an object of special admiration, and at some periods in human history, of admiration mixed with superstition. In the Nordic legends, for instance, there were sylvan women who snared men to their doom because their spread-out hair was so much like sunlight that their victims were tangled in it unawares. And the legendary Lorelei sat on her rock on the bank of the Rhine combing her golden hair with a golden comb and lured men by her siren charm. "Beauty binds us with a single hair" sang the author of "The Rape of the Lock."

This chapter will be a long one. There is so much to say that I hardly know where to begin. Perhaps it were wisest to start with the question of falling hair, since if there is not a good foundation to work on of what avail are remarks on gloss, texture and coiffures?

As with the skin, the scalp—since it is but an extension of the epidermis—is divided for treatment into the three classifications of normal, dry and oily. The first condition, which is usually, but not invariably, characteristic of the period of youth, requires the least care. It is the period when the hair's oiliness is automatically regulated. But this happy state does not often continue.

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Indifference in the treatment of one's hair as a rule amounts to a passive form of abuse. Moreover, the condition of the hair can change at any moment. Over-fatigue, worry, a too rich or too impoverished diet can easily affect the condition of the hair. But if cared for regularly, sensibly, normal hair can be kept on an even keel of healthfulness. All that is required is scrupulous cleanliness to keep away the dandruff germ, massage and brushing for continued good circulation.

With regard to cleanliness, normal hair needs to be shampooed about once every ten days. If your hair is dark, you may use tar soap for this with hot water and cooler rinses. Never apply any soap whatsoever in its cake form, for it is practically impossible to rinse it all out afterwards, and soap left on the hair and scalp forms what I call "soap dandruff." Instead, make a soap jelly by shaving the soap into small slivers and pouring boiling water on them ; they dissolve and in cooling form a jelly.

If your hair is light or chestnut, use a pure castile soap, shaved and made into a jelly. Personally I prefer a shampoo made of herbs to the best soap shampoo in the world. There are certain herbal shampoos on the market, and it will repay you to hunt out a good one. The herbal shampoo is particularly convenient for use at home because the amateur is all too likely to be negligent about rinsing the hair absolutely free from soap, a matter so essential. Even

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the slightest trace of soap not only detracts from its lustre and aliveness, but lays a foundation which attracts floating dust and germs as effectively as fly-paper. If you have a head of hair that is thick and apparently healthy, do not skip these paragraphs. It is one thing to have inherited good hair, and quite another to keep it.

Let me cite this instance from my own experience, the case of a young girl I knew some years ago, who was much admired for her beautiful thick long hair which she wore in a coil at the back of her head. In contrast to the beauty of her hair was her skin, which was affected with acne and all the disfiguring conditions that accompany it. She went to college and while there concentrated all the time she could spare from her studies and sports on the treatment of her skin, and neglected her hair completely, thinking that no amount of neglect could ruin it. At the end of four years her complexion had cleared and was lovely, but she awoke to the realisation that her hair had diminished by at least half. She began at once to try to retrieve the damage and managed to preserve what she had left ; but it took years to get it back to its original condition.

Before washing the hair, take an ordinary comb and go over the scalp, scratching free any dandruff that you find. Do this very gently, taking care not to abrade the skin. Naturally you must have your mirror in a strong light and must examine the scalp

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closely in it. After scratching the dandruff loose, brush the hair thoroughly, then proceed with the washing.

Let me give you a little tip as to how you can tell when you have rinsed away the last vestige of soap or shampoo. It will be when you feel your wet hair "squeaking" in resistance underneath your hands as you press them over it to squeeze out the water. This may sound amusing, but it always holds true. If the hair does not squeak, you should go on rinsing until it does, for it is fatal to leave soap in the hair. Its presence can even deaden a natural wave.

Besides the shampoo every ten days or so, the normal-haired woman should find time for a hot oil shampoo once a month. I shall describe this process in detail later.

To continue with our normal hair, in addition to washing, it will require a few minutes' daily massage of the scalp, to keep the latter free from the skull, and to stimulate the circulation. Perfect cleanliness is not enough in itself to keep the hair and scalp in condition. It is this daily stimulation that gives the hair its gloss, its sheen and colour.

For this few minutes of daily massage, place the tips of the fingers on various portions of the scalp, and holding them with a firm pressure, move and twist the skin as much as possible. Rotate the scalp until you feel it moving easily under the fingers. *Whatever improves the circulation of the scalp helps the*

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complexion, the muscles and tissues of the head being so closely interrelated.

Here is another exercise to stimulate the circulation, a species of slight self-torture, yet very effective. Take small strands of hair and give them quick short tugs ; do this all over the head, strand by strand.

I remember back in my schooldays in Poland a small boy who used to tease me by tugging at my hair. I would be furiously annoyed at this, but he would laugh and say : " But that is good for your hair. It will make it grow strong and thick. See, I do it to myself." And he would pull a handful of his own hair. Whether he continued this practice throughout his life I do not know, but I do know that recently when I encountered him again, now the father of a numerous grown family, he had a marvellous crop of thick grey hair.

Throwing the hair around if it is long, is also helpful in developing shiny, beautiful hair. Toss it over the head to the front and then from side to side. You may feel afterwards that your scalp is becoming slightly sore, which only proves that the hair has been kept in one position too long, and that this upheaval is just what it needed.

The normal-haired woman must brush her hair for a few minutes daily. Brush with strokes up and out, never down, whether your hair is long or short. I recommend a man's large military brush for this purpose, with longish flexible bristles. Better still, use

two military brushes, not simultaneously, as a man uses them, but to have one brush for getting the dust out of the hair and the other for polishing and fluffing it.

Naturally you must keep these brushes as clean as you can. They may be dipped in a bowl or a box of bran after each using. At the end of a week cleanse them with two or three spoonfuls of aromatic spirits of ammonia in half a bowl of warm water, to cut the grease. Rinse them in cold water, to bring the bristles back to their original stiffness. If there is a dandruff condition, your brushes should be disinfected after each using, and then placed on their sides to drain, drying them in the sun if possible. If the sun is not available, wrap them in a clean towel, and stand them on their sides on a window ledge, where a current of fresh air can reach them.

Brushing, may I remind you, is not only good for circulation, and to take out particles of dust, but also to produce sheen and gloss. Those of you who affect the lovely madonna type of coiffure, with a sleek part and hair drawn into a knot at the back, can give your hair an extra sheen by rubbing it with a silk handkerchief, or a piece of velvet.

These rules for massaging and brushing apply equally to the dry and the oily-haired woman, as well as to the normal-haired one, and if you are in either of the former categories I hope you have not skimmed lightly over them as not applying to you. If you have,

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I beg you to read them thoroughly, for I shall only give you a reminder when I come to your case.

Coming now to the woman who is afflicted with an excess of oil in her skin and hair, she must have a shampoo at least every week. In extreme cases she can shampoo her hair every four or five days, not only without any damage but with great profit to her hair, until such time as the hair has returned to its normal condition, toward which goal, of course, she should be working all the time. Incidentally, the oily head of hair is harder to cure, to restore to normal than the dry.

In addition, the oily-haired woman will need to use, twice a week, a tonic especially designed for her type of hair. This, combined with repeated massaging with the finger-tips and much brushing, should shortly put her hair in condition, provided she does not have to struggle with dandruff. One cheering fact about the hair is that it responds so quickly to kind treatment ; and even so-called hopeless heads will respond in time, although naturally they require more persistence.

With regard to the woman who has dry and brittle hair, with split ends and a tendency to break off easily, she should wash her hair only every two weeks, either with a herbal or an egg shampoo, rinsing it perfectly in the manner previously described. This type of hair should never be dried by an electric or mechanical drier, but always by hand. I am not in favour of the drier for any type of hair, but in our

hurried lives many women find it almost a necessity on occasions.

After the shampoo the dry scalp should have a scalp food applied to it. Take an amount the size of a small pea and placing this on the back of the left hand apply it to the scalp with the second finger of the right. The heat of the hands melts the salve to an oily consistency, which facilitates its application. Rub it into the scalp briskly, taking care not to get it on the hair. This helps dry hair to come back to health in a most extraordinary way. This salve can also be used between shampoos, if care is taken to apply it precisely in the manner indicated.

I referred a few pages back to the hot oil shampoo. This is one of my hobbies. It is marvellous for the hair, and I always recommend it as the logical starting point for a woman who is beginning a course of hair treatments either at home or under the care of a specialist.

The so-called hot oil *shampoo* is really a hot oil treatment. The first step of this consists in heating the balsam oil and applying it to every part of the scalp with a piece of antiseptic cotton. Apply it particularly to the split ends of the hair, and for dry hair it can even be applied along its whole length. The outside of every hair is composed of little scales and these will absorb what they need to keep the hair from being dry and brittle.

After the head has been fairly saturated with oil, steam it with hot Turkish towels, which will open the

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pores and permit the oil to penetrate more deeply into the cells. If you are taking the treatment from a specialist the therapeutic or red light would probably be added after the hot towels to effect a still deeper penetration.

This hot oil treatment should be given the night before a shampoo and washed out the next day. Be sure that all traces of oil are removed with at least three thorough soapings and rinsings. The result will be a lovely mass of soft glossy hair.

Every type of hair can be subjected to this treatment with the greatest profit with one exception. It cannot be applied to the head that has been hennaed or dyed, although bleached hair can stand it rather well. This does not mean that the oil treatment should not be beneficial but simply that it will injure the colour. In fact, if one wishes to get rid of artificial colouring at any time, this is the quickest and safest method of doing so.

Some women I know, who have their hair hennaed every two months, arrange for a hot oil treatment the afternoon before they go for their new "henna pack." It means of course an evening spent in seclusion concealing one's grey and oily locks.

These oil treatments are recommended twice a month for excessively dry hair. They are also a good preparation for a permanent wave, as the hair is given body and resistance to the intense heat which it must undergo.

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Women whose hair is very dry as a result of repeated bleachings can obtain good results with oil treatments taken over a period of two months before the permanent wave is put in. The result is a healthy, glossy head of hair with the most natural-looking wave.

It is men rather than women who are concerned with the subject of baldness, yet everyone should know something about it. *Alopecia* is its technical name, deriving from *alopex*, the Greek word for fox, since the fox-mange, a disease which makes the hair fall out, is common among foxes.

Baldness in round patches is, as a rule, caused by a fungus which penetrates to the follicles and produces short broken hairs, having the shape of an exclamation point when seen under the microscope. This disease, for it is such, can lead to the complete loss of the hair on the scalp, extending even to the face, taking away eyebrows and eyelashes.

People are often curious to know why more men than women are afflicted with baldness. Many theories have been advanced for this, among them the wearing of tight hats and the frequent cutting of the hair among men. The first might be a contributing cause since it interferes with the circulation, but the same thing applies to the women who wear small tight-fitting hats all day long. But if frequent cutting tended to make hair fall out, we should have found an increased tendency to this during the past ten years among women, and such is not the case. There has been no

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noticeable loss of hair from heads that have been constantly clipped or shingled. No less an authority than Dr. McCollum of Johns Hopkins says that cutting or trimming the hair does not necessarily influence its growth or texture, as some people think. Shaving, however, does undoubtedly exercise a stimulating effect.

Another reason given for the frequent tendency to baldness found among men is simply that starting out with less hair than women, the hair follicles on a man's head being fewer to the square inch than on woman's, they have less hair to lose, and the loss is more quickly apparent.

One very important fact for every man and woman to know, is that the germ of baldness can attack the hair in adolescence, and that baldness can commence even then.

The first thing to bear in mind, therefore, is the scrupulous cleanliness which I have been advocating, and since this is so important, let me concisely sum up for you my recommendations as to washing.

Wash hair with an excess of oil twice a week.

Wash moderately oily hair once a week.

Wash dry hair once every two or three weeks.

Wash normal hair every ten days.

As I suggested in connection with the shampoo, the first step for the treatment of dandruff is to take an ordinary comb with fine and coarse teeth, and, parting the hair at intervals, go over the scalp to find out how

much dandruff one has. Do this in a strong light, and with the aid of a mirror.

There are two kinds of dandruff. One is comparatively simple and is in the form of powdery scales, the result of the soap which has not been rinsed from the hair in the latest shampoo, together with dust and powder and dead epithelial scales.

You can recognise the second type of dandruff from its yellow oily appearance, and it is usually found with heavy oily hair. There is a very good way of testing dandruff to determine whether it is dry or oily. Simply take a piece of tissue or soft white paper, rub it on the scalp and see whether it remains dry or becomes grease-stained. If the former, the condition is dry, to be treated by preparations expressly made for the dry scalp. If the latter, it is oily and you will use oily scalp correctives. Dandruff must be vigorously combated with regular herbal shampoos, the dandruff having first been scraped free all over the scalp. A special scalp tonic for dry or oily hair must be used as well, and after the shampoo, a medicated ointment should be applied. With daily massage and brushing you will speedily bring your hair back to a clean, normal condition, and will have a scalp as white as milk.

Let me admonish you to keep your brushes scrupulously clean as long as such a condition lasts. The daily bran cleaning will not be sufficient. Your brush must be washed after each using, and a disinfectant employed ; otherwise you will have a vicious circle of

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removing the dandruff with one brushing and putting it back with the next. Wash the brush with hot water and ammonia, as given above, and then disinfect it with a few drops of lysol in the rinsing water. You may use instead, if you prefer, formalin or creolin, or any one of the modern disinfectants.

Women often ask me if I approve of brilliantine for the hair. To that I answer : Yes, if you choose a reliable product and if its use is not overdone. Few women know how to apply brilliantine, which should be accomplished in the following way : for liquid brilliantine, place a small amount in the palm of your hand and sweep the brush over it. Always apply the first brushing to the ends, as this takes off the superfluity ; do this both in the case of long and of short hair. The ends are always the driest part of the hair anyway. After this, brush over the entire hair, carefully and lightly. If you have had a permanent wave that proves too bushy, or a marcel, the brilliantine keeps it in place beautifully, and yet brings out the wave. Used in the above fashion brilliantine adds a certain gloss and sheen. You may be interested to know that brilliantine now comes in a crystallised form, which makes it much more practical to take along when one travels. Anything more vexatious than a leaky or broken bottle of brilliantine in one's trunk or bag is hard to imagine.

A false theory I wish to correct is that a head of uneven length of hair is an unhealthy head of hair.

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Often one hears women complaining that their hair is of uneven length, as if it were something distinctly to be deplored, whereas as a matter of fact it is perfectly normal. Each hair has a certain length of life, which varies with the individual. Unless it is unhealthy or is violently extracted it lives out its span of life and then falls willy-nilly, and nothing you can do will hold it in place. There is no cause for worry, if the scalp is kept healthy, since a new hair is ready and waiting in the hair follicle, from which the old hair has fallen, to take its place,—is, indeed, pushing it out.

I am reminded of a story of the beautiful Empress Elizabeth of Austria who used to come to Paris for beauty treatments. One of the features of her extraordinary beauty was a magnificent head of hair, which she wore in braids, wound round and round the head or massed in a kind of waterfall formation at the back. She was very proud of her hair.

The Empress was a believer in the invincibility of this possession ; she was under the illusion that every fallen hair was irreplaceable, and consequently before the daily brushing began she had a sheet spread under her chair and dressing table, and, if after the process was over, she found any hairs on the sheet or in the brush, it was a chill half hour for her who had performed the sacred rite. It was a service which none of her maids craved, for they knew that they must either conceal the fallen hairs or be severely reprimanded.

A heavy head of hair, which was once regarded as a

woman's pride and glory, is a great burden in this day of close coiffures and small hats. When a woman with such heavy hair feels that long hair is more becoming to her, or that her milieu is too conservative to permit of a bob, she should go to a hair-dresser and have her hair thinned out on the crown of her head. *Thinned* and not *cut* out. I have been surprised to learn that presumably reputable hair-dressers, to achieve the close coiffure on a head of long, heavy hair have simply sheared off a hugh strand instead of "effilating" it as should be done. With effilating the strand of hair is thinned gradually along its entire length so that it yields prettily to arrangement, whereas cutting it off short leaves an unwieldy stubble which becomes more unmanageable as it grows longer.

As to the eternal rivalry between blonde and brunette, not only have we been made aware that gentlemen prefer the former, but this preference seems to date from the Roman era. So much so that blonde or red hair then became the rage, and the black-haired Roman girls and matrons spent their time experimenting with devious mixtures supposed to be good for bleaching.

If you are tired of your dark hair and wish to enter the popular blonde class it is possible to have your hair successfully bleached. If improperly done, however, the hair may be irreparably ruined, so do not run any risks with an operator who does not thoroughly know his job. The shaft of the hair, which is a living horny structure, will be destroyed if the bleaching is done too

quickly or too violently. The bleaching must be done gradually.

Those who prefer the peroxide process should see to it that their hair has frequently repeated washings, or rinsings rather, with vinegar and water. The vinegar invigorates the hair and counteracts the weakening effect of the peroxide.

With regard to the gradual greying of the hair, allow me to be a little technical. The colour of the hair is conditioned by the pigment deposited in the cells of the cortical substance and the transparency of the walls of the hair, which is a cylindrical organ containing a pith of various colours and air-cells. The greying of the hair is not caused by a gradual process affecting the shaft, but by the after-growth of a depigmented piece of hair, which during the progress of this growth becomes more and more colourless, until it finally assumes a white colour. The silvery sheen of the hair is a reflection cast by the numerous air-cells in the cortical substance. This can be demonstrated by a microscopic examination.

The hair can be restored expertly to-day, though it should be done only through a henna process. I am strongly against dyeing the hair at home and especially against the cheap dyes with which the market is flooded. They are ruinous to the hair, and the whole effect is so artificial and hard that no connoisseur of beauty could subscribe to it. If your hair has turned grey and you have not access to a hair expert who can

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restore its colour by applying the henna process skilfully, I have no alternative suggestion to offer.

I can, however, offer you as a consolation prize my belief, and that of many artists, that grey hair can be as lovely as any other shade, provided it is kept in condition. What one really dislikes about grey hair is not the shade itself (for hair artificially powdered grey or white has been thought beautiful at many periods) but its association with old age. It can be very lovely if the skin is fresh and youthful in colouring, and particularly if contrasted with dark eyes and lashes. I know any number of beautiful women, some of them quite young, who owe their reputation for beauty in part to this contrast of grey hair, pink and white skin, and dark eyes. I am at this moment thinking of one woman in particular, a well-known baroness in Paris, who has an international reputation for chic and loveliness, and who has had for years a greying bob. The husband of this woman is a great authority on feminine costume, and she has at her disposal every facility in Paris for darkening her hair ; yet evidently the preference of both her husband and herself is for the distinction of grey hair. Incidentally, Madame never omits the contrast of scarlet lips.

So cheer up, you grey-haired ladies, and concentrate on making your skin and eyes as young as possible, and in preserving your contour.

As to the henna process itself, it will not only inure the hair, but is actually beneficial to it, as witness the

women of the Orient, who are famed for their luxuriant hair, and have used henna for countless centuries.

Henna to some women still suggests red hair. That is to say, they believe that its application can result only in Titian locks, and therefore have no wish to resort to it. "Use henna!" they exclaim. "Oh, I shouldn't want to go in for red hair." This idea is probably a relic of days when less was known about the use of henna. To-day a really remarkable process has been worked out, whereby through various manipulations and the clever timing of the applications of the henna to the hair, the latter can be tinted any colour desired. The women with the best taste with regard to their appearance are choosing to have it approximate the natural colour of their youth, and do not assume an artificial one that jars with their own colouring. Only in rare instances, where a woman has a pronouncedly individual type of beauty and the costumes to live up to it, does she choose to adopt one of the red tones of henna for daily wear.

Superfluous Hair

As a sub-division of the subject of hair we must consider it in its less charming aspect, and that is its presence on the face or its distribution over the body, either normally, or, as it is expressed, superfluously. A mild enough term, in truth, for so annoying a manifestation. To-day when our extreme décolleté, transparent stockings, and one-piece bathing suits demand a clean,

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smooth skin surface, it has become the problem of every woman. Or rather, at least as much a part of the routine of every woman as washing her hair or manicuring her nails.

Let us take the problem of hair on the face in its most common manifestation—the little moustache on the woman's upper lip. Americans are much more concerned about this than the average European, and are more ready to consider it a disfigurement. I have had women appeal to me to rid them of this downy dark line as if it were a frightful disgrace. And they have been much astonished to have me tell them that other races have another point of view, and that in certain Mediterranean and eastern countries, the belle of the village may be admired for the very thing which they consider a serious defect. Naturally we are not living among the Turks or the people of Provence ; but if any woman in Europe, making such an appeal to me, has an exceedingly pretty skin and dark eyes with thick lashes and brows, I tell her not to be distressed, but to let well enough alone. Such a light smudge on her lip is not unpleasantly noticeable and may even be regarded as piquant. In general, however, I agree with the American point of view and do not find hair on the face alluring. When it appears on the chin and cheeks it is distinctly disfiguring.

At the present time there are but two methods for removing hair from the face safely and permanently. One is by electrolysis, recently superseded by diathermy.

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The other is a home method, a process of bleaching and gradually weakening the growth of the hair, which I will outline for you presently. Electrolysis is open to the danger of scarring, if done by an unskilled operator. Also it demands time and the most inexhaustible patience and persistence. Diathermy is a much more rapid process and as many as 200 hairs can be removed at one sitting. Persistence is important to the permanent success of the treatment. We expect thirty per cent. of the hairs to return, and these will have to be attacked a second, and perhaps even a third and a fourth time before they are eliminated. It all depends on the extent and thickness of the growth. Hair that is coarse or which has already been stimulated by tweezing or shaving or the use of a depilatory will be stubborn to remove.

But once the root is killed by electricity the hair is gone for ever, never to return. That a hair is killed because it is "out" is the merest delusion. If a hair could be killed by wrenching it from its moorings, the removal of hair would be the simplest thing in the world. One lengthy tweezing operation and it would be over.

Diathermy is operated with one thin needle at half hour sittings, and no real pain to the patient, only a stinging feeling which she will quickly get used to. Up to two hundred hairs can be removed in one sitting. In the use of one needle the whole attention is concentrated on the accurate placing of that. It is a

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most delicate procedure, requiring the lightest touch and the keenest eyesight.

There are two other mechanistic methods for the permanent removal of superfluous hair, but they both have serious drawbacks. Still, since they are in use and one of them at least is much discussed, it may interest you to know what they are.

The first is by X-ray, and this should have everything in its favour, for it is both absolutely painless and can epilate large areas at one sitting. Unfortunately great success has not attended this method because it has been impossible to determine the accurate dosage. If the dosage is too small the hair will fall out only to return in a few weeks. If, on the contrary, the dosage is too strong, the hairs are completely and permanently destroyed but at the same time the skin is greatly endangered. It may develop a very unsightly atrophy, and your last state will be worse than your original one. I have recently seen many women who had undergone X-ray treatment to have the hair removed from their upper lips. The hair was gone, to be sure, but the centre of the lip had a curious dead look, and was drawn into little puckers that usually go with old age, though none of these women was over forty.

The other method for removing superfluous hair has been but little practised, and is still something of a curiosity. It is a punching procedure, by means of a hollow cylinder, which resembles an old-fashioned

watch-key with a sharpened end. These cylinders are attached to rotating tubes, something like a dentist's drilling apparatus. When such a machine is put in motion, by electricity, the cylinder rotates around its axis with great velocity. One grasps the handle of the tube, places it on the hair which is to be removed and presses it vigorously into the skin. The hair, together with its root, is separated from the surrounding tissue and can now be pulled out. This method, which can be learned easily, is almost painless (the skin may be anæsthetised with ethyl chloride) and from 250 to 300 hairs can be removed at one sitting. But it has the disadvantage, to put it mildly, that large parts of the tissue are removed too, however fine the cylinders may be, which will result in faint scars, and therefore the process cannot be used for face or arms, though it might be used for legs.

The home treatment for superfluous hair on the face, which I have mentioned as the second satisfactory way for eliminating it, you will probably like the best. The method consists in gradually weakening the hair through a bleaching process, which goes as follows :

You will need three ingredients, resorcin soap, peroxide of hydrogen, and aromatic spirits of ammonia. Make a thick lather of the resorcin soap, using hot water, and apply it to the lip, chin or cheeks—wherever you wish to destroy the hair. You may even rub the cake of soap, dipped in hot water, directly on the skin. Do not

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be worried by the stain resorcin leaves, as water will remove it. Apply this later before you go to bed and leave it on all night. In the morning, after having washed the face, apply to it the peroxide of hydrogen and ammonia in a solution of ten parts of the former to one of the latter. An efficacious way of measuring is with an eye dropper. The solution must be mixed fresh each time in a glass saltcellar or saucer.

Apply the solution with a bit of absorbent cotton, dabbing the skin gently ; do not rub it. The first application will always smart a little, but you will quickly grow accustomed to the treatment. If the skin is not tender, make the dabbing firmer and continue applying the solution for fifteen minutes. If the skin will stand leaving it on, by all means do so. At night, use the resorcin soap again, and repeat the solution in the morning. The longer you can keep on the latter, the better. If the skin is left very sensitive, apply a soothing lotion, or a healing cream. Some women have to wait a day or two before going on with the process, and others can continue it daily ; some are even able to omit the soap part and use the solution night and morning, leaving it on each time. As the skin grows accustomed to it, you can make the solution stronger, that is, five drops of peroxide to three of ammonia ; the stronger the solution the quicker the progress. The exact manner in which this is worked out must be left to your own judgment.

Here is a suggestion that will make applying the

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solution less disagreeable. If you hold your breath a second at the first application you will not mind the ammonia fumes, which otherwise will seem a bit strong. Since the solution bleaches the skin as well as the hair, it is well to put it on adjacent surfaces in order that the line of demarcation will not be too noticeable.

I can give you no time limit for this process. It must continue indefinitely and courageously until you see results. The principle of the method is that the resorcin soap and the solution are all strong bleaching agents which in time will not only weaken the hair above the surface but reach down and eventually deaden the root as well. When the hair begins to be very much weakened, use pumice stone, rubbing it directly on the skin to remove the weakened hairs. Soften the skin with an application of cold cream and follow that by washing the surface with a wash-cloth dipped in hot water. This eases the process and alleviates any tendency to sensitiveness afterward.

Some women can stand tweezing the hair and applying a fifty-fifty solution of peroxide and ammonia immediately after. Very quick results may be expected from this method. It is interesting to remark in passing, that if we subjected the hair of our heads to one-half of this abusive treatment, we would be bald in no time. The hair on the face seems to have a positively pestiferous vitality.

Certain women can use the depilatories that are

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to be found on the market not only for the arms and legs, but on the face as well. But the skin of most women is too tender for these preparations and reacts with inflammatory manifestations. The sulphur and slaked lime in these compounds cause an irritation which may lead to extreme soreness. By the time the soreness has disappeared, the hair has begun to grow and is ready to be removed all over again. If you have the courage to experiment, if you think your skin is one of the hardier varieties, first try the mixture on a very small portion of the skin, no larger than a dime, and see how it goes. If the skin remains unchanged in tone and colour, you might then proceed to work on a larger area.

Coming now to the larger and more universal question of hair on the body, the problem is simpler, since the skin is neither so tender, nor does the surface need to be so meticulously taken care of as the skin of the face, being less in evidence.

Here your quickest and easiest solution is a good depilatory. Shaving, it has been proved, only stimulates the growth of the hair. It cuts off the surface, whereas the depilatory tends—if only slightly—to weaken the roots. Women who have used depilatories over a period of years report that each successive growth of hair shows a certain diminution. The sole brief for the razor is that it is a clean, quick process, and many women prefer it to the inevitably unpleasant odour of the depilatory.

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In Egypt depilatories were universally employed, not only by the dancers who appeared naked in the religious festivals, but by every woman of the upper caste. Epilation has always been in vogue among the Persians and Turks, from ancient to modern times. And you will find constant reference to it in the "Arabian Nights" in connection with the "hamman" or bathing place.

This has been a long chapter, but the subject seems to have demanded rather elaborate treatment and I have been anxious to clear up a number of technical or professional matters in which I believe many women are interested.

CHAPTER VIII

A SOMEWHAT TECHNICAL CHAPTER ON OBESITY

For those of you who are interested in a thorough and scientific explanation of just what obesity means—at least as far as our knowledge goes to-day—I have interpolated the following chapter. If it seems too long and too technical for some of you, you are, naturally, at perfect liberty to skip it, and go on to the next chapter, in which I talk about reduction in a more popular fashion. Or, perhaps having read the second chapter first you will return to this, to fortify yourself with still further information.

But I think this chapter a most interesting and informative one, and well worth the time given to going through it, even if it must be at a slower pace.

Obesity is a disorder marked by a special tendency of the organic structure both to retain the fatty substances with which it is provided by alimentation and also to change other aliments into fat (hydrates of carbon).

Obesity is not only a mere accumulation of fat, unsightly and striking, on different parts of the body, but this fatty accumulation is in some degree also the external shape of the disease, and a fat person who has

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become thin and has assumed normal proportions is not necessarily, as a result, free of fat. Therefore, the object of treatment for excessive fat must be not only to banish this adipose reserve, but especially to modify the tendencies of the organic structure and its physiologic habits of creating reserve fat in too great quantity.

Fat, a normal tissue forming a reserve of nutritious elements, should never make up more than 5 or 6 per cent. of the weight of the human body.

How is this fat distributed in the human body ?

It lies beneath the skin which it lines over all its extent, with a bit more abundance under the skin of the abdomen, the sides, the loins and the buttocks ; and it is still more in abundance in the region pertaining to the breasts, the neck and beneath the chin, where its excessive accumulation produces the unæsthetic "double chin."

Inside the human body fat, in its normal state, makes, for many organs, a sort of padding in the shape of support which is very important ; the loins, the liver, and the stomach are partly held in place by a light layer of fat which surrounds them and supports them, likewise with the intestines. It equally covers the surface of the heart and is found again around the bronchial tubes and the big blood-vessels. In short, it is found nearly all over the body, padding, protecting, and supporting the organs.

It is therefore easy to anticipate that, beyond a

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certain degree of increase in the quantity of fat around and in the very tissue of these organs, these latter can be hindered in their functioning.

If the weight is greatly increased, some excessively fleshy people are driven beyond their strength, always dragging their excess weight after them, much as a porter bears the burdens with which he is laden. This continual overdriving involves a slackening of all the functions of the organic structure, each organ, each gland, penetrated by a surplus of fat, works more slowly and less well. The heart, too, is overburdened, for it is much easier to pump blood into a slim than an obese person. It is thus that obesity becomes a real disease, which must not only be banished by loss of flesh, but must also be cured by therapeutics, of such a kind that the excess of fatty accumulation can never reappear.

How do we know we are fat ?

By the weight of our body. If there is any knowledge in this world that is indispensable, and generally unknown, it is certainly that of the stability of the weight of the healthy human being. Near the age where growth has reached its maximum, a normal person attains to a weight, the stability of which remains at a point of constancy, varying from about 5 to 7 pounds.

What should be the normal weight of the body ?

The rule of Dr. Quetelet, of Paris, is the easiest to remember : Every adult should weigh in kilograms a

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number equal to that of centimetres exceeding the metre in the measurement of the height.

Thus a person who is 1 metre 70 cm. tall should weigh 70 kilograms.

The rule of Dr. Arnaud Gautier is more rigorous than that of Dr. Quetelet : The weight must be equal to the total number of centimetres shown by the height, diminished by a constant of 105. Thus a person 1 metre 70 cm. tall should weigh : $170 - 105 = 65$ kilograms.

If this normal weight increases one-tenth we approach a condition of obesity.

Having established, therefore, the essential facts which allow us to recognise obesity, let us now review the causes of this disease.

The cause of obesity has been the basis of multiple investigations and of important treatises. Many scholars of the world have assisted in explaining it, and it presents an absorbing subject for study. Besides it is only through the thorough knowledge of the causes of an evil that it can be fought, and since obesity is a real sickness (although the uninitiated say otherwise), I will endeavour to point out the causes which favour its appearance and its development.

Obese people appear in very different aspects ; some of them sanguine, with shining face, and ruddy complexion ; others, on the contrary, pale, anæmic, weak, and without strength ; the former are called plethoric, the latter anæmic. These two forms of

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fatness are not similar in origin or amenable to the same form of treatment.

The first is the more frequent among cases of obesity ; it is an excess of alimentation and comprises 50 per cent. of all cases.

Obesity is sometimes, strange as it may seem, also caused by psychical disorders ; worry, nervousness, and anxiety. This nervous state reverberates on the endocrine glands, which in turn react on the digestive system.

In other instances obesity is caused by a glandular insufficiency, thyroïdal, ovarian, and sometimes pertaining to the pituitary gland. Not always is one gland alone deficient, but several deficiencies can be combined thereby causing a many-glandular insufficiency.

Obesity can, again, have a digestive origin, and can spring from the wrong usage of foods by the body, owing to the organs functioning badly. That occurs in certain cases of dyspepsia, enterocolitis, troubles of the liver, etc.

Obesity may also appear after an infectious disease such as typhoid fever, or after a state of prolonged intoxication from alcohol.

Having gone through all these so different reasons, capable of begetting the same evil—obesity—one can see that the treatments will not all be alike, but will vary according to the individual and must be adapted exactly according to the needs of the cause of the disease.

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We now come to the section which should interest you most, that of the treatment, or rather the different methods of treatment, for obesity. But, before I start, I should like to tell you a few of the current arguments which certain people have placed before me as obstacles, and some of the prejudices against which one has to struggle.

Some people, for instance, think that fatness, fleshiness, or obesity, is the expression of a "temperament," or a "constitution" against which struggle is in vain, and that it is useless to attempt a cure infallibly consecrated to defeat.

Others think it useless to submit to a cure which has but a transitory effect, for once ended, they claim they will see their obesity reappear ; and furthermore, that this state, although unæsthetic, may be borne without inconvenience and is, after all, no malady.

However, the exact contrary of this statement is correct, and those who uphold it are in ignorance of the certain efficacy of a cure rightly undertaken.

Fat people are in a low state of resistance, not only against every attack from microbes, but every kind of poisoning. In attacks of influenza more fat people than thin people die. Many doctors, specialists of infectious diseases, are determinedly agreed that the fat are easy victims of pneumonia, typhoid, erysipelas, diphtheria.

Under the same circumstances the thin hold out, and they hold out just so much better, as Dujardin Baumetz and Stackler have pointed out.

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Moreover, an argument that will confirm this subject is the fact that the life insurance companies (particularly in America), owing to the remarkable number of deaths of fat people, victims of infectious diseases, have had to refuse insurance to the very obese, in order to cover financial losses. Their statistics proved that an overweight person was a poor risk.

Finally many women frequently offer the argument that cures for obesity spoil the colouring of the complexion, develop sagginess, and cause wrinkles.

These drawbacks never happen in a well-directed cure, if the patient drinks enough liquid during the day so as not to deprive herself of water, and if she regularly takes hot hydropathy.

What will be the base of the treatment which you will follow, and what are the therapeutic means which are offered you to attain this wonderful object ?

First, the return to the normal weight and volume which I have indicated above. Second, to maintain this normal weight and volume, which means to cease accumulating flesh. This will be done by means of an adequate average diet without over-nourishment, and yet without privation, while at the same time continuing muscular habits, given with the object of a cure.

To be scrupulously scientific it is necessary to note that exercise and diet are not always sufficient to attain the desired result ; for sometimes we see fat people who are very small eaters and are satisfied with a meal which would not be enough for a person in good health ;

nevertheless, they put on weight. That is why it has been necessary to introduce into the food of the fat, substances which have been recognised as being indispensable in maintaining normal nutrition, substances in a way regulators of nutrition which work upon them as ferments and catalysators. These substances are the vitamins which are found in raw, ripe fruit and in raw, green vegetables.

Decrease of bodily weight and fatty reserve, upkeep of the physical and nervous strength of the patient, and readaptation of the organic structure to a better use of its food is the goal to seek, apart from all preconceived system and all mathematical calculation.

The best method is the one that succeeds.

The diets worthy of praise for the treatment of obesity are multitudinous. It is impossible to enumerate them all here, as the list would be never-ending. I am going to speak only about those which are the most effective and which are recommended in the clinics in Paris.

The diet of Dr. Bouchard is composed of 5 meals a day, each consisting of an egg and 8 ozs. of milk, for twenty days. At the end of this time, one can come around to more varied food, but very much reduced in fats and sugar.

Dr. Robin suggests a mixed diet depending on various meals ; he suggests 5 light meals a day for the most part composed of meat, vegetables and fruits in very small quantities.

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But before determining and praising any fixed diet, the doctor who wishes to get results for his patients must humour them somewhat and must give a simple diet which does not require any calculation of calories nor any weighings of food, to which no cook will submit. The fat person so desirous of seeing her infirmity disappear will not always have the philosophical soul of a Kant or a Descartes, each of whom, it was said, used to weigh his daily allowance of food on finely balanced scales.

The diet must also be in accordance with the daily habits of the patient.

Variety of food is a necessity in order to make sure of the normal action of the organic structure ; therefore, one should collect a number of menus, differing one from the other, but all agreeable, and one should watch and follow the results very closely in the course of the cure, which should be slow.

Here are some different diets which are easy to follow.

That of Dr. Rathery comprises :

Breakfast : tea or coffee with 1 lump of sugar, 1 oz. of dry toast.

Lunch : plate of medium-cooked meat (3 to 5 ozs.), 10 ozs. of fresh vegetables (cabbage, carrots, salad), cup of weak tea or coffee with 1 lump of sugar.

5 o'clock : cup of tea.

7 o'clock : 1 egg, potato 6 ozs., fresh vegetable 4 ozs., fruits 3 to 4 ozs., bread 1 oz., cup of tea, or infusion of camomile.

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I have also lengthily studied the diet of Dr. Heckel which is based on the following principle : *the fat person may eat according to her hunger and drink according to her thirst, exclusively while resting*. Heckel treats obesity in a unique manner, and favours physical rest so as to regulate the work of all the organs of the body. A fat person, he says, can be compared to a man burdened with a heavy load which he carries around with him constantly.

The fat person, therefore, is an individual physically overdriven, whose organs and glands, surrounded and stopped up by fat, while compelled to undergo intensive work, function wretchedly. Let this same person rest, he advises, and let her get up very late in the morning. Let her rest on a sofa after lunch, with no going out, no promenade, and with an early going-to-bed, accompanied by the following diet :

Breakfast : coffee with a little milk.

Lunch : grilled meat or fish 5 ozs., salad or green vegetable (three spoonfuls), fruit, coffee, glass of Vichy water (Celestin).

Dinner : same as lunch.

Write down your weight three times a day, in the morning, before and after dinner.

Dr. Heckel claims that his patients lose 4 to 6 pounds a week on this diet. The liver, the kidney, the intestines and the endocrine glands get rid, little by little, of their surplus of fatty tissue which hinders them from functioning ; thus they succeed in yielding their best produce

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and all the duties of the organic structure become normal, the excess fat disappears, and the cure for obesity is achieved.

Everything that lessens the poisoning of the organism, everything that increases diuresis (that is to say, the loss of water contained in the tissues), and especially rest and lying down on the back, accelerates loss of weight.

Here is the list of foods allowed and forbidden in Dr. Heckel's cure :

FOOD PERMITTED

Meat : Beef, mutton, veal, poultry, game. No pork, and no meat of an allied character, such as sausages, sweetbreads, brains, tripe, though liver and kidneys are recommended.

Fish : All fish without any exceptions provided it is fresh (no canned or smoked fish). Sea food, such as oysters, clams, mussels, lobsters, crabs, fresh shrimps. Dried fish are forbidden, as well as fish preserved in oil,—sardines, tunny fish, smoked salmon. Also caviare.

Recommended are sole, whiting, cod, brill, smelt.

Vegetables : Spinach, string beans, tomatoes, cauliflower, Brussels sprouts, red cabbage, sauerkraut, Jerusalem artichokes, egg plant, squash, salsify, mushrooms, artichokes, turnips, asparagus.

Salads : Lettuce, escarole, chicory, endive, cucumbers, fresh onions, radishes.

Fruit : All fruit, fresh or cooked, but not dried, up

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to $3\frac{1}{2}$ ozs. for each meal ; cherries, strawberries, raspberries, gooseberries, currants, apricots, nectarines, oranges, melons, peaches, apples, pears, plums, grapes.

For drinking, a mineral water, one glass a meal, preferably Vichy. No wine or beer, or cider. But tea and coffee permitted.

FOOD FORBIDDEN

Soups, bread, flour, meal, cakes, tarts, crackers, pastry, macaroni, spaghetti, noodles, tapioca, biscuits, muffins, pancakes, pudding. (In spite of tradition it is to be remarked that rusks are richer than bread.) Also, contrary to what is believed, the white of the bread is less fattening than the crust. But in order to grow thin all bread, of whatsoever sort, biscuits, rolls, crackers, must be absolutely cut out, except a special dietary bread, and then only as recommended by a doctor.

All starchy food, as rice, lentils, dry white beans, corn meal, chestnuts, potatoes, lima beans.

Butter, cheese, oil, fat, drippings, olives, *pâté de foie gras*, sausages, all milk, cream, buttermilk, though a small amount of half cream and milk can be used for seasoning.

Sugar, barley sugar, chocolate, candy, licorice, "confitures," honey, cake of all kinds, gingerbread.

Dried fruits, raisins, dried currants, dates, figs, almonds, nuts, bananas, prunes.

Alcohol in all its forms.

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Eat very little salt. And sugar can be replaced by saccharine to advantage.

Eggs are fattening if one eats the yolk, though one can eat the white in combination with something else. Still, at the beginning of the cure and until the weight has appreciably diminished, it is better to avoid them.

And, should rest be used all through the cure ?

Not necessarily, says Dr. Heckel. As soon as the organs and glands function properly, that is to say when one nears the weight which is practically an ideal weight, one can begin physical exercises, but not before.

It is irregular, and it could be dangerous, says Dr. Heckel, to compel a person weighing 200 pounds, 5 feet 8 inches tall, whose weight ought to be 140 pounds, to undergo violent exercises. At this point the patient is weighed down by a surplus of 60 pounds. A fat person doing exercises overworks all her organism, and this can do nothing but aggravate the sickness. Therefore, it is necessary before recommending exercise to cause the patient to lose an excess of weight, through diet and hygiene.

Nevertheless, people who are but slightly fat, and whose weight only passes their normal weight by a few pounds, can from the start of their cure add a few physical exercises to their dieting. But physical exercise is a double-edged weapon ; when it is moderate it increases the assimilation and therefore the weight. On the contrary, when taken intensively, after the patient has already lost all excess fat, it allows the muscles to

burn up more food material than is good. The dissimilation, therefore, over-balances the assimilation and the weight goes down.

The second part of the cure consists of joining the exercise to the diet and this second part begins when, normal weight having been reached, there is nothing more but to make it stable and avoid all future fattening. The chief principle is the following :

Intense, rapid, and sufficiently prolonged exercises, bringing about an abundant perspiration, are the only ones that can infallibly make a person thin, but they must be associated with an average diet that is well-balanced.

The main interest in this question, then, lies in the way one's exercises are taken.

When well done, they give remarkable results. Not only does the patient not get fat again, but he even gets thinner, more vigorous, and his body becomes better-looking in an æsthetic sense. Exercises increase the circulation, the freshness of complexion, and are most beneficial to the general health of the patient.

The French doctor, after having thoroughly examined the patients, takes specimens of the urine, and tests the blood by means of metabolism, which indicates the good or bad action of the glands, looks over the digestive tract, the heart and the lungs, submitting them to radioscopy, when necessary ; then the patients are compelled to undergo a rather strict fast accompanied by purgatives.

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In the morning the patient takes a saline purgative and eats nothing the whole day, but on the other hand, drinks abundantly of vegetable bouillon, tea, lemonades and orangeades.

This cure by means of fasting and deprivation of water at the same time, was originated many years ago by Dr. Guelpa, now retired. Dr. Fruhmusen practising in Paris and Dr. Kapp of Wiesbaden also base their cure upon it. Dr. Guelpa does not, however, advise it alone, but adds strong doses of physiotherapy, an example of which I shall give you. For instance on the first day, Dr. Guelpa recommends :

An application of galvanic current with two electrodes, one for the back, the other for the abdomen, with feeble intensity (2 milliamperes) for thirty minutes, followed by faradic current on the same places for twelve minutes.

Then, a few minutes of abdominal massage (massage of the stomach and the intestine) while the patient is under the light of an infra-red ray.

Then, three minutes of irradiation on the front of the body are gone through, with ultra-violet rays. On the following day, the irradiation of the back of the body will take place and the dose will be progressively increased two or three minutes at each sitting.

Then, a period of fifteen minutes of high frequency given by means of a condenser bed.

The finish should be ten minutes of gymnastic exercises. The treatment varies, but it aims especially to

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treat and better the circulation of the limbs. This is also assisted by means of a bath called "The Fourcells Bath," in which the legs and arms are bathed in their respective containers full of water, where at first a galvanic current of feeble intensity is circulating for twenty minutes, then a very special current called sinusoidal for ten minutes.

Then, if the hips or any other parts of the body are coated with a too thick covering of fat, they are put through a twenty-minute period of ionisation in which iodide of sodium is made to penetrate through the skin, by the intermediary of an electric current, which has the power of dissolving the fat.

Lastly, if any gland, the thyroid for example, is acting badly, it can be submitted for twenty minutes to a galvanic current, and after, for ten minutes, to a faradic current, so as to restore to it the secretory equilibrium which it has lost.

A very interesting thing to notice during the period of this cure, especially on the days when the fasting is strictly observed, is that it is ordered to inject pure oxygen beneath the skin, which penetrating into the tissues and into the blood causes the patient to be more vigorous and allows her to go to all her duties without the slightest fatigue, as if she were following a normal diet.

This cure is not only a cure for getting thin, but it can be conveniently taken, and this is the best advice that I can give you, as a cure for restoration of youth.

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Through it the organic structure is completely freed of all poisons which bother it and which hinder its proper action, it is regenerated by the use of physical agencies which contribute, some to the elimination of fat, others such as ultra-violet and infra-red rays to the development in the blood of special substances allowing oxidations and changes of all kinds to become more complete.

Finally, the circulation is stimulated and regularised by special baths, and the treatment of insufficient glands is accentuated by appropriate applications of galvanic and faradic currents.

Besides, as in the method stated above when the glandular insufficiency is too prominent or when it is manifold, it is not only excellent but indispensable to cause the penetration of appropriate glandular extracts into the body. This method is called opotherapy and it is generally indispensable for most of the cases of obesity not only with young girls but also with women who have had children, as well as with those who have reached the menopause.

After the cure, under medical surveillance, is ended, in order to keep the acquired result, the following alimentary diet is advised :

(1st) one day every week of fruit diet ; nothing but ripe, fresh fruit.

(2nd) once a month a three days' fast, accompanied by a strong purgative. During these three days, drink abundantly orangeade, lemonade without

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sugar, fresh water, and weak teas with lemon, no sugar.

Physical culture must furthermore be continued a long time after the wished-for slimness has been secured. All the muscles must be re-educated, one after the other, and finally you get to exercises on the floor for straightening the trunk and the lower limbs, indispensable in every cure for obesity.

These muscular exercises are to be done quickly at first, in order to make the muscle destroy its fatty excess ; and then slowly in order to fortify the muscular tissue. Teach the organic structure to make muscle instead of making fat ; that is the idea of the cure. The best moment of the day for gymnastics is in the morning, at first for 10 or 15 minutes and finally for 40 or 45 minutes. It must be done daily and with absolute regularity.

Such are the means which you will find when you are in Paris and which you should make use of during your stay in the "ville lumière" so that you may as much as possible develop your beauty and increase your charm.

If you spend two or three months in Paris the treatment that you will follow, commanded with the utmost care, and undertaken methodically under medical supervision, will be for you a treatment of rejuvenation.

If you remain in Paris for only a few weeks or only a few days, the cure will be more rigorous, and the periods which you will consecrate to it will be longer,

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so that you may obtain the benefit which you have every right to expect.

You will leave in a state of perfect health, all the organs rested, and reinvigorated, your glands, whether internal or external, will work their best.

Your eyes will be bright and clear, your complexion fresh, your skin renewed by a better action of your glands. Your beauty will shine in all its glory, from the happy life within you.

CHAPTER IX

THE RIGHT WAY OF REDUCING

This is a simpler chapter than the preceding, although not less scientific. In fact it is in a way the same information more popularly and more practically put, so that you may have definite material to act upon. After you have read both chapters, you will know both scientifically and fundamentally what you are dealing with in this tiresome problem of superfluous flesh, which sooner or later, in one form or another, confronts practically every mother's daughter of us.

The desire of the modern woman to keep a slender figure is a new illustration of the words that beauty can dwell only in a healthy body. The modern mind instinctively feels that superfluous fat is a menace to health and youth, that an abundance of fat is something repulsive and not in accord with the principles that rule our conception of the beautiful.

But until recently, obesity was looked upon as a mere bad habit, due to overfeeding ; therefore it was thought that restricting the quantity and quality of food alone, in combination with purges and massage, would be able to do away with the evil.

We know now that overeating has only partly to do

with the development of superfluous flesh. As a matter of fact we all more or less indulge in overeating, though not all of us become obese. And every one, I'm sure, has that traditional friend or acquaintance, who eats ravenously and yet remains thin to the point of emaciation. The truth is that what one eats, up to a certain point, nourishes one, and beyond that fatal dividing line it poisons, either in the form of fat or in a hundred other ways.

Again, we know that obesity is often an hereditary trait, running in families, and even in whole races. The latter is illustrated by the predominance of fat people among some southern nations and some Oriental tribes.

That overnourishment has actually little to do with the accumulation of fat is clearly shown by the fact that in many families only one or two members become obese, whereas the others remain normal ; yet they all have the same quality and the same amount of food.

It is obvious that in every case, overeating sooner or later leads, to say the least, to undesirable intestinal complications. The stomach becomes enlarged (one reason more why we have to keep crowding it up with food), the liver is overstrained and fatigued, and an obstinate constipation prevents the timely removal of the waste, which remains in the intestines too long, gets partly absorbed, and leads to intoxication and intestinal ailments.

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It follows, therefore, that we can cure obesity permanently only by securing normal conditions in the abdominal organs, and here we see the difference between the routine treatments, the universal panaceas with their rapid but temporary results, and a *real cure* which is what we are after. For it is comparatively easy to reduce the girth of the waist—and that rather quickly—by simple fasting, by laxatives, and by heat-baths. But to remain that way—ah, that is a different matter. And no sooner has the patient returned to his everyday life than the accumulation of fresh fat deposits starts again.

Moreover, with a quick reduction cure the appearance of the face is likely to suffer ; that is to say, the fat layers underneath the skin are taken away so quickly that the stretched skin has not time to shrink back to normal and wrinkles, or hangs in flabby folds that give anything but the look of youth. What is gained in one direction is lost in another. I am sure you have all seen instances of this very thing.

And there is another—and perhaps even greater danger, since it has to do with the health—and that is what is medically known as ptosis. This means a sinking down of the stomach and intestines in the too wide cavity left by the too rapidly dissolved abdominal fat that has supported them, leaving the abdominal walls in a loose and flabby condition. Much permanent harm to the health can be done by allowing this

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condition to develop, which does not do so with the reducing method I give you.

No one would like better than I to tell you that I had a magic system whereby you might become slender in a short week or so, and stay that way indefinitely. Perhaps some day such a system will be discovered.

But in the meantime I can assure you that any woman who really wants to get rid of her fat, and to keep it away, can do so, and without the drawbacks I have mentioned. Only this demands time and persistence. A woman must therefore truly want in her heart of hearts to attain the slender ideal and be willing to make sacrifices for it, to place æsthetics above the small indulgences of the body. Unexpectedly, she will gain her reward in other directions besides the loss of her fat, as you may presently infer.

There are, of course, certain abnormal cases of fat due to glandular disturbances, on which this common-sense method I am about to give you will not work, though applied with all the good will in the world. So little effect will it have, indeed, as to make it hardly worth while attempting. Where this is true it is outside my province, and requires the consultation and co-operation of a doctor. Especially does a sub-functioning of the thyroid gland lead to obesity. But I might say for the encouragement of any of you who may not already know it, and who suspect yourselves of having a thyroid condition, that it is perfectly safe nowadays

to take thyroid tablets under the direction of a specialist, even though the heart of the patient is already affected, as so often happens with the obese. But *only* under the supervision of a physician.

In some cases, too, the administration of ovarian gland extracts is recommended, as it is often noticeable that women, at the menopause, grow fat, an unmistakable sign that the lack of ovarian substance lies at the root of the trouble.

When I say, as I just did, that any woman who wants to, can become and stay slender, mind I am not promising that a woman with a large frame can come to look like a French mannequin, as I have found some women, disregarding their skeletal structure, wishing unreasonably to do. Everything must be in proportion. But that can be had,—proportion, and harmonious proportion.

There is much confusion in the minds of women over this matter of weight. They are influenced by hearing other women comparing notes on what they weigh, and what they think they should weigh, and also by the figures on their own scales. It is why I have included a short section in Chapter XI on weights and measures. Since fat tissue is comparatively light in weight as set against real flesh (muscle tissue) and bones, two women having the same weight may look altogether different. While the one could be called well proportioned, the other might give the impression of being stout.

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A French doctor told me of a case of his, which will help illustrate this point. A woman came to him who was puffy with fat, and wished to reduce. He explained his cure, which though encouraging, appeared to the woman as somewhat drastic. "But will you positively promise me," she said, "that if I go through with the cure, at the end I will have lost weight?" "No," he replied, "I cannot promise you that. But if you will only have faith in me I *can* promise you that you will *look* as if you were half your size." The woman did have confidence, went through the cure and it was just as the doctor had said. She was the wonder and admiration of all her acquaintances who exclaimed on how slender she had become. Yet her scales actually registered an increase of five pounds.

The doctor had seen at once that her type of fat was the soft and flabby kind, and to bring her into harmonious and slender proportions all that was necessary was to transform the "too, too" puffy flesh into solid flesh.

There is nothing at all mysterious about the reducing method that I give you here. It is simply common sense. And it consists of elements of hygiene with which you are all familiar, with one exception, the initiation of it, which is also its important feature.

The method commences with what is called by some "a fast." Personally I should not describe it as such, nor would, I think, most Americans, to whom a

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fast means going absolutely without any food whatsoever. Such a fast as I mean permits the taking of liquids and particularly of a most delicious and nourishing vegetable bouillon ; also of tea with lemon, of orange or lemon juice, or the juice of freshly crushed grapes. In fact an alternate name for the fast is " the vegetable bouillon cure." If you will turn to the chapter on diet, Chapter X, you will find all the details on how to make and take this vegetable bouillon, with two different recipes. It is equally given in the modern cures of rejuvenation and produces all sorts of wonderful results for beautifying the body. I do not want to repeat myself here, so will ask you to refer to it.

We will assume then, that you are *au courant* with this bouillon cure,—or this " fast," if taking only liquids, however nourishing, really seems to you in the nature of a fast. All the best European doctors base their obesity cures on this. That is to say, after the initial examination, the tests for metabolism, the blood, the heart, and so on, they start off with the fast. No one is too old, too feeble to stand it, they insist. In fact the feebler you are, the more you need it. It is the only way to clean out the system thoroughly, and give it a chance at a fresh start.

Some women need a longer fast than others, being heavier and more auto-intoxicated. But everyone can support it for at least three days. By the third day one should have a feeling of buoyancy and lightness in the body—even before losing any appreciable weight—as

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if a burden, both mental and physical, had commenced to roll away.

When I took a cure in Paris injections of oxygen were given to buoy me up and make less noticeable any sensations of hunger or fatigue I might feel. But since I am quite accustomed to skipping meals in my busy life without even noticing it I am sure that for me the oxygen injections were unnecessary. And they would be for most women, though pleasant and stimulating enough to take.

Your three-day vegetable bouillon cure once finished, what then ?

Then, you will go on a diet very simple to follow, and without any onesided nutrition about it. Just as a sample of what it may be I give the following :

Breakfast : A cup of tea or coffee with milk. You may use sasparine, if you like. Tea with honey is even better. One slice of whole wheat toast with butter.

Lunch : A vegetable soup, preferably your vegetable bouillon, a small sandwich, fruit, raw or cooked. Baked apples are ideal. No drinking.

Dinner : Fish or chop, lamb or mutton, very little veal or beef. Chicken of course. A dish of green vegetables. Toast. Fruit. No drinking. Drink as much water as you can, and always a large glass, hot or cold, but before or after eating.

Of course it is necessary to have a great variety and as much change as possible in the choice of dishes. But the amount allowed will completely satisfy your hunger.

And, then, if you are really in earnest about wanting to stabilise your newly acquired weight—and how I admire a woman who is proud of her appearance, and sensitive to the pleasure that it can give to others—I am afraid I must tell you that you are more or less committed to this diet for a long time. In addition you should choose one day out of the week to eat nothing but fresh fruit, which with the markets full to such delicious profusion, and variety, and at such reasonable prices, should be no great hardship to you. And you must not say entire farewell to your vegetable bouillon cure, but take at least two days of it every month, with your purge of sulphate of soda.

Diet, however, while so important, is not the whole story.

From the very moment that you commence your fast you must begin taking some system of exercises, with the greatest persistence and regularity. Perhaps you already have one that you have put to the test, though you have grown slack about using it. If so, get it out, dust it off, and put it at once to work. If you have not learned any definite system you will find whatever you need in my chapter on exercises. It will well repay your study. How much time you will devote to your exercises will depend somewhat on how much you need to lose.

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But you ought to start out with *at least* ten minutes night and morning : increasing that as soon as possible.

And with every movement of each exercise you must inhale and exhale, breathing in as you start and breathing out as you finish. This is very important. Exercises lose half their effect, if they are taken without deep breathing. And some women go at their exercises with such force and intensity that they almost hold their breath, which is very bad. If the exercises can be done before an open window so much the better. The more fresh air you imbibe the more possibility of burning up your extra flesh.

I spoke a moment ago of the dangerous condition of ptosis, that is, the falling down and displacement of the intestinal organs, that can result from a too-rapid reducing cure, when the fat that holds up these organs has been carried away. This is one of the reasons why exercises must be begun at once with any reduction cure, in order that the weak abdominal muscles may be strengthened to take the place of the disappearing fat and support the organs as they normally should. If electricity can be had by someone who really knows his job, that is good as a supplement, but you should not let it entirely take the place of your exercises. Sometimes a specially constructed abdominal belt, having as a feature supporting pads, which can be adjusted by means of hooks to any change in the size or shape of the abdomen, is helpful in preventing or correcting ptosis.

You should walk as much as possible not only out of

doors but in the house, taking as many stairs as you can stand.

You should pay attention to your daily bath. And try to get in two or three dry salt rubs a week, applied with the aid of a large bath brush, and rinsed off afterwards quickly in a tub of tepid water.

And there you have practically the whole story of the right way to get slender and to keep slender—a fast, or vegetable bouillon cure, a mild diet, exercises, bathing. It is not drastic, but has the proper tempo, which should not exceed six pounds a month. Any doctor, I am sure, would subscribe to it. Moreover, with this method, if you will also pay attention to the use of your astringents and your bracing lotions your face will not suffer, and you will achieve the rejuvenation of that as well as your figure.

Perhaps, in closing this chapter, you would like me to say something a little more specific about electricity. And this is what I would tell you. Electricity in the form of diathermy is excellent as a supplementing force for reducing. This is especially true where a woman has let the fat pile up over a long period, and comes to the ambition of æsthetic proportions somewhat late in life. Not only is her muscular structure very much weakened thereby, but what I might call her “will to exercise” as well. For this woman I should suggest electricity in one of its various forms, either as galvanic treatments, or perhaps iontophoresis. The latter is particularly intended for the removal of localised fat accumulations,

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as for a double chin, or hips and abdomen, or legs, which can happen with the young woman just as well as the mature. Large accumulations of fat can be destroyed in a comparatively short time by the application of what is known as ionization. A well-adapted pad, covering the whole surface of the obese area, is soaked with a solution of sodium iodide, connected with a galvanic machine, and a current is applied for about twenty minutes. Such a treatment is a very powerful agent, and large gatherings of fat can thereby be destroyed within a few weeks. The method, however, calls for a distinct skill and thorough training, and one should be very sure of the authority of the person giving it. Otherwise damage can be done to the skin by burning, which will leave a permanent scar.

If one can follow up an ionization treatment with a massage this is helpful, but don't depend too much on massage. Take that also as something pleasant and supplementary, and as a kind of stabiliser, but set your muscles to work in the exercises. If you do have massage for this purpose it must be a most strenuous one with deep kneading of the flesh. For the patient such a proceeding is somewhat painful and it takes a very strong masseur not to feel fatigued after giving it.

Of course, with electricity alone, your fat is only removed temporarily. As long as you do nothing to change your régime of living your obesity must inevitably return. So in the end, if you really want a permanent slenderness that fluctuates only slightly from

month to month you must come round to my common sense way of keeping it. Perhaps I would suggest iontophoresis to show a woman how much more charming she can look, to have her encouraged by hearing the compliments that her friends and family pay her on her improved appearance, so that it will kindle the ambition to stay so for ever. The treatment will serve as a springboard to start her off in the direction of beauty and youth.

As to Turkish baths and electric lights, they are often effective, but should not be indulged in by anyone with an affection of the heart. It is wise to consult a physician if you are in doubt on this matter.

For your convenience I will summarise here a number of different reducing diets, of greater or less effectiveness. Combining any one of them with a reasonable amount of exercise should suffice to regulate your weight, unless it is due to some internal glandular trouble.

One method of inaugurating a reducing régime is to start off with a three-day orange fast. During this period the patient is permitted all the oranges, orange juice, and drinking water she desires. This fast is not at all difficult, and it performs the double duty of clearing out the alimentary tract and shrinking an expanded stomach to normal proportions.

Following this semi-fast, you will find it quite simple to omit any breakfast other than orange juice, or perhaps a little fresh pineapple or grapefruit, and one thin

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slice of whole wheat toast without butter. Coffee, of a variety with the caffeine removed, may be taken, but it is advisable to do without it if you can. For lunch and dinner you have your choice of a menu consisting of very lean meat, in modest quantity, with as much of any green vegetable as you care for (with the exception of peas and beans), and all fruit save grapes and bananas. Whitefish is allowed, and also clear soups, such as beef or chicken broth. You may drink all the fruit juice you want ; and tea and coffee in limited quantities, if taken without cream and sugar for the caloric content of sugar and milk is high.

One very popular diet used with tremendous success in Europe and practised by many members of the Austrian royal house, is the following : total abstinence from all food for a period of twenty-four hours, with the exception of buttermilk and strong black coffee. The coffee is used merely as a stimulant, and buttermilk to the amount of two quarts is permitted. This diet followed once a week for a period of from four to six weeks will not only greatly reduce the weight but beautify the complexion. It is a great favourite among smart European women.

Another semi-fast consists of orange juice for breakfast ; sliced oranges and fresh pineapple for lunch ; orange juice again during the afternoon ; and lamb chops and fresh pineapple for dinner.

Milk diets have been reported as very successful in regulating overweight. This diet consists of nothing but

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skim milk and fully two quarts a day is advised. Skim milk combined with plain baked or boiled potatoes is another variation. Skim milk is taken for breakfast, and at the other two meals, cold milk and one or two potatoes.

Following any of these fasts or semi-fasts, the patient will be free of any abnormal craving for rich and heavy foods and it will be easy to settle down to the diet she decides to adopt. I might mention here that the absence of oil and butter in cooking may be mitigated by the mild use of condiments. Vegetables, for instance, may be seasoned with a very little chili sauce (a comparatively non-fattening seasoning) if they are found unpalatable with salt only. Your salads may be dressed with lemon juice, salt, and a little mustard.

A Six-day Reducing Diet

1. On rising, two glasses of hot water, to which you have added the juice of a lemon. Your cup of coffee, if you must have it, and a slice of crisp toast for breakfast. The juice of one or two oranges every two or three hours during the day, with as much water as you can drink between times. This procedure thoroughly cleanses the system, keeps up your strength, is splendid for your health, and will start clearing your skin.

2. On rising, two glasses of hot water, with lemon juice. Ten minutes exercise. For breakfast, coffee or a coffee substitute. One slice of bran or whole wheat

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toast, slightly buttered. Luncheon : celery and tomato salad, with a little dressing. Dinner : spinach and a poached egg, a side dish of carrots, parsnips or turnips, crisp whole wheat toast.

3. Hot water and lemon juice, exercise. Breakfast: half a grapefruit, a small portion of whole grain cereal, with a little honey, coffee or substitute. Luncheon : shredded cabbage, with chopped pimento (if you like it) and a little dressing. Dinner : vegetable soup.

4. Breakfast : a slice of whole wheat toast, coffee or substitute. Luncheon : lettuce with grated or shredded carrots and a little dressing. Dinner : a piece of boiled, broiled or baked fish, stewed celery or stewed tomatoes, string beans.

5. Hot water and lemon or orange, or grapefruit juice, exercise. Breakfast : sliced orange or one slice of pineapple, toast and coffee. Luncheon : Waldorf salad (apples, celery and a few nuts). Dinner : chicken (prepared in any fashion except fried), spinach salad garnished with asparagus tips on lettuce : a slice of toast or zwieback.

6. Breakfast : coffee or substitute, and if you must have it, a piece of zwieback. At eleven, a glass of milk. For luncheon a cup of clear soup. During the afternoon, either a glass of milk or a cup of thin cocoa. For dinner, a cup of soup and a glass of milk or fruit juice before retiring.

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On the day following the above diet be sure to have plenty of raw fruit and raw vegetables. One happy result of these "liquid days" is that you will not be able to consume as much food as before—your foods needs will be normalised.

CHAPTER X

ON DIET

Far back near the beginning of this book I stated that the three prime essentials for the woman who is seeking youth and beauty are : attention to her skin, diet and exercise. Now after wide digression, I have reached the difficult subject of diet.

It is difficult for several reasons. One, because proper nourishment, scientifically considered, is comparatively new to the world, and though, even so, much investigation and experiment is already behind us, our information is still somewhat uncertain. One month a discovery is announced which the following month another proceeds to contradict.

And the subject is difficult also because the average woman is reluctant to devote the time and exercise the restraint necessary to proper dieting. A diet, to her, signifies something formidable, a régime involving painful abnegation and self-discipline, a deprivation of all the food she likes best, and in addition, a cutting down on quantity. With such an attitude it is hardly to be wondered that diets seldom last the required period of time. And yet, to the woman who is intelligent in her quest for beauty, the knowledge of food values is as important as it is fascinating.

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What people do not realise is that whether we wish it or not we are all of us, men, women and children, continually on a diet—an extremely bad one for the most part, as far as keeping fit is concerned, though we do seem to have acquired some sense in how to feed very young children. What we need is a change to a good diet. And in time, when each one of us has had a chance to work one out, we will find that the correct foods are just as delicious as the incorrect ones, if not more so.

The old-fashioned and absurd attitude toward eating—and I have to confess I am still not entirely out from under the shadow of its influence—is to eat wrongly for weeks and months, to let oneself get fat, or dyspeptic, or rheumatic, and then to starve oneself painfully for six weeks or two months to arrive in a minimum of time at being thin, or back to normalcy. To remain this way for another six weeks or so and then to begin the wrong eating all over which naturally brings along in its train the old ills. And so *ad infinitum*. Not only, therefore, are there just so many periods in the year when a woman is “let down” and less attractive than she might be, but this alternation of overeating and starving is most disastrous to the health.

It is a truism that not everyone can eat the same food, and partially axiomatic that what is one man’s meat is another man’s poison. People have their individual peculiarities and constitutional preferences, which are frequently based on the chemistry of their

bodies. Certainly there is a vast difference in the needs of different people both as to the quantity and the kind of food which they require. Yet with all these differences there is now a volume of gastronomic knowledge that is applicable to nearly everyone.

I want first to go over certain dietary transgressions common to our age, and particularly common in the United States, where the raw materials are so abundant and where the prepared foodstuffs are of a better quality than anywhere else in the world.

Most people do not know how to choose the foods which are valuable in repairing the tissues of the body and giving it energy to do its work. Almost everyone overeats, particularly of the foods of high proteins and carbohydrated elements. Few people consume enough "roughage," so necessary for elimination and for the supplying of mineral salts to the body. Many of us go about in a chronic state of auto-intoxication without knowing why we feel depressed and listless.

Then there is a failure to divide up the meals of the day in a manner to obtain the maximum of strength and health with the minimum of effort given to the processes of assimilation. One's hours of eating are again an individual problem, based on one's needs and activities, but here people are apt to fall into the habits of their forefathers, and eat three and sometimes four heavy meals a day. The original need for all that heat and energy has long since passed away, and overeating

(as it amounts to now) is irrational if not positively harmful.

Another frequent dietary mistake is the improper combination of foods taken in the course of one meal. Various kinds of food are crowded into the stomach at the same time, and since they do not belong together they cause unhealthy fermentation.

Furthermore, knowledge of how to free the system of toxins is not generally known.

Food is often eaten too rapidly, and then one is tired and nervous, with very bad effects on the digestion.

Perhaps you may think this indictment too severe. Certainly general information about diet is more current than it was several years ago. Yet women are prone to be food-faddists, to adopt one kind of food or a method of eating, which is supposed to be a panacea. Balance is necessary in eating as in everything else. The food fad doesn't usually represent any real human need, but merely the public's response to some cleverly promoted commercial product. The French are most conservative in the matter of food, and it is in France that gastronomy has reached a higher point than anywhere else.

The French cuisine is frequently criticised—and rightly—for containing too many elaborate sauces. I am naturally against a diet that is characterised by a great quantity of spicy seasoning. And at the same time I do not condemn it completely, as do some modern

dieticians. The rôle played by the appetite in the process of digestion is too important for one to insist on a diet that is insipid and monotonous. At the same time it is better to seek an excitant of the appetite in the novelty of preparation and the variety of what one eats from day to day than in the abuse of condiments. Simple dishes, little seasoned, but exceedingly varied from meal to meal, will be sufficient to please the palate, and create the necessary sensation of hunger.

Many people ask me about the advantages of raw over cooked food. In favour of cooking there is this to say : it softens certain foods, such as the farinaceous foods and tubers, which are indigestible unless subjected to enough heat to expand and explode the starch cells. Likewise cooking breaks up the cellulose fibre which forms a large part of the green vegetables. It suppresses the bitter taste of certain vegetables and destroys certain volatile essences which render others difficult of digestion in their raw state. But the principal advantage of cooking is to prevent harmful reactions in the blood, which the introduction of raw nitrogenous material, such as meat and eggs, could provoke. Killing bacteria present in raw foods is a further advantage of cooking.

Cooking, however, often destroys those living elements called vitamins, which are indispensable to proper nourishment. To my mind the best diet is one composed of both raw and cooked foods, with one of your main meals of the day consisting largely of raw

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foods—salad, raw vegetables and fruits, and the other largely of cooked foods.

You may not realise that fresh butter and cheeses come under the heading of raw food. That is why you can have a perfectly balanced meal of uncooked foods, the butter and cheese furnishing the fat and protein elements necessary. Many of you have doubtless noticed, in this connection, that the Frenchman not only butters his radishes, but eats the little green leaves as well, the combination of butter and green leaves rendering the radish much more easily digestible.

Particularly do I insist on the consumption of fruit, fresh and uncooked. One can never have too much of it, provided one doesn't pass the limit where its action becomes purgative. Fruits contain natural sugars much more easily assimilated than artificial sugars, and they are extremely rich in vitamins.

Among the fruits, reserve an important place for the orange and lemon. The orange is a healthful and agreeable fruit for everybody,—children, grownups and invalids. The lemon has often been employed to counteract rheumatic tendencies and many people in Europe take a lemon cure every year. This consists of drinking each morning before breakfast the juice of one lemon and of increasing that dose to two the next morning, three the next, and so on up to five. When this limit is reached, you come back progressively, day by day, to a single lemon. And the treatment is finished. Of course, during these five days one should eat as little

as possible. I do not counsel it for anyone without the sanction of her own physician, as the acid might quite possibly irritate the mucous membrane of the stomach. It may, however, be taken with oranges instead of lemons ; and in that case should take the place of breakfast.

There is another lemon cure that is even stronger, and which should never be undertaken except under the direct advice of a physician.

This cure might really be called a lemon fast. It consists of drinking each day—not just in the morning—nothing but the juice of lemons in Vichy water. One begins the first day with four, the second, eight ; third day, twelve ; fourth day, sixteen ; fifth day, twenty ; sixth day, twenty-four ; seventh day, twenty-eight. The fruit may be taken at any intervals desired, though on the first three days I suggest drinking the juice at four different times, of from three to four hours apart, and on the other days at six different intervals, with the same amount of time in between. As with the preceding lemon cure oranges may be substituted.

Among the fruit cures there is one whose therapeutic action is particularly interesting, and this is the grape cure, which is supposedly helpful in cases of liver affections, and in all the stages of hardening of the arteries, the inevitable commencement of age. It is also excellent for constipation. I have taken this cure at Wiesbaden many times ; it can be taken at any place, however, in the early autumn when ripe grapes are

plentiful. It is considered as efficacious as a cure of the water at this spa, and is becoming increasingly popular. Many French people go to one of the great vine-growing sections of France to take this cure.

The régime is very simple. During from three to six weeks one should eat a daily dose of from four to ten pounds of grapes, of which a third must be taken in the morning at breakfast time, a third during the course of the day, and a third just before going to bed. Eat almost no food during this time.

The sugars contained in fruits give them a considerable nutritive value, and the salts of lime, of soda, of potassium which they contain make them valuable for the system.

The fruit salts are reputed to exercise an excellent effect on liver and kidneys, helping to neutralise the noxious acids which cellular activity liberates. Raw fruits and vegetables furnish the body with mineral substances, those famous vitamins. Iron enters into the composition of the blood, calcium into the bones ; phosphorus, manganese, iodine, arsenic, sulphurs and copper are found in minute quantities in the tissues. Many of these salts and minerals exist only in infinitesimal quantities, but they play a major rôle, nevertheless, and must be supplied by the ingestion of raw foods.

While on the subject of raw foods, let me say a word about tomatoes. Some women insist that they cannot eat tomatoes because of resulting acidity. Some

European doctors are for and some are against this theory. If you cannot digest tomatoes when taken with the meal, try eating one or two half an hour before the meal.

And what of stimulants—tea, coffee and alcohol?

Alcohol in the form of cocktails, gin, whisky, is automatically ruled out of any beauty régime. If one is living in Europe a little wine of very good quality is permissible from time to time. European doctors differ among themselves as to whether white or red wine is better for the system. The general opinion seems to be that if one is anæmic the red is better because of the tannin it contains, which is bracing. Otherwise white wine is better, although there are certain foods which demand the red as their proper accompaniment. Doctors appear to be fairly in accord that a little wine taken every day is more toxic than even a large amount taken on a festive occasion after a long period of abstinence. In the latter case the body reacts at once to throw off the poison completely, but in the former there is always present in the blood-stream the toxic element.

Coffee is a tonic for the heart and for the kidneys. It is a stimulant to the brain, but also to the nervous and muscular energies. It should be taken in very small quantities, in the manner of the Brazilians, and it should be of the best quality and freshly brewed, preferably with a percolator, or filtered, at each serving.

Coffee from which the caffeine has been removed is

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being much recommended at present for those who have a gastronomic weakness for the flavour of coffee, but who have learned to beware of its bad effects.

As to tea, it is an excitant of the nervous system. And it is amusing to note how many women refuse coffee yet will drink enormous quantities of tea. Tea may be even more harmful in its effects than coffee, since it is nearly always consumed in greater amounts.

The best beauty drink to go with your meals is what the Frenchman calls *Chateau la Pompe*, pure unadulterated water.

Every woman, even if she is young and considers herself in good condition, and the proper weight, should take an occasional "disintoxication cure," or mild fast—in order to stay so. The fast gives a rest to the stomach and intestines, thus permitting them to get rid of the waste products that have been piling up. Such a fast is often the "stitch in time," and an excellent way of maintaining health.

The fast has been practised from the most remote periods, though perhaps more in Europe than in America ; and the splendid effect that it exercises upon the constitution as well as the morale has given it in many religions the value of an act of purification. It should be much more practised than it is.

Don't be afraid of it. Numerous celebrated doctors recommend a short fast. The first hours may be uncomfortable, to be sure, and as little physical effort as possible should be undertaken during them. But there

is no royal road to beauty, and if you are incapable of a small amount of self-denial the prizes of life are not for you. The first day of your "cure," you may feel a little weak, but gradually that sensation changes into a *lightness* of the whole body, and a sensation of exhilaration.

There is a mild fast suggested by a well-known doctor in Paris, which is as follows :

One day in the week, eat only about three pounds of fresh fruit ; and eat it at different periods of the day, spaced at regular intervals. You may choose whatever fruit or fruits pleases you best, though it is preferable to have the fruits in season. On the same day drink two litres of a good mineral water, the salts of which, in addition to their good effect on the kidneys, have the advantage of neutralising the acids contained, in however small proportion, in the fruit. In winter you can combine oranges and bananas, but go sparingly on the latter. In summer and autumn there is everything to choose from ; pears, plums, peaches, apricots, grapes, apples, pineapple and berries.

In addition to this weekly cure, try practising every month the following cure :

The first day the foregoing cure of fruit.

Beginning with the second day, and during the four days following, take every morning on an empty stomach a cup of St. Germain Tea. On those days do not eat any breakfast.

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At luncheon and for dinner eat exclusively fresh vegetables, and a potato baked in its jacket. No bread, though dry toast, zwieback or rusk is permitted. Finish with fruit.

The seventh day, and the three days following, replace the morning laxative with five grams of sulphate of soda. And as above, do not eat any breakfast but take a cup of hot weak tea.

At noon, and for dinner, take a portion of either one large potato baked in its jacket, or a dish of rice, or a small plate of spaghetti ; one green vegetable ; a salad ; cream, or cottage cheese or Yoghurt ; and finish with fruit. During the four days when you take the sulphate of soda, salt is permitted.

This mild cure, which affords a thorough cleansing out of the whole system, can be supported perfectly well by everyone.

We now come to this famous "vegetable bouillon cure," of which I have been talking, and to which I specially refer in the chapter on reduction. As I state, there it is given at present in Europe as the last word in a scientific and common sense reduction cure. But since it is equally recommended as a means to rejuvenation and for staying young, I am placing it here in this general chapter on diet. Naturally it is not so miracle-making as to produce results all by itself. But it is prescribed as the initiation for these cures, and as something to be observed afterwards as each month rolls around.

The "vegetable bouillon cure" should last for at least three days, and it is often taken longer. But we shall imagine here that it is to be the regulation three days.

Each morning of the three days you will take as a purge an ounce of sulphate of soda in a glass of very hot water. This can be prepared the night before and the glass, covered, left beside your bed. Arrange to awake an hour before your usual time for rising, and drink the whole tumblerful. The sulphate of soda has a bitter taste, which is unpleasing to some women, and if so you can arrange to have a few drops of lemon or orange juice in water to take this away.

When you have drunk your sulphate of soda, follow with a cup of hot black coffee or weak, unsweetened tea. Either go back to sleep, or if that is impossible, rest quietly for an hour, at the end of which time, or even before, the purge will have commenced to work, which it does very quickly. You can read if you like, but you should keep warm. You may take your first glass of vegetable bouillon at about eleven A.M., and from then on, to the time you go to sleep, you should consume up to six or eight large glassfuls, or a bit over if you like, of liquids, either of the vegetable bouillon exclusively, or, to vary its monotony, of weak tea and lemon, or lemon or orange juice, in water. But the vegetable bouillon alone is better, as it is more efficacious in helping the action of the sulphate of soda to carry off the poisons, and more nourishing as well.

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This vegetable bouillon fast should, as I have said, last three days, or it may go on longer. Though if so, I should not suggest that you take the sulphate of soda more than the three days, as it might be weakening.

Follow two recipes for making the vegetable bouillon, one more elaborate and taking a little more trouble to prepare, but more nourishing and more delicious. In fact, I have never tasted any soup with a more delicious flavour.

To make two quarts of bouillon, take—

8½ ounces of carrots

4 ounces of potatoes

3½ ounces of turnips

2 to 3 ounces of leeks, or small white onions

$\frac{2}{3}$ ounce of dried white beans

$\frac{2}{3}$ ounce of split peas

$\frac{2}{3}$ ounce of lentils

Coarse salt to taste

Four quarts of water

Cut the vegetables in small pieces, and add four quarts of water. Let simmer for from three and a half to four hours.

The second recipe omits four ingredients. That is to say, it is made with only the carrots, the turnips, and the leeks, or small onions, though sometimes a large handful of lentils is added.

For two quarts of bouillon—

One pound of carrots

One-half pound of turnips

Six leeks or a dozen small onions

Coarse salt to taste

Four quarts of water

Leeks are a staple article in any grocery shop in Europe, but are more difficult to find in America, so I have given you a substitute in a small, mild onion, in case you are not able to obtain the former. But the leek is preferable, both because of the delicate flavour it imparts to the bouillon, and because of certain valuable characteristics which it possesses, so try to find it if possible.

Those who take the cure most severely, drink the bouillon without eating any of the vegetables, but it will not do you any harm if you want to add a small amount of them during the day and it certainly is more filling, and better assuages the pangs of hunger.

That finishes the subject of the bouillon cure for those who are not taking it as the preliminary to a reducing cure, but only as a general disintoxication of the system. And once you have acquired the habit and seen what excellent results it produces you will find yourself wanting to take it every month or so for the rest of your life, as do so many men and women abroad, and as is urged by many prominent European physicians.

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Only one injunction, and that of prime importance : You must on no account attempt this cure of the vegetable bouillon in combination with purge of sulphate of soda, if you have the slightest trouble with your appendix. Your physician will discover it for you and in any such circumstances your cure should be done directly under his supervision. The sulphate of soda has a strong effect on the mucous lining of the intestines, and in stirring up the poisons in its work of routing them out it could bring on an acute appendicitis attack. I see no reason, though, why the vegetable bouillon cure alone could not be taken with perfect impunity in an appendicitis case, if the sulphate of soda were left out. And if a purge is wanted, one of the mineral oils could be substituted.

A reducing diet may contain the following sustaining and non-fattening foods : plain boiled vegetables, green salads, dressed with lemon, salt, pepper and mustard ; boiled beef, tongue and chicken, grilled lean steak ; steamed, baked, boiled or broiled fish ; plain boiled eggs, soft or hard ; plenty of raw and stewed fruits, with a little sugar added after the fruit is cooked ; toast and Swedish bread ; one small pat of butter daily ; a small portion of cheese daily ; and a little fresh fruit.

Drink plenty of water between meals, hot or cold—ordinary water or non-gaseous mineral waters ; fresh lemon drinks, hot or cold, with no sugar ; weak tea and one small cup of black coffee daily.

Gaining weight is a different problem, and quite as difficult a one, as the obstinately thin woman will agree. The woman who is habitually underweight testifies to the fact that her food does not nourish her body as it ought to. There may be any one of a dozen reasons for this—loss of sleep, nervousness, persistent worries, a bad digestive system, and then, most often, of course the wrong kind of food.

To begin your weight gaining régime, I advise you to go on the fruit fast for three days. There is no better way to give your intestines a new start than by clearing out the system, and this will be done most satisfactorily by the orange-pineapple-grapefruit diet.

For the thin woman as well as for the fat the drinking of a generous quantity of water is essential. Eight glasses daily is not too much for health and beauty.

Milk, cream, butter, sweets and starches are all valuable additions to the diet of the woman who is anxious to add to her weight, but it is a fatal error to confine her diet to rich and fattening foods, for this will inevitably lead to serious digestive disorders. Fruit and green vegetables must be a part of each meal, and to this foundation she should add the more nourishing foods : cream and sugar on cereals, cream soups and creamed vegetables, light nourishing puddings, cakes and sauces, fish—particularly salmon, tuna and the varieties of whitefish ; rice, potatoes, macaroni and

other starchy foods, and dishes prepared with milk, cream and butter.

Between meals take an occasional glass of milk. One great standby for the too-thin person is a drink composed half of cream and half of ginger ale, the latter ingredient being said to make the cream more easily digested. Some people find milk difficult to digest. This is often because instead of sipping it is gulped, in which case it forms hard curds in the stomach. Milk in cooked form is quite as valuable and less difficult of digestion, so in changing your food habits you might safely begin by taking milk and cream soups, milk puddings and a glass or two of this beverage between meals. Do not change your dietary habits too suddenly, or you will acquire disorders much more serious than a state of thinness.

CHAPTER XI

PHYSICAL PERFECTION

What is physical perfection? Is there such a thing in reality, or only in theory? What constitutes an ideal weight? How should you know your own?

We know that every age of civilisation has had its own special standards, and that the savages, too, have ideals of their own. Thus among certain South African tribes it is considered alluring to have very prominent hips. In others, beauty must be enhanced by the wearing of huge wooden ornaments in the ear.

As I have so often said, I think we are living in a particularly fortunate age, and that our present ideas of beauty are nearer to natural perfection than they have been at any time since those early days of Greece. All or most of which is due to increased activity and greater sense in the matter of food, habits and clothing.

The ancient Greeks, whose ideals for the feminine figure were somewhat more magnificent than ours, also exercised, but not as regularly nor as systematically as we do. In spite of all that tradition tells us, the women of Greece were rather stay-at-homes, and

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tended to their ménages and their children, while the men played the celebrated games of skill.

As a matter of fact our average weights and heights are slightly less than were the ideals of any age, and I am giving you as an example the comparative measurements of the Venus de Medici, considered one of the most perfect classical pieces of sculpture, and of the average college girl.

These measurements will serve two purposes.

First of all they will show you that you need not fear that exercising will develop your muscles to the point of making you lose grace and becoming heavy and clumsy. That occurs only when some particular part of the body is overworked to the neglect of other parts. An all-round harmonious development, on the other hand, tends to give perfect symmetry of figure. Secondly, the measurements indicate that college girls may be considered on the whole as representing a very satisfactory stage of physical development. They are trained to be active without being overly athletic, and their average may be taken as a very satisfactory physical proportionment.

Therefore, it should be of value to you to compare your own figure with the college standard. Such a comparison will help guide you to exercise so as to gain or lose wherever you may need it. In a later chapter, you will find exercises suited to the development of any part of the body.

Here are the measurements just spoken of :

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	<i>Venus de Medici</i>	<i>College Girls' Average</i>
Height . . .	5 ft. 3 in.	5 ft. 3.2 in.
Weight . . .		119.4 lbs.
Neck . . .	12.3 ,,	12.2 in.
Chest normal . . .	33.6 ,,	28.8 ,,
Chest expanded . . .		31.4 ,,
Waist . . .	27.3 ,,	24.6 ,,
Hips . . .	36.6 ,,	35.2 ,,
Thigh . . .	21.2 ,,	21.6 ,,
Calf . . .	13.8 ,,	13.3 ,,
Ankle . . .	8.2 ,,	8.1 ,,
Upper Arm . . .	11.4 ,,	10.6 ,,
Forearm . . .	10.6 ,,	8.6 ,,
Wrist . . .	6.5 ,,	6.0 ,,

Of course these figures must be taken as accurate for the approximate height given. If there is very much variation a proportionate change in the other figures may be considered correct.

Then again there will be certain women whose hips and thighs will be heavier in proportion, and yet, who, because of their type, may be considered as fairly well built.

However, eight out of ten American girls will find the college girl average a fairly satisfactory standard by which to guide themselves.

I hesitate to lay down any definite rules as to the correct weight for women of a certain age and height, but I offer you the following method, used by an eminent dietist, to find your ideal weight : Multiply

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the number of inches you are over five feet by five and one-half, and to this sum add 110. Thus if you are five feet three inches add $16\frac{1}{2}$ to 110, and your weight should be $126\frac{1}{2}$.

Normal weight, however, cannot be reduced to a definite and infallible figure. It depends not only upon height but upon bony structure and general temperament, and hereditary tendencies toward fatness or thinness. Styles in weight change, too, and some prophets are so bold as to say that we are tending toward the more generously proportioned figures of our great-grandmothers.

Nevertheless the average woman is likely to have a feeling about what is her correct weight and in most cases she is a good judge. She usually knows what amount of flesh is becoming to her, and she knows too when the added pounds are becoming burdensome.

There are racial differences to be taken into account when dealing with figure types. Those of Scandinavian birth or descent are usually heavy boned, tall, and well-proportioned. Italians are small boned with a tendency to take on weight. Englishwomen have longer necks and heads than the Germans or Austrians. Americans average much taller than the French.

We might class women into six divisions, according to their general proportions :

1. The ideal well-proportioned figure, whether medium or tall.

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2. The tall, thin type, with small bust, small hips and long slender legs.

3. The tall, broad type, Junoesque, large boned, broad shoulders.

4. The angular, underweight and hollow-chested type.

5. The short, stout, heavy figure, with full bust and wide hips.

6. Short, slim, boyish figure, with small bones and slight muscle development.

Certainly some of these types are less attractive than others, and it may happen that you are compelled to recognise yourself as belonging in one of these less beautiful categories. But it rests within your power to make yourself the perfect exponent of whatever category to which you belong. And if you are not markedly overweight or underweight each of these types has a charm of its own, which your dressing should enhance.

If you are naturally tall, you must live up to your height. There is nothing more distressing than a large woman sacrificing her dignity in a futile attempt to appear "cute"; and if she is very short, a regal air will detract from rather than add to the effect of her presence. Accept what you are, and make the most you can of it.

Concerning the question of weight, the body seems naturally to take on weight as one grows older, and

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this is true of women and men. Maternity, too, adds a certain plumpness to a woman's figure. But should your body feel heavy, disinclined to exercise or sport, then you can rest assured that you are carrying around from ten to twenty surplus pounds.

The ideal exercise system should do more than take off weight or overdevelop leg and arm muscles. It should do more than develop sharp, staccato movements. It should develop not only beauty of line, but beauty of movement, the poise of lithe muscles and the complete control of them too. In a word, it should be aimed individually, and in its entirety, toward the cultivation of physical beauty.

Of course women, except those the most persistent and conscientious, have a deplorable tendency to neglect exercises after the first spurt of ambition has worn away, and I have every sympathy with them myself. It is so boring to have to get up a few minutes earlier in the morning—as one is so gaily enjoined to do—in order to go through the round of ten times this movement and twenty times the other. It is even more deadly to have to go through them when you are dog-tired at night and your one thought is how quickly you may glide between covers. It is only too easy to tell yourself, “ Oh, it won't matter if I don't do my exercises this morning. I'll do them to-night.” And again the same thing when night comes round. “ It won't matter if I skip them just this once.” Then perhaps two or three days go by like that, and the

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exercise habit, not yet fixed, is broken. And if this happens over and over the wave of enthusiasm diminishes and the first thing you know you have abandoned your system altogether, excusing yourself, if conviction is necessary, that it was not efficacious.

Perhaps a good deal of this exercise negligence may be accounted for by the fact, as I have just suggested, that while women are acknowledging with their reasoning faculty that exercises are fundamentally necessary, their instinct has protested against the kind offered to them, feeling that they were inadequate.

When you realise that a certain system is based upon a knowledge of the body and each movement of it has a reason for being ; that, and the realisation of the ideal you are aiming for, energise you into regular, daily exercise.

Any set of exercises which accomplishes that is good and you should adopt it as part of a daily beauty ritual.

Most women need, particularly, the exercises which concentrate on the abdominal and trunk muscles, since it is here precisely that women—oh and men too—go astray in their physical development, and have the greatest tendency to pile up fat and let the muscles atrophy. Nothing gives such an effect of age or so quickly robs the smartest frock of chic as a thick waistline and heavy hips.

The exercises that I am about to give you are based on the principle of rhythm, a great influencing factor of beauty.

CHAPTER XII

EXERCISES AND EXERCISE

Exercise is one of the fundamental principles of health. Either as a weight normaliser or merely a measure to keep your body at the apex of good physical condition it should occupy a regular and important place in the daily beauty and health régime.

It should develop a beautiful body, a clear glowing skin, beauty of line, beauty of movement, and the poise of lithe muscles under complete control. It should have as its essential functions the eliminating of fat, the moulding of beautiful contours, and the development of elasticity which gives smooth rhythmic swing to every movement of the body. It is through the physical rhythm that the body learns poise, self-forgetfulness, and physical repose.

I should like to make you realise what a tremendous part of beauty rhythm is, whether it is the rhythm of a gentle voice, a harmonious ensemble, sweeping, gracious lines, or a slender, poised figure.

Rhythm is one of the oldest forces of existence.

In the East, where men progress beyond the limitations of the physical, there is a universal recognition of the rhythmic law of life.

Thousands of years ago philosophers and sages

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learned the celestial beat of a great harmony. They watched the stars travel in their appointed spheres, planets revolve, seasons come and go, all, evenly, regularly, rhythmically. And on this certain tempo they built a structure of existence balanced, harmonious, complete. Wherever there was life, there was rhythm. Somewhere, in the black, primeval forests, a barbarian stretched a skin tightly over a circle of dried bark, and beat the first sounds of rhythmic harmony.

Somewhere, in the tribe, a man, or perhaps a woman, began marking time to the throbbing boom of the rude drum. Shoulders began to sway back and forth, and in that first, uncivilised conception of the instinctive music that dwells in every fibre of our bodies, the physical rhythm of life found savage expression. Through the medium of this great fundamental force, the savage world raised its eyes, found the sun, and worshipped.

All things beautiful are rhythmic. When I tell you to develop this latent grace that is born in you, that has been developed through countless generations, I am telling you to cultivate the fundamentals of physical beauty which made Greece once the centre of the world's beauty.

Where exercise and rhythmic sport were part of every youth's training, beautiful bodies were constantly in evidence. Obesity was a civil offence and the law took no heed of maturity in imposing its penalty.

In the past few generations women have adopted a

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form of exercise designed to help prepare men for war. They develop sharp movements rather than grace, consequently they are far from being the ideal exercise systems for women. It has been my opinion, however, that the correct exercise system should do more than take off weight or develop leg and arm muscle. It should meet the individual needs and development, from the slightly awkward adolescent age through mature years.

Exercises, which are anatomically correct and done in planes of curves, tend to develop a plastic smooth muscle, rather than the bulgy foreshortened muscles due to sharp angular bends.

Youth with its abundant energy consumes the fuel taken into the body as food and the law of balance is more evenly divided. But as the years swing by the pendulum of activity goes more slowly, the body is continually being overtaxed with a residue of unused matter. It is after the adolescent years that the abdominal muscles begin to protrude.

One of the first places an inactive person begins to show signs of weak muscle tone and protruding, flabby muscles, is through the abdominal region. These muscles should be like tight elastic bands to hold the important internal organs, and also to help the easy, natural carriage of the body which gives grace and poise.

The following exercises will develop firm abdominal muscles :

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- I.
 1. Lie on the back, with arms down at sides, neck and shoulder muscles relaxed.
 2. Pull the right knee back to chest and fling left arm (relaxed) over the head.
 3. Alternate legs and arms. The pull of the leg muscles should be strong, but the muscles of the arms and chest should remain relaxed throughout.

- II.
 1. Lie on back with both knees bent and feet placed on the floor.
 2. Lift hips so weight is on shoulders and feet.
 3. Push the hips out to right up—to left, then down, not touching body to floor, continue circle each direction five times.
 4. Pull the abdomen muscles in at the lowest point of the circle, and release the muscles when the abdomen is raised highest.

- III.
 1. Sit back on heels with knees on floor and arms stretched out in front, with the hands shoulder width apart.
 2. Lift body and move it forward to a stretched out position on the floor, keeping hands and knees in same position.
 3. Lift body without moving hands and knees back to first position.
 4. Continue rocking back and forth five times, then rest.

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- IV. 1. Stand, feet slightly apart. Lower the sitting muscles as if about to sit, with knees slightly bent.
2. Move the hip muscles forward, then upward to straight position.
3. Now push hips back and down, thus completing a circle of the pelvic girdle, forward, upward and back and downward.
4. The abdominal muscles contract as the hip muscles are lowered, and the abdominal muscles push out as the hips come forward.
5. This exercise is very difficult when first attempted, but will give flexible hip movements, strong abdominal muscles, and strengthen the lower back.

Exercises for Shoulder Joints to Give Flexibility and to Strengthen Flabby Muscles

- I. 1. Circle shoulder joint, without raising arm. Movement should come from muscles around shoulder rather than from arm movement.
2. Circle five times in one direction, then five times in opposite direction.
3. Alternate shoulders.
4. Final exercise, circle both shoulders.
- II. 1. Stand with feet apart. Raise right arm

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forward to shoulder level, bend arm in at elbow, so that hand points left.

2. Straighten arm and fling sideways and backward from shoulder.
3. After five times, alternate arms.

- III.
1. Stand with right foot forward.
 2. Place right hand on right knee and bend knee slightly, keeping left leg straight, head up, and back flat.
 3. Circle the left arm vigorously, starting circle movement forward.
 4. With a jump, change the leg position, putting left leg forward, and left hand on left knee.
 5. Continue this in rhythm, alternating arm swinging.

- IV.
1. Raise arms to side, bending forearms upward from elbow, keeping forearms relaxed.
 2. Rotate upper arms from shoulder joints, starting circles forward.
 3. Continue in series of eight circles.

The hip region and upper thigh are more prone to take on added flesh as the years go on. The flexibility of this portion of the body is necessary to the walk, and to standing and sitting positions. There should be no pads of soft flesh either above or below or around the

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hip lines. Only smooth, firm contours should be in evidence.

- I. 1. Begin the hip exercises lying on the back.
 2. Rotate the hip joint by a pull from the muscles above the hip bone. Bend the knee slightly, but have most of the action come from the muscles above and around the joint.
- II. 1. Lie on back, upper part of torso relaxed.
 2. Pull the right leg back by the muscles of the side just above the hip region, keeping the knee straight, at the same time pushing the left leg downward.
 3. Continue this movement rapidly up and down. Be sure that the muscles around and above the hip joint are being thoroughly exercised.
- III. 1. Face downward, weight on hands and knees.
 2. Raise right knee, keeping it bent.
 3. Straighten and extend leg straight up and out.
 4. Lower leg to floor, keeping knee straight.
 5. Return knee to first position.
 6. Continue the circle of the right leg about five times. Then circle left leg. Continue five times each leg, fifteen to twenty-five times. This exercise is excellent for the muscles around the hip joint.

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- IV. 1. Lie on right side, legs straight and right arm extended in straight line with body, with head resting on arm, left hand placed on floor to help balance body.
2. Pull both knees up to chest.
3. Stretch legs straight out in front of body.
4. Keeping knees straight, swing legs downward until body is in straight line again.
5. Continue exercise five times on right side, then turn over on left side, and repeat five times on left side. This exercise will help to straighten lower back and abdominal muscles, and reduce flabby flesh on outside of hip line and upper leg.
- V. 1. Stand with feet apart about eighteen inches. Place palms of hands, fingers pointing downwards, flat on sides of hips below the pelvic ridge.
2. Push hips out to right side, right foot taking most of weight of body, and both legs remaining straight. See that the movement is a direct push to the right side of the hip joint. The upper torso should not bend.
3. Push to the left side.
4. Continue this movement, push first right, then left. This exercise is to slenderise the line running on the outside of the hip and upper limb.

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- VI. 1. Stand side to wall, right hand resting on wall to control balance. Bend left knee upward.
2. Stretch left leg forward, then with leg straight, raised waist height, circle left leg to the side, then back and lower to floor.
3. Repeat five times. Then turn, left hand to wall, right knee raised, and circle five times with right leg.

Most women, unless they are dancers or swimmers, seldom if ever move their hips in more than one plane, and that a forward movement. These exercises give movement to most of the planes that the hips can move in. Other variations of the exercises can be worked out as the pupil progresses. If these exercises are persistently and conscientiously practised they will reduce and slenderise this portion of the body.

Chest and Shoulders

Many women have fairly well developed bodies, but lack a firm, smooth, well filled out chest. This is due in many instances to weak shoulder muscles, which cause the shoulders to droop and hang forward, making the chest hollow at the upper part near the shoulder joint and giving little opportunity for

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development of the chest muscles. The following exercises will help to fill in the chest hollows.

- I. 1. Place doubled up fist of left hand in open palm of right hand. Arms should be shoulder high and bent at elbows.
2. With hands in first position, push the arms slowly first to the right, then to the left, offering strong resistance throughout the movement.

Exercise for Strengthening Shoulder and Upper Back Muscles

- II. 1. Raise arms shoulder high, elbows bent. Clasp the fingers of both hands, one within the other in a firm grip.
2. Move the arms from right to left, trying to pull the hands apart. There should be a strong pull of the muscles between the shoulder blades. Head and shoulders should be held erect through the exercise. These two exercises are often used by actresses who need to obtain noticeable results quickly. The two exercises should be done alternately, working on each one until muscles are fatigued.

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- III. 1. Stand with head, shoulders and arms relaxed forward.
2. Raise arms sideways, without elevating shoulders.
3. At the same time, raise upper back to upright position and drop head back with open relaxed jaw.
4. Movement should be : first, entire body dropping forward, then raising, concentrating the effort between the shoulder blades, at the same time broadening the chest expansion. Do this five times, then rest.
- IV. 1. Sit back on heels, keeping knees on floor. Clasp hands behind lower back, drop head backward, shoulders well pulled back, and chest broad and expanded.
2. With head, chest and hands in this position, bend the upper body forward slowly, with the chest leading and head well back, until the chest almost touches the floor in front of knees. Then upper torso, head, neck, and shoulders completely relax.
3. Next, with the entire back round and relaxed, begin to pull in the abdominal muscles and straighten the back by starting at the lowest vertebra and working up toward the base of the head.
4. The upper torso slowly regains its upright

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position from the knees, but the chest and head are the last parts to raise upward. Care should be taken to understand the movement throughout, namely that complete relaxation should be felt when torso is bent forward near floor, and that head, chest and shoulders are well back when the body is upright.

- V. 1. Take position on hands and knees, back flat, head held up.
2. Let elbows bend, keep head well back, lower the upper part of body downward until chest and chin almost touch the floor.
3. Return to straight arm position, with back flat. To obtain the quickest results, use resistance of the arm muscles as the torso bends up and down.

The posture or carriage of every woman should be one of her first considerations, and of the deepest concern to her. It was an old saying that a lady is known by the grace and poise with which she enters a room and sits down. An easy, natural carriage should be a part of every movement, whether it be walking, sitting, dancing, running, or sports. Clothes take on more distinction and style when they are worn by a woman who carries herself with a natural easy posture. One young

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woman I know is not beautiful of face, but she always gives the illusion of beauty because of the way she carries herself, and her perfect grooming from hair to shoes.

For perfect posture, strong abdominal muscles are necessary, and the exercises given previously will give the needed strength and flexibility of the torso *if they are used daily*.

Suggestions for correcting posture.

Stand with the feet slightly apart, toes pointing straight ahead, knees slightly relaxed. Pull in the abdominal muscles and flatten the lower curve of the back by pulling down the rear muscles—Grow tall. The chest will take care of itself if the abdominal muscles are pulled in. The head should be held well back, but with no strain in the neck muscles. Imagine the back of the head is resting on an imaginary Elizabethan collar, and the muscles of the neck relaxed. Be careful that the shoulders are not held in a high, tense position.

Many of the Indians of the Southwest have beautiful posture, and an easy, swinging walk. They have not been forced to sit on chairs hours upon hours, or to walk on high unnatural heels, and they have not allowed their muscles to grow flabby and soft.

A position to test posture : Stand with back to wall so that the back of the head, shoulders and hips are resting on the wall surface and heels are about four inches from the wall. Knees slightly relaxed.

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Exercises for Good Posture

When doing posture exercises stand in front of a mirror.

- I.
 1. Drop the torso, relaxed, forward from the waist.
 2. Slowly raise the trunk upward, by beginning with the lowest vertebra, until the body is upright. Then notice whether the body is in the position of good posture.
 3. Slowly raise arms sideways upward, until the fingers are clasped over the head, and palms of hands turned upward.
 4. Stretch upward until body is on tiptoe, five to ten times.
 5. Drop into first position, body relaxed.
- II.
 1. Sit in a straight chair with abdomen pulled in, back flat, feet on the floor.
 2. Rise slowly from chair, keeping torso from waist upward, perfectly straight, head well back. Assume perfect standing position and walk around room. Then sit down in chair again.
 3. Repeat five times.

It is rarely that we see a straight neck, and a head carried well and high. The *débutante* slouch has left its mark on past and present generations. Also the large fur collars on coats have a tendency to push the

neck forward. An habitual forward neck position leaves its mark by causing the seventh vertebra to protrude. Often a pad of fat forms over this, and we have what is known as the "dowager's hump." This can be eradicated and an easy straight neck line regained by constant attention to the habitual head position, and by using the exercises suggested.

I have never ceased to marvel at the youthful necks that most of the African natives have. An old woman nearly ninety, and with a face otherwise aged and wrinkled as a dried apple, will have the fresh, round neck and firm graceful chin line of a girl of twenty. And the same is true of the old men. Undoubtedly it comes from the fact that everyone from childhood on carries every bundle, even the very smallest one, on the head. Thus the muscles of the neck become so firm and plastic with the constant need for preserving a balance, and carrying the head well, that they stay in shape for a lifetime.

Exercises for Neck and Upper Back

- I. 1. Stand erect. Place hands on back of head, let chin drop forward on chest, and relax shoulders forward.
2. Pull head slowly upward, using resistance of rear neck muscles, until head and elbows are pulled well back. Do this fifteen to twenty times.

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- II. 1. Take position on hands and knees, back flat.
2. Raise head backward and hollow the back without changing position of knees and arms.
3. Let head fall downward, completely relaxed, and hump the back upward.
4. Repeat fifteen times, resting after each five.
- III. 1. Stand without tension in lower back, shoulders, neck or arms.
2. Drop head forward on chest, raise upward.
3. Make circle with the head slowly, starting toward the right. Let jaw hang open and avoid tension.
4. Continue circle to the left. If slight dizziness is felt, rest between rotations. Repeat six to eight times, alternating from the right to left.

The Necessity for Relaxation

To-day women everywhere, but especially in America, find themselves compelled to struggle against an ever increasingly rapid pace. The speed of the subways, motor cars, moving pictures and jazz music all make their impression on the woman who is constantly thrown in contact with them. The result is usually one of intense muscle tension and nerve strain. You find yourself walking along the street trying to

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keep pace with the rapid wheels of progress, your own steps beating a quick, jerky, staccato beat.

Using unnecessary nerve force becomes a habit with the modern woman, and shows results in tight, strained faces, scrawny necks, and jumpy movements. To overcome this tendency, and to learn to relax and save energy in the whole body or parts of the body, require effort and an intelligent control. Physical exercises of the right sort will help inasmuch as they place the body in the right attitudes. When taking relaxing exercises of any kind the mind should be in a passive, unworried state, so that the muscles and nerves will not be hampered by a constriction from the mental control. "Limp" explains the idea of relaxation better than any other word. The ability to save energy in the whole body, or in parts which are not being directly used at the moment, is an art which every woman should cultivate. Every actress must master the art of relaxation in preparation for her career.

If possible, relaxation should start in the lying down position, which makes it easier to relax, since no muscle tension is needed to hold the body in this position.

Exercises for Relaxation

- I. 1. Lie flat on the back with every muscle relaxed.
2. Lift right arm and let it fall like a dead

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weight. Do same with left, and alternately with each leg.

3. Open jaw and relax muscles of face and neck. Raise head and let it drop back on bed.
4. Raise both arms over head, stretch, then relax completely.
5. Stretch legs downward from hips, heels leading. Relax completely.
6. Stretch both arms over head, stretch both legs, legs downward. Pull as if body would pull apart at the waist.
7. Maintain complete relaxation with mind in passive state, not worried.
8. Repeat four or five times.

- II.
1. Kneel, body upright, arms raised upward, head dropped back.
 2. Drop body forward until hands and face are in relaxed position on floor and trunk is folded back on heels.
 3. Return to first position.
 4. Repeat eight to ten times.

- III.
1. Stand with feet apart and let trunk drop forward from waist, all muscles of neck, shoulders, arms and back completely relaxed.
 2. Swing trunk upward as far as it will rise without extreme muscle effort from back. Arms over head, neck relaxed.

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3. Swing trunk downward between the legs—arms, back and neck relaxed.
4. Continue to let the trunk swing up and down as freely as a pendulum, with all upper trunk muscles relaxed.
5. Repeat fifteen times, resting after each five.

- IV.
1. Stand with feet apart and let trunk drop forward from waist, muscles of neck, shoulders, arms and back completely relaxed.
 2. Have a friend place two hands just below the shoulder blades, and gently push the back up and down.
 3. If the neck, shoulders and arms are relaxed, the head and back will bob up and down like a rag doll.

- V.
1. Stand with arms stretched high, reaching upward with entire body.
 2. Relax in succession the fingers, wrists, elbows and shoulders.
 3. Let the head, shoulders and back droop forward in succession.
 4. With upper trunk fully relaxed, drop to the right knee, then to both knees.
 5. Let body fall forward on floor, absolutely relaxed.
 6. Roll over on side and remain in this relaxed position for a few seconds.

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7. Keeping the relaxed position, roll back on knees, then slowly rise upward, taking weight on right foot.
8. Next slowly lift body until on both feet, upper trunk hanging limp from hips.
9. Begin to raise trunk from the lowest vertebra, using each vertebra in turn until trunk is upright.
10. Head and arms should be the last part of the body to rise.
11. Lastly, stretch arms upward, and yawn.
12. Repeat five times.

In concluding this chapter, I want to place in your mind the importance of exercise and recreation in their various forms. Sports such as tennis, fencing, bowling, and throwing events are inclined to develop one set of muscles more than another, if indulged in continuously, and the general nature of competitive sports does not allow for real relaxation ; they do, however, increase the circulation of the body, give a natural outlet for pent-up emotions, and offer an opportunity for friendly competition. Swimming is an ideal recreation as most of the muscles of the body are brought into action.

Sports cannot take the place of exercise or vice versa, but rhythmic exercises can help to keep the body in perfect condition, develop the muscles evenly, equalise the distribution of weight, and give suppleness.

Dancing is one of the ideal forms of physical exercise

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for women, providing a satisfactory æsthetic, mental and physical outlet. There are various types of dancing, but those that most completely fill the need for relaxation and balanced exercise are the natural dancing systems and the ones based on the theories expressed by Isadora Duncan.

It is left to each individual woman to work out a programme of exercise and recreation which will best suit her particular needs, keep her youthful, give pleasure to the daily routine, and make her body a beautiful expression of her inner self.

CHAPTER XIII

BREATHING

I am one of the most ardent advocates of fresh air, and I believe that there are very few women who ever get enough of it. A current of fresh air should always be circulating in the house, even on the coldest days in winter, and naturally windows should always be left open top and bottom at night. Yet one can arrange for all this and only partly benefit by it by not knowing how to breathe.

How many of you, I wonder, breathe properly? If I am to believe those who have informed themselves on this matter, hardly one in ten of you could qualify.

Yet right breathing is one of the very important features of health and beauty. With proper breathing you can help eliminate fat, or if thin, aid yourself in assimilating food. Right breathing freshens the colour and brightens the eyes, and strengthens the vision.

In a primitive state human beings have no need of instruction in breathing. They breathe naturally and properly, as do the animals and as does the child. But civilisation has forced on us human beings unnatural methods of living, of walking and standing and sitting, which have cramped the lungs and accustomed us to the use of only a part of them.

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Men have come off best in this matter, although even they have been affected. But womankind, with many generations of corset-wearing ancestors, with lack of exercise, and the indoor life that was forced upon her by the conventions of a bygone day, has suffered the most. It is she, therefore, who needs to pay the most attention to her way of breathing.

I was amused last year in Paris, on meeting a French countess of the old school, and discussing with her the likenesses and differences of former and modern beauty régimes, to have her tell me solemnly that women should never be permitted to breathe with their diaphragms—what is called deep breathing. She assured me in all seriousness that it injured the delicate organism with which women are endowed for bearing children, and spoiled the femininity of the figure besides. She added proudly that she herself had been brought up to breathe the proper way, that is with the upper part of the lungs only.

It was useless to argue with her, her mouth set with such a snap over her convictions. But I permitted a smile to myself on regarding the figure secured to her by this method—and I thought of the famous singers continually obliged in their work to put to full use their entire lung capacity, and yet who have been able to bring into the world whole families of healthy children. And not only none the worse for it, but distinctly better off.

No one sect has made a study of correct breathing

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as the Hindu Yogis, and from them one can learn the simple way of doing it and all the complex good that right breathing brings about. They have studied the subject for thousands of years, and are famous for having worked out various systems of breath control. These systems have different ends, to vitalise the body, or the brain, or the nervous system, to develop a soft, beautiful voice, and so on. It would be splendid if once having a start you could go on and acquire them all. But since my book is concerned with physical beauty I shall give you only the simplest breathing exercises here, and those having to do directly with the body.

The Hindu Yogis base their system of breathing on the principle that the air contains not only its essential element of oxygen, which the body must utilise to live, but another mysterious element called "prana," which we may consider as the principle of energy in everything, or the "Vital Force."

We are constantly inhaling this charged air, constantly extracting the former from the air and appropriating it to our uses. In ordinary breathing we absorb and extract a normal supply of prana ; but by a specific kind of controlled and regulated breathing (what we know as Yogi breathing) we are enabled to extract a greater supply.

This we can store away as reserve vitality, just as the storage battery stores away electricity, to be used when necessary. A person who has mastered this principle, either consciously, or unconsciously, is possessed of a

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vitality that has a magnetic effect on everyone with whom she comes in contact.

The very first lesson in the Yogi science of breath control that you must learn, is to breathe through the nostrils. We have all probably heard from our youth up that we should breathe through the nose. But how many of us practise it consistently ?

Nature has tricked us a bit in making us so that we can breathe through either mouth or nose, but the latter way has been found to bring much more benefit. First of all the nose is provided with a protective apparatus, or dust catcher, in the form of fine hairs, which filter off dust and germs, whereas there is nothing between the mouth and the lungs with which to strain the air. Then the nose has the important function of warming the air inhaled, so that it can do no damage to the delicate organs of the throat and lungs.

In order to acquire the practice of breathing through the nostrils, open the window and proceed as follows :

Close the left nostril with the index finger of the left hand and breathe in the air with the right nostril. Then, *while holding the breath*, take away the left hand from the left nostril and close the right nostril with the index finger of the right hand. Breathe out through the left nostril. Holding the right index finger on the right nostril breathe in with the left nostril and, changing hands, breathe out with the right. Continue to do this up to twenty, the breath in, and the breath out, counting together as one.

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You can take this nostril breathing the first thing when you wake up in the morning and while you are still lying in bed. Do it again the last thing before you go to bed at night, when it is particularly conducive to calming you and putting you to sleep.

When you have practised breathing through the nostrils for a week commence learning what is called the Yogi Complete Breath.

In order that you may understand how this is done I must preface by saying that there are three methods of breathing : High Breathing, Mid Breathing and Low Breathing. Each by itself is *incomplete*.

High Breathing is that which the old French countess referred to, known sometimes as Collar-bone Breathing, and found most frequently with women who have worn corsets all their lives, thus constricting the ribs and the lower part of the lungs.

Mid Breathing is Rib Breathing—the ribs are raised somewhat and the chest is partially expanded—and while less objectionable than High Breathing, is not sufficient.

Low Breathing, called Abdominal or Diaphragmatic Breathing, is better than the other two, and a great deal of attention has been called to it of late years for women. Some people still think it is the last word about breathing. But the Yogi knows that it is but a part of the whole, since in deep breathing, as in high and mid breathing, only a part of the lungs is used. However, one should know how to take this deep breath before

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one can take the Complete Breath, for it is with that the latter commences.

The Complete Breath combines all the good points of High Breathing, Mid Breathing and Low Breathing. It brings into play the entire respiratory apparatus, every part of the lungs. It is not necessary to fill the lungs at every inhalation with the Complete Breath, but one should inhale a series of Complete Breaths several times a day, whenever one gets a chance.

Let me quote from a famous Yogi, as the best explanation of how to take the Complete Breath :

“ Stand erect. Breathing through the nostrils, inhale steadily, first filling the lower part of the lungs, and bringing into play the diaphragm.” (Translate this to mean push out the stomach as far as possible). “ Then fill the middle part of the lungs, pushing out the lower ribs. . . .” Lastly “ fill the higher portion of the lungs,” which will lift the chest. “ In the final movement the lower part of the abdomen will be slightly drawn in, which movement gives the lungs a support, and also helps to fill the highest part of the lungs. At first reading it may appear that this breath consists of three distinct movements. This, however, is not so. The inhalation is continuous, the entire chest cavity from the lower diaphragm to the highest point of the chest in the region of the collar-bone being expanded with a uniform movement. Avoid a jerky series of inhalations, and strive to attain a steady continuous action.”

When the last upper lobes of the lungs are filled, the

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breath should be retained several seconds, and then exhaled slowly.

At the beginning of practising the Complete Breath you may have difficulty. But perseverance will make perfect, and once you have acquired it you will have acquired with it a vitality and a " pep " that will make you feel years younger.

In addition to the Yogi Complete Breath I am going to give you one or two of the breathing exercises which I think the best for health and beauty.

The first one is called the

I. Cleansing Breath.

This may be done separately, or it may begin or end up other breathing exercises. Its name tells the story ; it is refreshing and vitalising, and if you are a singer or a club woman who has to use her voice in public speaking you will find this breath especially restful and soothing to the vocal organs.

Begin by inhaling a Complete Breath.

Retain the air for a few seconds.

Pucker up the lips as if you were going to whistle, then force out part of the air vigorously. Hold a second, force out some more, hold, force still more, and continue until all the air is exhausted. Repeat several times.

II. Retained Breath.

Stand erect.

Inhale a Complete Breath.

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Retain the air as long as you can comfortably.

Expel vigorously through the open mouth at one blow.

Finish with Cleansing Breath.

Note that the mouth in these two exercises is used for exhaling but *not* for inhaling.

At first you may be able to hold your breath only a short time. But a little practice will show improvement. To make it really interesting time yourself by a clock, and note your progress from day to day.

III. *Breath to Stretch the Ribs.*

Stand erect.

Place one hand on each side of the body, high up under the armpits with the thumbs pointing toward the back, the palm on the side of the chest and the fingers stretching over the breasts.

Inhale a Complete Breath.

Retain the air for a short time.

Gently squeeze the sides, slowly exhaling at the same time.

IV. *Breathing Exercise for Walking.*

Inhale a Complete Breath, counting to yourself 1, 2, 3, 4, one count to each step, making the inhalation extend over the four counts.

Exhale slowly through the nostrils, counting as before 1, 2, 3, 4, as above, one count to a step.

Repeat until you begin to feel tired.

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This breathing gives added benefit to walking as exercise and makes it more entertaining besides.

The simple exercise which follows should be of special interest to every woman, since it is for strengthening the breasts. Those of you who have breasts that are still round and firm and young should do it, in order to retain this great charm of the feminine body. Those of you whose breasts are beginning to show the relaxation of age should be even more zealous in adopting this breathing exercise.

V. Breathing Exercise for the Breasts.

Stand erect with the arms straight in front of you.

Inhale a Complete Breath.

Swing the right arm round in a big circle five times, and while you do so hold your breath. Exhale.

Do the same with the left arm. Exhale.

Both arms together. Exhale.

Rotate the arms alternately like the sails of a wind-mill.

Finish with Cleansing Breath.

VI. Breathing Exercise for Constipation.

Don't be afraid of this because at first glance it seems long. It is really very simple and splendid for the peristaltic action of the intestines.

Stand erect with arms akimbo, that is the hands resting on the hips and the elbows out.

Inhale a Complete Breath, and hold it.

Keeping the legs stiff, bend forwards as far as you

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can without straining, exhaling slowly at the same time.

Return to the first position.

Take another Complete Breath.

Bend backwards, exhaling slowly.

Return to first position.

Take a Complete Breath.

Bend to the right, breathing out.

Back to Position.

Complete Breath.

Bend to left, breathing out.

VII. *Breathing Exercise for Renewing Vitality.*

Though in fact every one of these exercises is for renewing the vitality, I am giving you this because it can be taken sitting down. It should be particularly good, therefore, for every woman who has a long stretch of work ahead of her which requires remaining seated, either sewing, or typing, or writing. One can stop from time to time and take this breathing exercise for a minute or so without leaving one's chair, and go on with one's task much refreshed in mind and body and eyes.

Sit erect, with the spinal column straight against the back of the chair and the feet to the front, flat on the floor.

Inhale the Complete Breath, but instead of a continuous steady stream, take in a series of short, quick "sniffs." Do not exhale any of these little breaths, but

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add one to the other until you have filled up the lungs to the last corner.

Hold this air for a few seconds.

Exhale through the nose in a long, slow, sighing breath, pumping with the arms.

In closing, let me enjoin you to remember that all your physical exercises should be taken with deep breathing.

CHAPTER XIV

BATHING FOR BEAUTY

This subject is one of my hobbies, and I am in sympathetic accord with the American point of view which makes a necessity out of the bathroom, instead of a luxury, as it has been in Europe until recently. The national point of view was once delightfully expressed by a well-to-do American woman, who felt that she could if need be do without everything except her bathroom. "If I were to lose my money and be forced to choose one room to live in," she said, "I would make it a bath and sleep in the tub."

The bath itself has many aspects. It is beautifying, it is health-giving, it is delicious while you are taking it, and so are its after-effects. It can be as tonic as a cocktail, or as soothing and sedative as a bed of roses.

Like cosmetics, the cult of the bath goes with a high state of civilisation ; and it was an important feature in that of early Greece and Rome. Yet it is a truism that no nation has ever attained the perfection of equipment in this matter that America has, where, to quote one visiting Englishman, "if there is not a Ford to every family, there is at least a bathroom to every individual."

So much for enthusiastic commendation ! Coming

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down to practicalities, I want to take up the different kinds of baths, how they should be taken, and the accompanying details.

Let us begin at the bottom of the day with the early morning tub. I am often asked whether I lay down a rule that it should be warm or cold.

I myself have been brought up to the cold plunge, or shower, and have trained my two sons to feel they cannot do without it (though a modern shower, which we did not have in my youthful days in Poland, somewhat alleviates the shock for them) ; and it seems to me the most invigorating way to begin the day. However, there are certain people, men as well as women, with a sluggish circulation, who take too long to react to a cold bath, and for them the tepid one is better.

Much as I like this cold bath I do not claim that it is sufficiently cleansing by itself. It is taken mainly for its tonic effect, and the general stimulus it gives the system, and I should consider the woman who had a hot bath at night, as against the one with her cold tub, the cleaner of the two, although I know it has been the tradition to look down on those who omit this cold morning bath in favour of a hot water soak at night. The ideal arrangement of course is the cold shower in the morning, and either a hot soak followed by a cold shower or rinse before dinner, or a hot soak before going to bed at night.

As progressive as Americans are about their baths, I believe there is an even more ideal type to be

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attained, which would be worked out—and this may surprise you—along the line of the Japanese tradition and practice. There, before the actual immersion in the tub takes place, a strenuous process of scrubbing is gone through, for which tiling space and drainage are provided. The bather has his or her little stool to sit on, a pail of hot water, a brush and soap, and goes through the operation of scrubbing the body thoroughly clean with many soapings and rinsings before stepping into the tub to soak in the clear hot water, which is made very hot indeed. To wash and then soak in the same soapy water and to emerge and dry without rinsing, as we do, would seem to the Japanese mind but halfway measures. The skin is gone over so thoroughly (I believe the Japanese Mrs. Grundies cluck-cluck their tongues over anything less than a half hour) and such a meticulous cleanliness is achieved that the tub water can actually be used again and again.

The process of scrubbing clean first and then soaking in your tub, I repeat, seems to me the logical manner of taking a cleansing bath, and certainly the Japanese, who make as national a cult of the bath as do Americans, have beautifully textured skins.

If you have a shower in your bathroom always finish your tub bath with a rinse of warm or cool water. If not, try this method of obtaining it. As you come to the end of your cleansing, pull out the plug and at the same time turn on the faucet, letting the fresh water flow into the tub, until your bath water is perfectly

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clear and free from soap. Then soak for a few minutes in this.

No bath is complete without the accompaniment of a scrubbing brush of some sort, whether large or small, to invigorate the circulation and scrub off the dead particles of skin that are constantly accumulating. I like to have a long-handled brush for the back and a smaller brush for the rest of the body, and I know that when sometimes in my hurried travelling from place to place I reach a hotel ahead of my luggage and must take a bath without my scrubbing brush it seems to me only half a one.

In London, I discovered a variety of washcloth that I sometimes substitute for my brush. It would be excellent for the woman with a sensitive skin. It is like a loose mitten in shape, and is knit of narrow white linen tape in a coarse stitch, and it gives the most pleasing and soothing friction. One can massage the limbs as well as cleanse the skin with it.

The market is full of bath preparations, which, however, for the larger part, are rather useless. This led me to investigate into the probabilities of creating really useful preparations, as a result of which I can recommend the following :

. A sponge that I like to recommend is the lufa sponge, which can be used wet, or dry, to whip up the circulation. Women with very sensitive skins, however, find it rather scratchy.

I know of an adaptation of the lufa sponge which

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any skin can stand, and about which I am most enthusiastic. Two flat pieces of the lufa are stitched together, to make a kind of square-cornered thumbless mitten, which is, furthermore, lined with cotton flannel to give it body and prevent it from scratching the hand. One is supposed to have two of these lufa washcloths (for that is what they really are), one for either hand, to go over the body rapidly, hand following hand on the principle of the military brush. They can be used dry in an air bath, or in one's tub with soap. But in either case they give the finest possible friction to the skin, thorough and not too drastic. An exquisite smoothness of texture after only one week of their use is the result.

I might mention while we are on this subject of washing "tools" that I am frequently asked what I advise for the face. To tell the truth, I like nothing so much for washing the face as one's own bare hands. With the washing preparations such as I use for my skin it is necessary to apply and work them in with the finger-tips, and so I have acquired the habit, and like to rinse my face afterwards in the same way. But I know many women feel they cannot do without a washcloth, and for them I suggest that the old-fashioned kind of "bird's-eye" linen, which our mothers used to hemstitch and mark with cross-stitch initials so neatly, are the softest for the face.

If one treats the skin properly and uses the right preparations, a face brush is superfluous either for

cleansing or for stimulating the circulation. Where the bristles are soft enough not to scratch or harm the skin they are likewise ineffectual.

That, I think, covers the subject of the simple everyday bath routine. Let us take up the more elaborate variety, the perfumed bath which Voltaire once called "the luxury of luxuries," and which seems to have been indulged in by people of wealth the world over since earliest times. We have, in particular, records of the Egyptian women of high degree who "bathed in perfumed water."

During the Stuart period the perfumed bath came into vogue among women of fashion in England. And a favourite recipe for "a sweet-scented bath" was as follows :

"Take of Roses, Citron flowers, Orange flowers, Jasmine, Bays, Rosemary, Lavender, Mont. Pennyroyal and Citron peel, each a sufficient quantity, boil them together gently and make a bath, to which add Oyl of Spike 6 drops, Musk 5 grains, Ambergrease 3 grains, sweet Asa 1 ounce." At the end of the recipe is the quaint injunction, "Let her go into the Bath before meat."

In England and on the Continent for a long period, the favourite method of perfuming the bath was to pour into it lavishly of eau-de-Cologne. But such a

heavy luxury tax has been put on the latter that bath crystals have been substituted by the majority. They soften the water, making it possible to use less soap to produce a good lather and they perfume the water and hence the skin. There is a great difference in crystals, however, and those that smell "the loudest" when one is dumping them into the tub are not always those which actually perfume the water most. The test of a bath crystal should be the lasting quality of its perfume on the skin, after drying the body.

Other perfumes giving best results for the bath are in the form of compressed tablets, and there are also bath powders.

For people who live in the country during the summer months and are sufficiently interested, I quote the recipe of a charming English Bath Pot-Pourri, which is made as follows :

"Take some lavender flowers, rose petals, and any other fragrant flowers or herbs from the garden. Dry them by spreading out on paper, and then mix with an equal quantity of borax and orris root powder. Place this in dainty silk or muslin bags with ribbon attached, so that they can be suspended from the hot water tap of the bath. When the water is turned on, the bath and the whole atmosphere of the room becomes permeated with the fragrance of the compound, which can be repeatedly used before becoming exhausted."

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Quaint recipes for perfumed or "beauty baths" have come down to us from different periods. One was wont to be used by the devastating Ninon de Lenclos, whose youth and beauty endured to such a phenomenal age, and without at least one mention of which no beauty book would be complete. It is called the "Ninon de Lenclos Beauty Bath."

"Dissolve 8 oz. of kitchen salt and 3 oz. of carbonate of soda in a quart of water. In 3 quarts of milk dissolve 3 lbs. of honey. Pour the first solution into the bath and stir it well with the bath water. Then pour in the second solution and stir again. The bath is then ready."

Madame Tallien was another Frenchwoman who had her favourite beauty bath which was composed of crushed strawberries and raspberries. After it she was gently rubbed with sponges soaked in perfumed milk.

An old Persian recipe consists of a combination of rice and barley mixed with aromatic herbs.

And another similar to it is :

Rosemary and angelica	1 lb.
Pearl barley	3 lbs.
Powdered lupuline	2 lbs.
Rice	1 lb.
Borax	1 lb.

"Boil all together in sufficient water and add to bath."

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Baths of rice and barley and starch give a milky texture to the water and are perhaps derivatives of the famous real milk bath said to have been originated by Poppæa, the wife of Nero. So much did she believe in the beautifying effect of milk that when she went on her travels she took along a train of fifty asses in order to bathe daily in their milk. Many centuries later, somewhere in America's *mauve decade*, we were to hear of the almost equally famous milk bath of Anna Held, though I have been informed that this was no more than the magnificent fabrication of a press agent's brain.

Another way of making one's bath water milky is through the bran and oatmeal bath bags of which you must all know. Sometimes their cheesecloth envelopes are filled with equal parts of almond meal and bran (or oatmeal) and scented with orris root ; and sometimes fine shaved flakes of castile soap are substituted for the almond meal. If one can afford the time for the making of these bath bags, or have someone else to do it, so that they can be kept constantly on hand, they are certainly a delightful and luxurious adjunct once or twice a week to the routine of your ordinary bathing.

Besides the perfumed bath there is the tonic bath, which takes various forms. For instance, if you are near pine woods or can obtain the needles in any manner a pine bath is delicious. The needles should be put to soak in boiling water beforehand in a rather large jar of some sort and the liquor poured off from this into the bath water, as you need it. Personally I prefer this type

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of bath to a perfumed one, for the odour that is resinous or comes from dried herbs is preferable and more stimulating to me than that of sweet perfume, but "*chacun à son goût.*"

Baths of sea salt, which can be purchased at any drug-store, or even of common kitchen salt, are very effective.

The bath of Epsom salts stands in a class by itself. For it is tonic, and excellent for correcting an acid condition of the skin, soaking out impurities and consequently good for rheumatic tendencies. The Epsom bath is supposed to be slenderising also, when taken very hot, though this I do not vouch for, and in any case it could only be so to a slight degree. Its reducing effect would depend likewise on whether or not you rolled yourself up in a blanket afterwards and got into a profuse perspiration.

There are certain bath salts having stronger reducing properties than Epsom, which owe their efficacy to the presence of potassium iodide. These bath salts have the merit of being almost as effective as a course of treatment at a spa, where the waters contain natural substances of this kind in solution. About two tablespoonfuls of such salts dissolved in a hot bath are equivalent, it is said, to a single treatment at a watering place.

A bath I like to substitute occasionally for my cold water plunge in the morning is the variant of what our grandmothers used to call "the sponge bath," that is to say, it is taken from the washbowl only. A handful

of common salt is put in half a bowl of cold water and then the body is scrubbed briskly and rapidly with a stiff brush dipped in this water. For a finish each foot is plunged for a second in the bowl and then a good rub-down follows. This treatment is really magnificent for making the skin on the whole body as smooth as satin, and I know certain women who swear by it and employ it day in, day out, all the year round. Try it the next time any of you are travelling, and have to take a room without a private bath. Europe is especially the place for this, where in many cases private baths are so hard to come by under any circumstances.

This washbowl bath has the added merit that it exposes the whole surface of the skin to the air for several minutes and this I am very much in favour of. Modern doctors instruct young mothers to let their children run around naked for at least half an hour at their bedtime, and grown-ups need these air baths as much as children, for the skin and nerves.

I am well aware that the older generation thought the body should at no moment of the twenty-four hours be without some sort of covering. It was considered quite indecent in the first place to do so, and in the second it was supposed to be conducive to colds. Now we know that, on the contrary, air baths, especially where sunlight comes into the room, harden the system and help thereby to prevent colds. And as to indecency, thank heaven we now have broader and less prudish views about the human body.

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As for beauty, it is an excellent thing that every woman should be forced to check up occasionally on her body in its natural and unadorned state and see how well it is maintaining its standard of fitness ; and how nearly she comes to having what the *Arabian Nighis* speak of as "the fragrant jasmine of the flesh."

Where one can have an alcohol rub or massage after one's bath by a professional, that is splendid, for much of the effect is wasted where one gives such a rub to oneself. Still it can be done, if one is not too tired and relaxed by the bath. In any event, a thorough rub-down with a coarse towel after your tub is necessary, and the pinker you make your skin the better.

To wind up this rite of the bath, "talcum" your skin well with a fine body powder.

Once or twice a week you should use a deodorant, another modern practice which is as much required as the depilatory, and about which we are as frank.

Let me say something here on that very troublesome affliction which the doctors call "hyperidrosis" and which means excessive or morbid perspiration. This is what a European physician recently told me on the subject.

Hyperidrosis may be either local or general. The general type does not concern us here, as it is usually dependent on some systematic disease.

As for local hyperidrosis, in approaching the problem of its treatment, we are confronted with the question

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whether it is advisable to make an attempt at suppressing perspiration entirely.

The majority of physicians maintain the removal of excessive perspiration is *not* injurious, and that the age-old popular notion according to which its suppression turns a disease inward and does harm to the organism, is erroneous.

Conservative practitioners, however, still incline to the view that it is harmful, though admitting that in extreme cases a correction of this disagreeable condition might be permitted, chiefly in the cases where it is possible to rid the perspiration of its offensive odour, and when this can be done without the destruction of the sweat glands and the complete suppression of the formation of the perspiration.

Certain people are afflicted with a very strong odour from perspiration, which is nullifying to the prettiest face and figure. In such cases the most scrupulous cleanliness is imperative. The hair should be kept removed from the armpits and one of the medicated lotions on the market used. The condition can also be treated with acetic acid, which with pulvis salicylicum talc has proved effective.

Hands that perspire excessively are usually found with persons of a very sensitive or nervous type, sometimes in pianists and violinists, who because of the damaging effects to the practice of their professions suffer extraordinarily if they have this affliction. On occasions, they become the victims of mental depression

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and try to shun the company of other people. Every handshake aggravates the evil. If the condition is really of neurotic origin, internal remedies or even hypnosis may be successful, and the patient should be referred to an experienced neurologist.

Once in a while we meet with an extraordinary condition that is called "chromidrosis," in which the perspiration leaves a coloured stain. The perspiration, then, in the region of the armpits, may be blue or red or green, from various causes too long to go into for the purposes of this book. I might say, though, that the blue perspiration is due to the presence of harmless bacteria, which produce blue metabolic pigment. By the application of some disinfectant the bacteria can be killed, when the blue colour disappears. For the treatment of such a condition Sir Norman Walker suggests that the region should be scrupulously clean, and sponged twice daily with perchloride spirit (1 in 1,000).

Though it does not belong strictly in this chapter I am going to end off with the facial vapour bath. Its purpose is a thorough cleansing of the skin of the face to remove the layers of dirt and dust in which the secretions of the sebaceous and sweat glands have settled. Such a general cleansing is very beneficial to an over-oily, pimply skin, though not to a normal, and certainly not to a dry skin, whose pliability would be destroyed by the steam, and the dry condition exaggerated.

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A vapour bath is an excellent preliminary to the removal of blackheads, as it softens the skin and opens the pores. For this purpose a small amount of a solution of spiritus saponatus is added to the vapour bath and the time of its taking extended to a quarter of an hour, instead of the regulation ten minutes.

There are various kinds of apparatus for the application of the facial vapour bath, but the principle is the same. Such an apparatus is made of glass, tin, or oil cloth enclosing a hollow space into which the steam is introduced. One must take care that the steam does not hit the skin directly in a single jet, but in a spray, so as to avoid scalding.

The most simple apparatus consists of a double-walled funnel filled with hot water. To prevent the cooling off of the water in the funnel, an alcohol lamp burns under the funnel. Behind the latter we have an ordinary inhalation apparatus with a kettle filled with water under which an alcohol lamp burns. As soon as the water has turned into steam, the latter is conducted into the anterior funnel. On its way, passing through an elastic tube, the steam takes up spiritus saponatus kalinus, or some other liquid, for intensifying the effects of the bath. The hair of the scalp is protected from moisture by a piece of cloth or a cap.

The modern electric apparatus for the administration of the facial vapour bath is equipped with an automatic water supply. During the evaporation of the water in the kettle, a continuous supply of water flowing from

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a bottle is furnished without interrupting the boiling of the water and the development of steam. In this manner the apparatus is kept uninterruptedly in operation.

Since soap is the almost inevitable accompaniment of bathing, it might be interesting to go into the subject somewhat in detail. Especially considering that whether the use of soap is injurious or not is a much debated question.

Personally I believe that soap is indispensable to the hygiene of the skin. Its most distinct property consists in its capability of dissolving fats. And as the particles of dust and dirt which fall on the skin are retained by the cutaneous sebum they can only be removed when, at the same time, the sebum is removed. For this purpose rubbing is not sufficient, because dust and fat cannot be washed out of the pores and the deep furrows of the skin. If, on the contrary, the dirt and grease are dissolved by soap, they are easily removed from these recesses.

Many beauty specialists receive complaints from their clients that their skins are too sensitive to tolerate soap. Instead, they use almond-bran, they say. But it is a well-known fact that almost all the marketed brands of almond-bran contain a high percentage of soap-powder, which apparently is quite well tolerated in these cases.

Nevertheless, there must be some reason for these various complaints regarding the injuriousness of

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soap, and a knowledge of the methods employed in its fabrication enables us to discover the cause of some of them.

For instance : The amount of lye used must stand in a certain proportion to the amount of the fat, so that both constituents are incorporated completely in the soap. But the manufacturer is tempted to take more lye than necessary, because, first of all, lye is considerably cheaper than fat, and, second, soap containing a surplus of lye (so-called " free lye ") lathers and cleanses better than does a pure, or " neutral " soap, which contains no surplus of lye. And it is just the lye which dries out and cracks the skin. Therefore, a really good soap must be free of an excess of lye, or, in other words, the soap must be neutral.

Furthermore, the kind of fat used is of importance. The most expensive, namely, the animal fats, are the best. For reasons of economy, some manufacturers are inclined to use inferior fats and oils, sunflower-oil, for instance. In addition, it is customary to cheapen the soap by a so-called " fill." This expression is nothing more than a euphemistic circumlocution for the ugly word " adulteration." It is astonishing to learn how many inferior substances are being used in the making of soap. To mention only a few : Potato flour, gypsum, chalk, heavy spar, and, lest we forget, the cheapest stuff of all, water. As long as no harmful materials are used, these adulterations would not matter from a hygienic standpoint, but often various

noxious "fills," by which the skin is damaged, go into the soap.

To prevent injuries to the skin by lye, physicians, including Dr. Hermann Gerson Unna, of Hamburg, conceived of the idea of inducing manufacturers to make soap containing more fat than is necessary for saponification. These so-called "super-fatted" soaps can indeed be applied to the most sensitive skin without doing any damage. They have the only drawback of not lathering well. The physician went a step further in adding medicinal substances to the soap, such as are used in the treatment of certain skin diseases. And thus we get the "medicated soaps," which gained wide public favour and proved valuable in improving the skin and the complexion.

Some of the best known of these soaps are : the over-fatted sulphur soap, ichthyol, resorcin, tar, menthol, and Balsam of Peru Soap. However, none of these soaps should be used without the doctor's advice, because under certain circumstances, they may produce unfavourable effects. The directions for the use of the medicated soaps are the same as those for the toilet soaps, that is to say, the soap is lathered with water, then the foam is applied to the part to be cleansed and washed off with water. Of course, such momentary treatment will produce no appreciable curative effects. For this, at night, before retiring, one must apply the lather to the skin and leave it there to dry on, washing it off the following morning. The drying process

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will at first cause a slight itching, but after several applications one will get used to it, and soon even the most sensitive skin will not be in the least inconvenienced by these soaps.

May I remind you, in closing this chapter on beauty bathing, that no bathroom is complete, however luxurious it may be, without a pair of scales to follow your weight from week to week. As in the case of your mirror, don't let it intimidate you, but keep a constant "check-up" on yourself, to know whether you are taking the direction toward youth and beauty, or away from it. And if the latter, you will know through my chapters on diet and exercises how to remedy that.

CHAPTER XV

CARE OF THE FEET

If the care of the hands is important, quite as important is the care of the feet, though at the instant of reading this you may not agree with me. I trust we shall be of one mind by the time you have come to the end of the chapter.

For it is an outworn notion, belonging to the days of our grandmothers, that it does not matter how feet look in their natural estate since they can—"and should"—be hidden away, and their deformities, if any, successfully concealed in shoes. In fact, a generation or two ago, the showing of a naked foot outside of a bedroom was considered distinctly immodest, even indecent.

But it is the day of the cult of natural beauty for every part of the body,—a return to the Greek ideal. And quite regardless of whether you are one of the large number of women now going in for barefoot dancing, or whether you wish to follow the present mode of sandal-wearing prevalent on the beaches of smart seaside resorts, feet have their own frank way of betraying neglect, even when they are covered by silk stockings and pretty shoes. Bunions show despite everything. Distortions show. Swellings show.

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For another thing—and this is important—feet reveal their condition only too plainly in one's walk. A walk that is graceful, that is young, depends absolutely on feet that are elastic and well cared for. No matter how much elasticity you have been able to engender through exercises in the rest of the body, I defy you to be light and springy on feet that are tired and aching, that are tortured and *weighted*—yes, that is the very word for it—with those unæsthetic and painful blemishes, corns and callouses.

A heavy, "clumping" way of coming down on the feet, which almost invariably results when they are neglected, adds the look of age to any woman's appearance, and can make even a young person seem much older than she is. Conversely a light, springy walk can take away from the years. We are all too prone to think of beauty as being something static. There is also so much beauty that can be shown in action. And if one goes in for such sports as golf and tennis and long "hikes" then normal feet are absolutely essential.

Yet in spite of all these considerations, which should influence the modern woman zealous for her loveliness, the special care of the feet is too little regarded by the majority of them, as any doctor will tell you. Ask him and he will admit that perfect toes are as rare as a pair of normal eyes.

One of the best known chiropodists in New York City once told me no perfect feminine foot has ever

come under his care, though he had seen men with practically unblemished toes. And at that I am sure that the feet of American women on the whole strike a higher average of perfection than the feet of European women, if only because your ready-to-wear shoes are so much more skilfully made.

I will give you a few directions for the care of the feet in general, and, afterward, for the treatment of special conditions. It should be intriguing to you to know that as a by-product of this cult of the foot you will be enabled to wear the size shoe that your feet demand, and not be forced to larger ones to accommodate your various maladies.

But apropos of what I have just been saying, I pause a moment for a small quotation from that best-seller of a former generation, *Trilby*. Though I must have read the book over thirty years ago the passage has always remained in my mind as being so extraordinarily well expressed. Refreshing my memory the other day, I found it just as pertinent now as when it was first written.

Even the youngest generation must know by hearsay that *Trilby* was a young woman famous for the beauty of her feet, and George Du Maurier, her creator, and an artist as well, in apostrophising them, adds this on the human foot in general. Let it encourage you to a greater respect for your own !

“It is a wondrous thing, the human foot—like the human hand ; even more so perhaps ; but, unlike the

hand, with which we are so familiar, it is seldom a thing of beauty in civilised adults who go about in leather boots or shoes. . . . So that it is hidden away in disgrace, a thing to be thrust out of sight and forgotten. It can sometimes be very ugly, indeed—the ugliest thing there is, even in the fairest and most gifted of her sex ; and then it is of an ugliness to chill and kill romance, and shatter love's young dream, and almost break the heart."

And since that is not the manner in which we wish to break hearts, if up to now you have not had the ambition to possess feet that could be undressed "impromptu " you could do worse than commence cultivating such an ambition.

To begin with, the feet should be kept scrupulously clean with daily baths of soap and water. If your daily bath is in the form of a cold shower or plunge, still the feet should have in addition their own special cleansing with warm water and soap and scrubbing brush. Afterwards they must be well dried, particularly between the toes, which can otherwise become sore. Likewise between the toes are situated numerous sweat and sebaceous glands, the secretions of which develop an intense odour, if cleanliness is not the rule. People who have a tendency to this unpleasant condition should bathe their feet morning and evening. Twice a week dissolve a teaspoonful of powdered alum in the water. Rubbing daily with alcohol is also helpful. The bathing may be done, if you prefer, with a solution

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of salt and water,—sea salt, kitchen salt, or Epsom salts,—and the feet sponged afterward with alcohol. A finish consisting of a dusting with talcum and boric acid combined should be given.

A good foot powder should be liberally applied to the feet, and in the morning to the socks or stockings as well. And the stockings should be changed twice a day. It is also important to air the shoes well after wearing and one should possess several pairs in order not to wear the same pair two days in succession.

Many women suffer with cold feet, especially anæmic persons or those with cardiac and nervous diseases. In such cases roomy shoes should be worn even at the expense of appearance, in order that the circulation of the blood may not be impeded.

A well-known doctor suggests the following for women afflicted with cold feet. Wear a pair of thin stockings of fine lisle under a slightly larger pair of wool or silk in winter. This may necessitate shoes that are a half-size larger, but the gain in comfort will be very great indeed. If the feet, stockings and shoes are thoroughly warmed before one starts out from the house, there will be much less chance of cold feet during the rest of the day.

. But tight footgear causes other troubles in addition to chilly extremities. It is responsible for ingrown toenails, corns, callouses and blisters. Sometimes, to be sure, shoes that are too wide will also bring about blisters and irritation.

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Ingrowing toenails are usually caused by short tight shoes. If one has a tendency to this condition, the toenails should never be cut round but always straight across, and then the back of the nail should be scraped, so as to produce an inclination to curl upward or backward, away from the edges. After this any cuticle accumulated under the ingrowing edges of the nail should be removed.

When the nail is completely ingrown, the soft part surrounding the nail is inflamed and swollen, and extremely painful. In such cases soap and water baths must be taken and continued for a long time, the softened nail lifted and between it and the flesh a small piece of carbolised cotton be placed, which should be renewed daily. Very advanced cases call for the *surgeon's knife* and, of course, if one can go to the chiropodist for treatments of an ingrowing nail it is always better.

A blister on the foot should be pierced with a red-hot needle and the fluid which runs out caught with a piece of antiseptic cotton.

Corns and Callouses

These irritating afflictions require a good deal of patience. If one is going to treat them at home, begin by soaking the feet in warm water, then using a softening application, such as salicylic acid ointment, which is made as follows :

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Salicylic acid	1 dram
Flexible collodion	($\frac{3}{4}$ strength) 1 ounce
Extract of cannabis indica	1 dram

Paint this on night and morning and occasionally pare or scrape the corn, at the same time renewing the coating. Soon the hardened epidermis will fall off.

Dr. Pierre Vigier recommends this corn cure :

Salicylic acid	1 gram
Alcohol (at 90 per cent)	1 gram
Extract of cannabis	50 centigrams
Ether	$\frac{1}{2}$ gram
Flexible collodion	5 grams

Paint the corn with this, using a small brush, every other day. The corn will in a short time be easily removable after a warm foot bath.

Callouses are almost always found on the soles of the feet and are produced by the skin being thrown into ridges by a too narrow sole or a lining that is out of place. They are treated in the same manner as corns.

Foot Baths

In ancient times the feet were washed as often as the hands because the sandals worn in those days did not

afford sufficient protection for the feet from the dust of the road. It was customary in the Orient for the feet of strangers to be washed by the slaves of the house where they stopped for refreshment. In some countries foot-washing was and is a ritualistic ceremony. Until a few years before the war an elaborate ceremony continued to be practised annually at the court of the Austro-Hungarian monarchy in Vienna. To commemorate Jesus' washing of the Disciples' feet, the Emperor and Empress washed the feet of a group of poor and aged men and women, whose feet, however, were elaborately prepared for this ritual.

But foot baths serve more than the ceremonial and cleansing functions. They also have a therapeutic value. Under a temperature of from 96 to 102 degrees Fahrenheit, the bath draws the blood from distant parts of the body. The effect is to increase the blood supply in the legs and feet and this effect is enhanced if two handfuls of salt and three or four tablespoons of ground mustard seed are added to the water. Such baths are not advisable during the menses or during pregnancy.

Whether one takes hot or cold foot baths is a matter for the individual to decide. The hot bath takes out soreness, but also has the tendency to make the feet swell temporarily ; whereas the cold bath hardens them, particularly if salt has been added.

Electric foot baths are sometimes given to persons with nervous disorders in the legs. The electric current is sent through the water in which the feet are immersed,

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the water serving as an electrode and exercising a pressure upon the feet. Such foot baths are of course only taken under the supervision of a doctor.

For the past few years there is a vogue both in Paris and in New York for Chinese pedicures. One finds their establishments everywhere and their engagement books are always full. To my mind their methods are unsatisfactory and superficial. One rather expects some especially valuable lore of the East to be displayed in their treatments, but pedicuring as practised by them takes only twenty minutes or so and consists merely of the trimming of the nails, and the removal of corns and callosities by the process of shaving them down with a set of pretty steel implements. No soaking is given beforehand and for a cleansing, a little cotton dipped in some mild antiseptic is dabbed over the toes. The root of one's trouble is never reached and one doesn't walk out with the light and airy feeling that follows a good, scientific American pedicure. The corns and callouses grow again all too rapidly. Perhaps the touch of the Chinese pedicure that women find irresistible is the finish of brilliant pinkish red enamel which they brush over the toe nails and which makes them eligible for an appearance on any of the fashionable beaches.

And speaking of beaches, feet should be kept bare as much as possible, not only on the sands in summer, but whenever it is possible at home. I advocate the wearing of Japanese straw sandals in the house, or even running around barefoot whenever you can. Never mind if your

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feet get dirty. The benefit they derive is worth more than the few minutes you spend in giving them an extra bath. The feet are more "cribbed, cabined and confined" than any other part of the body. Close-fitting stockings and shoes are taken off usually only at night and the feet are again encased in slippers or tucked away under the bedclothes.

I know a number of actresses and society women, both here and abroad, who never wear stockings in the evening nor at home, and for morning and negligée they have wooden-soled sandals with leather straps. As a result of this kind and courteous treatment they have very pretty and unblemished feet.

Give your feet as many air baths as you can. Put your shoes and stockings on the last thing in dressing and take them off as often as you can when you are indoors.

Exercises for the Feet

And for general hygiene, for keeping the feet at their normal size, and for making them elastic, they need their exercises, just as the hands do.

Try rising on the toes and sinking down slowly, whenever during the day you may happen to think of it, breathing in deeply as you go up, and letting the breath out as you come down. Do this ten times at a standing. The exercise is more efficacious when the feet are bare.

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When you are dressing run around the room on tiptoes ; change, and walk on your heels.

When you are sitting reading, or at any moment when you are unobserved, stretch out your legs and turn and twist the feet around the ankles as a pivot. Turn each ankle twenty times to the left, and twenty times to the right and then do them both together, left and right.

An excellent place also to do this last exercise is when you are relaxed and at ease in a warm bath. It accelerates the limbering-up process.

I am often asked what to do for large ankles. And the answer to that is, that whether one can " do " anything or not depends on the cause for the largeness. If it is a case of actual physical structure, there is of course nothing to be done. But in the latter instance I encourage a woman not to be unhappy over the size of her ankles. In almost every case they go with the general bone and muscle structure of the rest of her body, and are therefore not out of proportion. What she is probably complaining of is that her ankles do not curve in pronouncedly as do those of some slenderer woman of her acquaintance, and which on her would look out of place.

I point out that many of the beautiful Greek statues have ankles that might be considered thick according to fashionable standards. And I advise women instead of trying to torture themselves with the wearing of elastic ankle bandages, to concentrate on learning how

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to use the feet and legs gracefully, and no one will find them less attractive because of their ankles. I can think now of one of our most lovely and well-known dancers, who has what carping critics might describe as thick ankles, if she were not on the stage. And yet I have never heard that she lost an admirer of her art because of them.

If, on the other hand, instead of a case of body structure, your ankles are abnormally puffy, that is due to some acid condition, and a bit out of my province, though all that I have to say on the subject of diet will help you.

CHAPTER XVI

THE ART OF MAKE-UP

“ Art Can Correct Nature ”

The custom of making up the face dates from remotest times, as the recent excavations in the mounds of the city of Ur have proved, where small jars of cosmetics dating back to 3000 B.C. have been found.

Every age and race has had its own ideal standard of beauty and its own ideas about making up the face and ornamenting the body. The records of anthropologists are full of interesting material on this subject, which I have not time to go into here. A whole book might be written on this fascinating subject. Suffice it to note in passing, that extensive and elaborate make-up has often gone with a high state of civilisation.

In America we have come a long way from the advice given in that little book by Lola Montez, which I mentioned earlier. In *The Arts of Beauty* she writes, “ Let every woman at once understand that paint can do nothing for the mouth and lips. There is no man who does not shrink back in disgust from the idea of kissing a pair of painted lips. Nor let any

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woman deceive herself with the idea that the men do not instantly detect paint on the lips."

How quaint the fair Lola's indignation at the thought of rouge sounds to-day ! Yet there was a period, and not so long ago, when I and nearly every other woman felt very conservatively on the subject of make-up.

My mother had brought us up to use a little powder on our faces but would have been horrified at the thought of rouge or lipstick, or mascara for the eyes. And it was not until my establishment in London had been open for about a year that I began to give serious thought to the subject of cosmetics.

This came about by observing that my clients, after having had a treatment, would put on make-up whose ingredients neither they nor I knew anything about. How could we tell, I began to ask myself, whether there would not be some injurious chemical reaction between these unknown cosmetics and my treatment ? Even at the best, I thought, they probably added nothing to the good the latter was doing.

And so, after many requests, I started to create my own rouges and lipsticks (powders I had always been making) the purity of which was absolutely sure. It took me a long time to perfect them. I haunted the art galleries of London, to study the various shades of colouring in the portraits of all ages. I also went to France, Spain and Italy, and, finally, to India, Egypt and other tropical countries to learn more about the preparation and use of decorative cosmetics.

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I was forced to try out my creations on my own face, and so gradually came to use them myself, though previously I had not used make-up at all. Very few Englishwomen at that time were brave enough to confess to the use of rouge, though many of them *secretly* touched up their faces. Rouge for the cheeks, and powder, were the main standbys of the toilette table, and lipsticks and mascara were practically unheard of.

France, of course, had escaped these inhibitions with regard to make-up, never having come under the influence of good Queen Victoria. That is one reason why the Frenchwoman is so clever in the art of make-up. She has had a head-start. And this, along with an innate taste, through centuries of culture, has given her a chance to develop the art. Another reason is that Frenchwomen are willing to take more time at their toilette than the average Anglo-Saxon.

Someone has said that there are three things that cannot be rushed through in a hurry if they are to be worthy of the name—they are making love, making wine, and the creation of works of art. To this might be added a fourth, the applying of cosmetics, unless you wish to include make-up under the heading of art. And an art it certainly is, when sufficiently studied and practised.

The woman who is known as a pretty woman is not always she who has basically the prettiest face. She is much more likely to be the one who takes a sincere pleasure in every detail of her toilette, who sits down

before her mirror as an artist in front of his canvas. Her face may not be perfect, but she knows all the devices for turning her defects to advantage. For art, like genius, implies a passion for taking pains.

It is very fortunate that a frank attitude toward make-up has been reached in the United States within the past ten years. In America the extremes of climate and the high speed of living tend to take the colour out of the face very quickly. Even young women barely out of their teens often have a washed-out look in their faces when they are without make-up. Make-up is now put on to heighten and enhance the appearance much as one adds jewellery to a costume. It is used as a part of a decorative scheme, and hence its scope is somewhat wider than is actually necessary to secure the impression of blooming youth.

How much make-up is taken for granted is indicated by the increasing place it occupies in recent popular literature. The novels and stories of the past have made references to the physical attributes of their heroines, their wonderful eyes, their long golden tresses, their roseleaf skins. Now the stress is on the make-up, and what sort of a bob those long tresses have been shaped into.

Take this picture of the heroine, Lady Julia, of *Crazy Pavements*, by Beverly Nichols. It may give you new hints on making-up !

Lady Julia is getting herself ready for a restaurant

dinner. " In front of her was a jar of cold cream, a dead white powder, a rose-coloured powder, a powder of palest mauve, a bottle of astringent, two lipsticks, crimson and vermilion, and an eyebrow pencil. She sat down before a triple mirror and began.

" Cold cream all over—forehead, eyes, nose, cheeks, chin, neck. How cool it felt ! Delicious ! Then she took a towel and wiped it off, carefully and methodically.

" How awful she looked. Hardly a touch of colour. She stretched out her hand for the astringent, dabbed some on a piece of cotton wool, and patted her face with it. That was better. One could feel the skin tightening. It had an effect that exhilarated mentally as well as physically. And so it should, at three guineas a bottle.

" The groundwork was now prepared. She took the vermilion lipstick and turned her right cheek to the glass. She then drew a series of tiny lines, thick near the cheek-bone, very faint lower down. When it was finished her face looked like a human chess-board. Putting down the lipstick she proceeded to smooth these lines, gently and imperceptibly into each other. When they were all merged her right cheek had an appearance of glowing health. The same process was repeated with the left.

" She stretched out her hand for the pale mauve powder, covering with it her eyelids, and the space immediately beneath her eyes, removing all traces from the lashes with an eyebrow pencil. For her cheeks

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and her chin the rose-coloured powder was employed. For her forehead, nose and neck and shoulders, she used the dead white. And when her mouth had been carved out in crimson, she dabbed her whole face with a clean puff, tapping it afterwards with her finger-tips."

For those of you who would like to try this make-up, I might point out that Mr. Nichols classes three of Lady Julia's preparations as "powder," which to a woman connotes loose powder. Probably his mauve powder was "eye-shadow" and his rose-coloured powder a rouge compact, though we will leave him his "dead white" powder under that classification. The substitution of lipstick for cream rouge and its method of application I have not tried out, though when we come to the subject of rouge a little later on I will give you one resembling the latter.

Just a word here before going on to the question of colours. The smoothness of your final effect will depend largely on the smoothness and fine grain of the skin on which you apply them. And every woman, young or old, should use some sort of foundation, either an astringent finishing lotion, or a finishing cream, underneath her make-up. This not only protects the pores of the skin from any possible clogging, but blends the final result into a smoother and more subtle harmony.

I have one attitude toward make-up which some people regard as rather revolutionary, and that is that I approve of the younger woman using it more lavishly

than the older. Please understand that I am not advocating that she overdo the matter. But it is my opinion that a vivid make-up looks bright on a young face, whereas on an older one it not only does not conceal her age but actually accentuates it ; it emphasises whatever hard lines there are in her face.

Powder

The first consideration in make-up is powder. I think even the most beautiful woman will acknowledge that her appearance is enhanced by it. And a less beautiful one would not deny that it stressed her best points and tended to conceal the rest. A Frenchman has said that a fine film of powder over a woman's complexion spiritualises her beauty.

Powder is always the most indispensable article on your toilet table, winter or summer. There are several things you must take into account in choosing it, all of equal importance. These are fineness of quality, adherence, colour, and adaptability to your type of skin.

Too many women are influenced by mere fragrance alone in selecting their powders, although this is not an item of great importance. I can pretty well guarantee that where a powder fills the other requirements the perfume is bound to be delightful.

Good powders are not cheap ; yet you need not pay exorbitantly for an excellent one. Much labour is required to bring powder to a state of perfection and that counts in the final cost. It will only be fine enough if it

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has been sifted many times through the finest silk bolting cloth with hundreds of threads to the square inch. Coarse powders, those insufficiently sifted, get into the pores of the skin and clog them.

Do not be misled into imagining that talcum powder is fine. It is, on the contrary, full of coarse particles, and only seems fine because it has a kind of velvet slipperiness, which is not at all the same thing. You might tell this to the men of your family, if you find them using talc after shaving ; coarse powders are as bad for their skins as for yours.

Women with oily skins imagine that only very heavy powders will stay on and cover up the shininess, but this is not true. Fine powders cling just as closely as heavy ones if they have the property of adherence ; and they are especially necessary for oily skins which usually have a tendency to enlarged pores, a condition which a heavy powder will aggravate.

This brings us to another point in selecting powder and that is that it must be adapted to the type of skin. The dry sensitive skin will need a powder that is made on a proper cream base, so that it will not dry out the moisture the skin possesses. Whereas the normal or oily skin must have a powder that while "clingy" is especially prepared so that it permits the evaporation of moisture and thus prevents a shine.

Lastly, but vastly important, is the colour of your powder. The first face powders were white. Nero's wife, Poppæa, set the fashion back in the Roman era with

her preference for the chalk from the Channel cliffs. But white powder to-day can only be used by a certain type. And as a rule where I find a woman using it I advise that she try another, or at least only the white as a basis for mixing. A woman with a dead white camellia-like skin can use white powder, and curiously enough certain women who have clear and "true" olive skins can use white powder, especially in the evening, when it gives the loveliest and softest effect.

I will not take the time here to go into all the different fads in powder shades that I have seen come and disappear during my thirty years in the beauty profession, except to remark on the fact that for the past few years Paris, Vienna and Rome seem to have preferred the darker tones in powder, a preference that has at last reached the smart women of America. I believe the chic Europeans originally chose these tones because they suggest health and out-of-doors, and also because they bring out the whiteness of their teeth. Now the whole young world inclines to the "sunplexion" tones—and they are singularly becoming.

If you wish to use a powder fairer than your skin, do so only for evening, and have a second powder for the daytime, which either matches your skin or is fashionably darker. And remember that too thick a coating of powder is ageing.

The following are the general rules for matching powders and complexions.

The average complexion requires a cream powder ;

the older woman, a creamy pink shade, the so-called "natural" shade. A blonde should take a creamy natural ; a brunette requires a rachel, or a mauresque, and can sometimes use a deep cream with very stunning effect. A sallow complexion requires a pinky natural. A very flushed, pink face needs a greenish or mauve. The deeper ochre tints go well with olive or sunburned skins, but may also be used by those whose complexions are too pale, that is, when there is too much of a contrast between the colour of the face and that of the hair.

Those who are too pale and have sunburnt hair should try a powder of an orange tint. The pale blue and green powders are only to be used under brilliant electric illumination, to obtain special effects with certain costumes. Mauve is used to produce a pronounced pallor in the evening, or to tone down a ruddy, wind-blown complexion, consequently it is more popular in England than in America. Blondes can also use mauve when their colouring is too uniform, with a tendency to insipidity, that is, with not sufficient contrast between the colour of the face and that of the hair. Mauve mixed with natural makes a charming shade for certain types of brunettes to wear at night.

The ideal way is to do as the Frenchwoman does. For twenty years back she has been used to buying two and three boxes of powder and mixing them herself to suit her gown, her preference, and the occasion. She would never allow a girl behind the counter to mix powders

for her. If your eye is artistically keen you can learn to do this very quickly at home ; and in any case it can be trained with time.

Very few women, I have observed, know how to *apply* powders. I see illustrations of their incompetence in this regard going on all around me in restaurants, theatres, and other public places. The puff is pushed down into the powder and then slapped on the face nonchalantly, the powder flying in all directions. Half of it is wasted at every application.

Take time to put on your powder at home, and use a compact if it needs a further touch later. And this is how to do it : dip a cotton ball or a lamb's wool puff into the powder, shaking off the coarser particles which will occur even in the finest. Then begin to apply it low down on the neck, and work up toward the chin, and from there to the cheeks, nose and forehead, pressing the powder on firmly and carefully. When you have a rather thick coating all over the face, begin to tone it down, ending with a smoothing of the skin by the finger-tips, especially in the neck and the crannies around the nose and eyes.

Your last touch, and one most indispensable, is to brush all powder out of the eyebrows and lashes with your small eye brush.

Rouge

While I have just said that the first consideration in make-up is powder, it is not actually the first to be

applied in the process. Rouge comes first, after your finishing foundation, and applying it to your cheeks will be the gesture you will start out with.

If any argument is needed in this day and generation in favour of rouge, let us say that a rosy cheek gives an appearance of health and lends lustre to the eyes. And anything that gives a look of health actually makes one feel better. That is why you instinctively try to look your best by means of make-up on days when you are not feeling up to the mark.

There is no cosmetic that demands more finesse in its application than rouge. You must know in general how much to use for your particular type and the right amount for the day and for artificial light. You must know what shade enhances your appearance, and exactly where to place it.

As to the placing of rouge the following general rules apply :

The woman with a normally oval face should apply rouge in triangle fashion, that is, from temple to lower cheek, and then to ear, blending lightly outward, so that the deepest tint appears in the centre of each cheek. Fill the cheeks with air, and the *pommelte* or high point will be the centre.

To give a slenderer effect to a full round face, place the rouge higher on the cheek-bones, just beneath the eyes and fairly close to the nose.

A long, thin face will take on a rounder, or more charmingly oval appearance, if rouge be applied lower

down, covering the larger surface and becoming lighter near the temples, and deepest on the lower part of the cheeks. It may be carried very, very lightly down to the chin.

It is sometimes difficult for a woman to tell whether her face is oval or round, and as even the best rules have to be broken to fit individual cases, here is perhaps even a better way to know where your rouge should go. The rouge part should coincide with your natural colouring ; bathe the face in very hot water for a minute or two, and then quickly press on the face a towel which has been dipped in very cold water ; do this in a good light and while drying the face note your colour in a mirror. You will then know best where to add rouge, and this method will also help you in choosing the right shade to tone in with your skin.

Rouge in liquid form is difficult to apply so that it looks natural. And then more and more women are giving it up for compact or the cream rouge because it has a drying effect on the skin.

Cream rouges require a little skill to apply, when you first begin to use them. But those who go in for the subtlest make-up use cream rouge. If time is taken to blend it into the skin the results are more natural than with the compact, and they are most lasting. Apply it with the third finger of the right hand in three small dots the shape of a triangle and at the spot that coincides with the high point of your natural colouring. Sometimes a fourth tiny dot goes lower down on the

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cheek. Then with the second finger blend in the rouge. Women who wear large hats and in consequence need a little more rouge, or those whose skins are oily and absorb the rouge quickly, carry a compact with them and "touch up" their complexions at intervals during the day.

Some women regularly use two rouges in their make-up for evening, to get a more glowing effect, and apply the cream rouge under their powder, finishing off with just a touch of the compact.

Besides the cheeks, the chin, unless unduly prominent, should always have its touch of rouge, since nature tints the face that way. For evening a hint of rouge on the lobes of the ears is nice. Frenchwomen employ it almost invariably and sometimes in the nostrils.

Bear in mind that if the eyes are large and bright, you can afford to rouge brilliantly. But if they are small, soft and serene, a too-heavy rouge will detract rather than add to their beauty. This is an important rule to remember.

As to the shades of rouge to be used, red raspberry is the easiest to wear and nearly everyone is safe in choosing it. It is always a good daytime shade. A very fair skin can use a geranium shade ; this may also be used for evening where a bright effect is desired.

For the woman with an olive complexion who wants a rich glowing colouring, the brunette rouge is the best.

The more mature and conservative woman uses a

crushed rose tint because it gives just a faint flush and never seems too apparent.

A few blondes, or those whom nature has blessed with Titian hair, still like to use a tangerine rouge, though outside of this it is now very little in favour.

Make-up for the Eyes

After the actual physical blemishes, the crow's-feet, the puffiness under the eyes, the relaxed eyelids, have been cured or alleviated, the most important features lending beauty to the eyes are the brows and lashes. This is where make-up steps in to help out.

Nature has not bestowed perfect eyebrows and eyelashes on all of us, but an artistic effect can be obtained by artificial means. Such means have been in vogue since the days of the early Egyptians, the archæologists having discovered in the tombs of the Ptolemy princesses small flasks containing black powder to the stoppers of which are attached glass sticks for its application. Chemical analysis shows that the powder is sulphurated antimony, which is the "kohl" of the East. Examples of these kohl boxes and sticks are to be seen in museums.

A Persian eyeblack is still the most effective preparation for darkening eyebrows and lashes, and its beautifying effect is unquestionable. It not only accentuates and lengthens the line of the lashes, but gives the eye a new lustre and brilliancy.

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To give more expression to eyes that are small and have not much depth, apply eyeblack evenly and lightly over the eyelid ; do the same, but more lightly, under the eye. For deep-sunken eyes, tint only the part of the eyelids nearest the temple and leave the part next to the nose and inner corner of the eye untouched. In each case, use the index finger, *which should be covered with fine linen*.

If an eyebrow pencil is used, the bare finger is employed for smoothing.

I have seen many Frenchwomen use simply ordinary lamp-black for making up their eyes ; a saucer is held for a moment or two over a lighted candle, and the resultant smudge is used to colour the eyes. But this is merely an emergency measure. The woman who makes up her eyes regularly should use a good commercial preparation. It is safer, more effective and far more convenient.

The artists of the stage and screen put especial emphasis on eye make-up. The eye can be softened if the lashes are tinted ; it can be elongated by placing two little Vs, pointing toward the temples, at the corner of each eye. To give the eye great brilliance, a touch of rouge may be placed at the inner corner of the eye.

For improving the thickness of the lashes, I refer you back to a previous chapter, which contains a section on the eye and its treatment.

A word in conclusion on the removal of make-up.

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Spread cream over the face, and wipe it off with a bit of clean linen or fine facial tissues. Afterward an astringent lotion should be applied.

SUGGESTED MAKE-UP FOR TYPES

The Nordic Blonde—with golden hair, fair skin and sea-blue eyes, requires a delicate powder. Cream is the most becoming shade but in view of the vogue for darker face tones, rachel may also be accepted. Rouge for this type should be clear crimson with a touch of orange in it. The colour tones of the red geranium are perfect for her. Lipstick should match the rouge and be a gay cardinal red in tone. For eye make-up, nothing is so telling as blue eye-shadow and with it she should use that fascinating blue mascara which lends such an air of distinction to the whole make-up.

The Anglo Blonde—the English and New England type is somewhat more fragile in tone and colouring, with ash blonde hair, eyes that may be grey or hazel or golden brown, and a pallid skin. Her powder may be of one of three shades depending entirely upon the extent of her fairness. Cream is good, but it will accent the white tones of the skin. Natural gives a faint glow and blush a more definite one. Shadows should be grey, jade or brown to accent the shade of the eyes.

The Celtic Blonde—with light chestnut hair, gorgeous eyes and fair skin, is the Irish Beauty and all her

descendants who maintain the vivacity, the clear colour tones and the violet eyes that have inspired poets through the ages. For her, rachel or mauresque, that delightful skin tone with a warmth of gold in it ; rouge a little darker but still free of blue or purple. There is a French shade called *framboise*, the deep scarlet of a little wild strawberry that grows in Brittany, that is exactly right—in America the red-raspberry tones are best. Lipstick should be ruby red, and shadow as blue as Irish eyes.

The Titian Blonde—is the last of the fair-haired types and if she is the most rare, she is certainly the most striking. Copper hair, with the sun caught in its net, brown eyes most frequently, although blue are not unusual, white skin that may be either inordinately thin and sensitive (the freckled type) or thick and creamy as a gardenia petal. For her, rouge as delicate in tone as can be obtained. Coral pink is perfect. Cream powder, lipstick still true to the basic tones of the rouge but a little deeper. Cardinal red is good. Eyeshadow the colour of her eyes. Blue mascara is lovely for this type too. This is one of the rare varieties that seem to benefit by the use of a heavy eye make-up—provided it is very clever and correct—even in the daytime.

The Anglo Brunette—comes next, with brown eyes, brown hair and ivory skin. A beautiful type to which colour is the very essence of beauty. For her the *framboise* or raspberry tones in rouge and lipstick and

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the warm peach tones of rachel powder. Eyeshadow sparingly applied, brown by day, and blue or green by night, and mascara only for evening.

The Celtic Brunette—rare, and growing more so, has raven hair, eyes of midnight blue and creamy, healthy skin. For her, cream or rachel powder and the ivory tones are best. Geranium or cardinal red in lipstick and rouge, and eyeshadow that is violet blue. An evening variation that is beautiful is coral rouge, cream powder and a golden orange lipstick. Eyeshadow of royal blue and mascara very black.

The Latin Brunette—from the south of France, Italy, Spain and South America needs a colourful make-up. For her, rouge in that lovely indefinite shade of crushed rose leaves, lipstick in colourful but not too gay tones, wild raspberry again, or the luscious red of pigeon's blood. Eyeshadow, *not* black, although one might think so, but one of the fascinating shades of blue green, jade or royal blue. Mascara blue or black, sparingly applied.

For my *Colonial Dame*, with her white hair and youthful skin, the delicate shades of coral rouge, rose-red lipstick and flesh-pink powder.

In substance, remember the more obvious your natural colouring, the more subtle your make-up should be. If you are pallid and indistinctive, the gay clear tones of rouge and warmer powders will develop a glow and vivacity that are almost transforming. There are so many shadings to the art of make-up, so many effects that may be achieved, that my best advice and

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final word on the subject is : Study yourself—not only your colouring, but your temperament, the way you dress your hair, the clothes you wear. The vivid, vibrantly alive person can either match her mood or calm it to complete sophistication by the make-up she selects. Give your face an opportunity to be distinctive. Experiment before your mirror. You will find it eminently worth while in the complete cultivation of beauty.

CHAPTER XVII

MIRRORS AND LIGHT OR SHADOW

What is associated with make-up as inevitably as night with day ? What, indeed, but mirrors ! In fact, mirrors and beauty in general are inseparable, and I strongly urge the woman who cultivates beauty to surround herself with them. How can she possibly do without them ? That pastoral period of antiquity, however lyrically praised and sung, must have been very dreary when women had only the limpid rivulets or pools in which to see themselves. Even the day when man invented the mirror of polished steel was but a slight improvement.

A mirror tells you your faults with such a calm matter-of-factness, in an impersonal way that no friend could do. The mirror is there, in your home, to counsel and guide you. Accept what it tells you with a grain of salt, but on the whole rely upon it. Do not be intimidated by it. Sometimes you may triumph over your mirror and at other times it will triumph over you. A poor mirror will cloud and change your colouring, and if very poor it will distort your features. On the other hand, a mirror in a dim light will cast a glamour over your face and soften a crude make-up, of which kind of flattery one must beware.

It may interest you to know that there is a new mirror to be had, the idea of which resembles those department stores counter appliances whereby you tell how a certain shade of material is going to look in daylight. With these new mirrors, which in construction and size are like a man's large shaving mirror, one may make up in the darkest room, and yet be certain that the effect will be perfectly correct with the daylight.

I would have women collect mirrors for their homes, and surround themselves with them. Let them have, as their first toilet requisite, even if they have to make sacrifices to obtain it, a triple mirror for their dressing table. Then, as soon as possible, a full length triple mirror for the bedroom or dressing room. And by all means let them have mirrors in their bathroom, the more the merrier, and mirror panels in their hall and drawing room. Above all, let them have hand mirrors on their dressing table, on their bathroom shelf. And at least one magnifying mirror, which are now being made so charmingly, with slender handles and coloured enamel backs, or with gay leather coverings for travelling.

The story that each mirror tells may be slightly different, but by common sense you will be able to strike a happy medium that approximates that supposedly impossible ideal of seeing yourself as others see you.

There are two ways of gazing into a mirror. One is

to be too critical, to magnify every little defect and blemish so that you are in danger of losing your self-assurance. At the end of certain days when I have had a hundred things to rush through and am tired and nervous, I almost dread looking into a mirror for fear of what I shall probably see there. But I remind myself that my appearance at those times is not normal and that the ravages of the day will be repaired by bath, food and rest. You may have certain defects of which you are overconscious, and which your mirror is ruthless in revealing, yet these blemishes are probably invisible to most of your friends. Then, too, remember that your mirror records your face when it is serious and concentrated upon these very defects, and not when its expression is quickened by happiness or interest in some external happening.

Some women, on the other hand, look into their mirrors with too great complacency, with the tendency that the mind has to see only what it wishes to see. That is what the psychologists call a "defence mechanism."

Try to arrive at the stage when you view yourself neither too indulgently nor too harshly. But take no chances with your make-up, apply it in the strongest light possible, and as if you were going to be in that light continually, even though you run the risk of looking a bit faded if the lights happen to be low.

CHAPTER XVIII

WHERE FACIAL SURGERY ENTERS

Now that we have covered the main phases for the care and preservation of beauty, what about the *emergency measure*, "face lifting," for emergency measure I feel it to be.

Face lifting, let me say by way of preface, is for those whose lives have been spent far apart from the channels where the care of the appearance is a routine of the daily programme; or for those who though familiar with beauty culture knowledge have been lazy or careless, and having let themselves go to pieces, awake one day, when the damage is done, to an awareness of their aged appearance.

Here is where facial surgery comes in.

You will want to ask me at once, I think, whether face lifting can be done successfully. Whether youthful contours can be restored to sagging lines so as to give a natural look to the face, and without leaving any scars or disastrous after-effects. To this question I can quite truthfully answer, Yes, it is entirely possible, only success depends primarily on two factors.

It depends on the facial surgeon a woman selects to perform the operation, and it depends on the woman herself, as I shall tell you in a moment.

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Let us consider the first factor. One of the reasons why face lifting has been discredited in so many quarters is because so many charlatans have undertaken to do it. The only person for such an operation is an accredited surgeon. Is he recognised by, does he belong to, a medical association? If he does, see if he can give you proof in some way of having been particularly successful with this branch of facial surgery. I have to confess that the number of surgeons who understand all the subtle and delicate angles of face lifting and can bring the operation to a successful conclusion is still a limited one.

Having satisfied yourself as to the reliability of your surgeon, the rest will be in a large measure up to yourself. The operation, done under local anæsthetics, is not at all painful. But there are dressings to be worn, and if you are to have the maximum result you should stay under your surgeon's care, where you can be watched, for several days after.

The technique of face lifting first confined itself to lifting the outer skin. The more modern technique adds a certain amount of "undermining" of the flesh beneath and secures thereby a more natural and more lasting effect. Where this has been done the face can count on remaining the same for four or five years, instead of sagging again in a year or two, as was sometimes the result with the other way. Another improvement in technique is to make a series of small operations or "tightenings," at close intervals, instead of one

conclusive one. The less elastic the skin the longer the results of the operation last, which is why a more permanent condition is possible with the older woman, whose skin has lost most of its stretching quality.

In a certain percentage of people there are certain areas, especially around the neck, where, after an incision, there is a tendency in healing to form what are known as "keloids," that is, elevated scars or wide welts of shiny skin. And these are undoubtedly disfiguring. If the facial operation is to be performed in an area liable to develop keloids, a conscientious surgeon will advise his prospective patient of this possibility. Though even, should it occur, the elevations can be removed by radium or mesothorium treatment.

Where the need for taking up the skin is so slight that the incision can be made in the region of the hair on the scalp, the problem of keloids does not, of course, exist.

As to whether a face lifting gives one an unnatural "pulled-back" look, depends again on the skill of the surgeon. Though what one feels is an unnatural look may rather be put down to the sudden transition from one kind of a face to another. But you yourself, your family and friends, become so quickly used to the new face that that hardly counts. In truth what with seeing a new reflection in the glass every day one soon forgets how one used to look and feels as if there had hardly been any reparation at all.

Sometimes after a face lifting the eyes seem drawn

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out of their natural shape. This is a condition, however, which lasts no longer than a day or two, at the most, so it need not frighten the patient.

The surgeons believe that face lifting and facial surgery have come to stay, and it is being urged as a graduate course in certain medical colleges. Every six months sees an improvement in its technique. I myself believe, as far as the face lifting part of facial surgery is concerned, that it will probably be employed for a period of from ten to twenty years. And that then it will naturally fall into disuse. For by that time the new generation will have grown up, who will have begun caring for their skins and their facial contours from their earliest years, who will have formed habits of exercise and right eating, who will have lived on milk and vegetables and fruits and fresh air, who will have taken their hot and cold beauty baths relentlessly, their frictions, their massage, who will have learned and practised the beauty hygiene for each individual member of the body—who, in short, will have been educated completely to the idea of staying and looking young as long as they live.

And then we shall have no more problems of stringy and sagging facial contours ; of flabby chins and jaws, of pouches under the eyes. And not having this problem, we shall have no need of face liftings. But until this happy day face lifting will be a boon to those women, whoever they may be, who want quick results in removing the traces of the years from their faces.

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Facial surgery has many other wonderful feats to its credit besides the correction of sagging cheeks and falling chin lines. It has changed and restored noses, removed wrinkles from the forehead and between the eyes, widened mouths or made them smaller—and flattened outstanding ears.

The operations on the noses of several of our well-known actresses, and one of our famous pugilists, have received so much publicity that you must all be aware of their successful outcome. And many operations on both men and women, though less heard of, have been equally successful.

Operations on the nose are not an invention of modern surgery, as you may have imagined. For the first rhinoplastic operation—as it is called—which was ever performed in the history of the world took place way back in the Middle Ages. It was performed by a Teutonic knight, one Heinrich von Pfolsepeundt, though an Italian named Branca, who flourished in the fifteenth century, practised the same art. The latter formed a new nose by using a flap from the patient's upper arm, following Pfolsepeundt's advice. After that, rhinoplastic surgery was practised throughout the Middle Ages when, owing to the continual feuds and duels, many a knight and nobleman lost his nasal feature.

Whether any operations were performed on the noses of fair women in those days I have found no record in my researches into beauty history. But to-day it is women rather than men who have recourse to the

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operation of changing the shape of their nose. And really remarkable transformations have been effected which have changed the whole expression of a woman's face and made a good-looking person out of a plain one. Too prominent hooked noses have been metamorphosed into classic Greek shapes ; snub noses transformed into straight. And according to facial surgeons, the latter is one of the easiest operations to effect successfully, a wedge being cut out of the septum, the two sides sutured together and the point of the nose drawn down and backward, when it will present a most normal aspect.

A "hump" nose may be given a classic straightness by dividing the skin and removing the hump with a small chisel. And that great disfigurement, a nose that has no bridge, can be corrected by means of transplantation, or the implantation of small pieces of bone.

One of the most successful operations is that done to remove pouches and bags beneath the eyes, as the skin heals very rapidly in this region, and no trace of a scar is visible.

To remove transverse wrinkles running across the forehead an excision is made on the scalp and then the skin of the forehead is drawn upward. If the margins of the wound are united, the skin of the forehead is somewhat raised and thus the eyebrows are elevated and arched, which gives an added youthful look.

A tendency to those "angry" or frown wrinkles which come between the eyes and give such an

unpleasant and severe—sometimes an almost masculine—appearance to the face can be kept away indefinitely by regular facial massage with a feeding cream. But once they have been allowed to get deeply and firmly implanted, and a quick eradication is wished for, a surgeon's aid is required. A novel fashion of performing this operation is by clipping the muscle between the eyes, which has been the basic cause of the frown. This, being paralysed, ceases to contract, and in a short time the skin above having nothing to pull it out of shape smooths out. Where the frown has been partly caused by a thickening of the skin the "undermining" process, already spoken of, must be resorted to.

There are special operations for reducing thick lips by making incisions of the mucous membranes from the inside, of which I have spoken in the chapter on the mouth. There are operations for cutting out the tissues that go to make up a double chin. And there are operations—this if not facial surgery, is still beauty surgery—for pendulous abdomens, and especially for flaccid breasts. The latter operation is considered one of the simplest by the surgeons, and one that is almost invariably successful. The number of women who have had it done is already very large.

CHAPTER XIX

PERFUME—THE EXQUISITE FINISHING TOUCH

The finishing touch to beauty is perfume. Perfume completes the personality. It has the magic power to attract, to arouse sensation, and to stimulate the imagination. Its fascination for both men and women rests on sound physiologic and psychic bases. Let no one boast to you of an indifference or a superiority to perfume. It denotes, on the contrary, a limitation in the nature.

During the past few years I have made it a point to study perfume from every angle, and especially to read everything I could find about the part it has played in the romantic history of the past. I have been surprised to find how important and how extended that part has been. The perfume industry is a vast one to-day, and women accept perfumes as an important factor in their lives. But if we compare our age with certain periods that have preceded us, we are forced to the conclusion that in the matter of its employment we are still mere amateurs.

Nine out of ten modern women use perfume in just one way. They buy it in a bottle, place it on the dressing table and use it almost exclusively to scent their

handkerchiefs. In former periods, and especially in the ancient civilisations of Greece and Rome, perfume figured throughout the day and night in a dozen different ways. In comparison, our methods seem very scant.

I am first of all going to give you some illustrations of the methods of former days, which, if not strictly practical for modern times, I hope will at least appeal to your imagination. Then I am going to suggest how you yourselves may use perfume more subtly to make of it a surer and more effective asset of charm. And when I come to this I shall borrow from the art of the Frenchwoman, who is as skilled in it as she is in the art of make-up.

As to the ancient Greeks, Romans and Egyptians, and the inhabitants of Asia, both men and women of the upper classes were literally bathed in perfume. The hair of the women, the beards of the men, hands, skin, were rubbed with fragrant oils. They used perfume on the eyebrows, as the Frenchwoman does to-day, on the eyelids, on the soles of the feet, on the palms of the hands. Apollonius suggests that they perfumed the wrists, as that was the pleasantest way of shedding scent and "made it appear sweetest." The inference here is that the Romans were as given to gesticulation as are all Latins to-day, and the scenting of the wrists might still be a suggestion for the latter, though not so effective for the Anglo-Saxon.

The abundance of fragrant oils and ointments used

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in those times appears to us amazing. Perfume ranked in value with gold and silver. Kings and prophets were anointed. The harem women of King Ahasuerus were scented with unguents for months, before they could be presented to their master.

Not only was perfume used on the person, but the very air was heavy with it. Incense, ambergris, civet and laurel branches were burned continually in Roman houses. To-day in the East it is still customary to burn fragrant woods in living rooms. Floors of apartments were sprinkled with perfumes. Every noble Roman household had its own laboratory, where skilled male and female slaves prepared perfume for every purpose.

Fresh roses were strewn on beds and in bath-tubs. And when lying at table a rain of them, mingled with violets, fell from the ceiling upon the guests, whose heads were garlanded with wreaths of roses and the acrid celery plant, while wine made of roses was served.

During great festivals and games incense was burned in the streets, so that even the poorest participated and enjoyed the perfumed air. On many occasions two hundred women were employed to sprinkle special perfume from golden vessels. In the East it is still customary to welcome a stranger by sprinkling him with rose water or some other fragrant liquid.

The beauty and charm of Cleopatra were said to have been enhanced by the wonderful perfumes which she so lavishly employed on her person, and you are doubtless familiar with Shakespeare's description of

her barge whose sails exhaled "a strange, invisible perfume," so that ever "the winds were love-sick." Reports have it that she used "the worth of 400 denarii of spices but once, to anoint her hands, which were wafted away on the air and lost for ever."

That statement about the perfume being "wafted away" is probably poetic exaggeration, as perfumes were evidently much more lasting among the ancients than they are with us. We have the record, for example, of a certain perfumer who said he had a perfume in his shop for eight years and one for twenty and that they were still good and in fact better than when fresh, which should be true of any heavy perfume. Among the many beautiful vases unearthed at Luxor was one which contained some of the original perfumed ointment that it had held when the tomb was sealed. And the perfumers of the Napoleonic era must have been equally skilled in making durable odours, for after long years the walls of the bedroom occupied by the Empress Josephine at Malmaison still retained the scent of musk, her favourite perfume.

Even the food in ancient Egypt was perfumed—the sweetmeats, the sherbets, and so on. The Arabs also used perfume in their cooking. They made a sherbet from violet flowers and a conserve from the petals with sugar, and I have read of a terrible sounding concoction of meat pie "infused with rose water and musk."

Mohammed encouraged the love of perfume among his followers which probably accounts to a large extent

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for its extensive use in the Far East to-day. In the description of Paradise in the Koran it is said that the ground was made of pure wheaten flour mixed with saffron and musk, and the black-eyed houris that inhabit it, waiting to “welcome the brave to their bowers,” *were of pure musk*.

Leaping a big gap and coming to the time of Louis XV, the use of perfume grew more and more fashionable as his reign progressed. It was customary for the royal and noble ladies of the Court of Versailles to use a different perfume every day. Versailles was known in consequence as *la cour parfumée*.

Perfume bills among the *élégantes* were enormous, Mme. de Pompadour's perfume bill at one time amounting to 500,000 livres a year.

In England during the reign of Queen Elizabeth perfumes “rich, elaborate and costly” were used in every possible manner. And we begin to hear of perfumed gloves, the Earl of Oxford having brought a pair back to Elizabeth as a present from Italy, where, as well as in Spain, the art of perfuming gloves had been practised for some time. The skins were impregnated with ambergris, civet or musk, and the substances employed were first mixed with a fatty basis and then smeared on the inside of the gloves with the further object of keeping the skin soft.

Queen Elizabeth also had a cloak of Spanish perfumed leather of which she was very proud, and her shoes were scented with sweet essences.

The still-room began to form a part of every castle and large country house, and aromatic and "fragrant waters," as they liked to call them, were prepared from carefully compiled recipe books.

In the sixteenth century we find the forerunner of our modern sachet bag. Dry perfumes were sometimes placed in little silk bags and carried in the pocket or placed in clothes chests. Later on the Court beauties of Charles II's time made a vogue of the sachet bag, mixing together powdered ambergris, musk and sandalwood, placing it in small bags that could be worn on the person or scattered in coffers.

During the sixteenth century there appeared, too, the "casting bottle," evidently the grandmother of the perfume atomiser, which was used for sprinkling perfumed water for the toilette, and which was found in every lady's chamber.

And a bit later on saw the vogue of the *caselette* or *printanier* carried by ladies of the fashionable world. This was a little box made of ivory, silver or gold with a perforated lid which could be held to the nose and its fragrant contents inhaled. They were sometimes beautifully decorated and jewelled.

We hear of "perfume lamps," which evidently worked on the same principle as our modern perfume burners. And we hear of "perfume necklaces," the latter being strung with beads compressed from perfume substances.

To make up a set, there were "perfume finger

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rings," in the centre of which were little boxes to hold the perfume, the hinged cover of which was perforated to emit the odour.

Books containing "secret recipes" were written by Italians in the sixteenth and seventeenth centuries and speak of "little cushions of perfumed roses" and small perfumed cakes of "storax, calamint, benzoin, aloes wood, Coales of Willow" beaten together . . . to throw on the fire. Another recipe given is to "take citron peel and civet, and heat them on some coals in the midst of the chamber, much better if you add musk and ambergris."

For linen the ingredients are to be made into pills or balls and scattered in a coffer with the linen. And this seemed to have started the fashion of perfuming sheets, which was gradually simplified into perfuming them only with lavender, a custom practised in every well-kept household from then on up to recent times and still prevalent among conservative Englishwomen.

Another way of securing this perpetual night and day atmosphere of perfume, which appeared to be so desired, was through the "perfume pan," which fumigated and perfumed apartments that had been closed, and also imparted a sweet smell to linen and clothes. In France in the days of Richelieu "perfume bellows" were in vogue, to diffuse sweet smelling powders, and the Cardinal was particularly fond of having this done in his own living quarters.

Coming to our own day and generation let us now

see how we can employ perfume to its best advantage and make it work to enhance our charm.

The proper use of perfume is, of course, an art. In the past the woman who knew how to use perfume was as rare as the one who knew how to dress. To-day there are many women who know how to dress, but still few who know anything about using perfume. Their naïve method is that which I have described in the opening paragraphs of this chapter.

In France they have a charming way of saying that “ a pretty woman being the most exquisite of all the blooms of nature, should above all exhale a perfume.” And the Frenchwomen brought up in this tradition are most skilled in knowing how to “ exhale a perfume ” so that it shall be at the same time subtle and suave, whether it be a delicate one or one vibrating with intensity.

You must learn two principles of applying perfume if you would have the same perfume skill as the Frenchwoman. The first is to become a devotee of the atomiser ; the second is to begin perfuming *à l'envers*, that is to say from the inside out, in place of the customary surface perfuming.

Directly after her bath the Frenchwoman applies her perfume to her whole body with an atomiser which distributes it evenly and without waste. Then as she dons her lingerie she perfumes that in turn in the same way with her atomiser, so that no stain is left on the material. One Parisienne of my acquaintance, who

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adores dancing and spends half her day at it, likes to “blow” perfume into her silk stockings and around the hems of her chiffon frocks. In this way, she advises, there comes to those who approach you only a perfume veiled and discreet. And when you dance, the motion of your skirt frees the perfume.

The Frenchwoman smooths out her eyebrows with perfume as a last touch to her toilet. She dabs it behind her ears, since she knows there is every chance of her sweetheart or husband implanting a kiss on the back of her neck. She puts perfume in the palms of her hands, so that those who grasp them will carry away this fragrant reminder of her, which might be called a modern adaptation of an ancient belief. For the early Egyptians associated certain odours with their deities. Thus the goddess Isis was believed to have a wonderful odour which she could transfer, through her caresses, to those she loved, though the perfume was supposed to be entirely an emanation of her own personality and not an artificially manufactured product out of a perfumer's jar.

Each one of us, naturally, has his or her own odour, usually perceptible only to our faithful dogs and other pets. There are, however, certain women who are favoured with an exhalation of the body, a very definite perfume perceptible to practically everyone with sensitive nostrils. And this is a rare and most precious gift of nature. (Of those women afflicted with a displeasing bodily odour I have spoken in my chapter on baths.)

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Sometimes this personal fragrance is like a delicate violet, and again it has been likened to fresh, sunkissed strawberries, or dried meadow clover.

If you happen to be one of the few who possess this natural perfume, do not disguise the fragrance by the use of artificial perfumes. Or if you feel you really must use one try to choose some light, delicate scent that will blend and harmonise with your own, and reveal rather than obliterate it altogether.

This brings us to the choosing of a perfume for our own use. What shall influence us in our decision for this as against the other one? Shall we buy a perfume merely because it is fashionable, because the clerk across the counter says, "This is very popular," or because someone we admire uses it? No, indeed! This is too often done, and these are quite wrong methods. Unless you feel that a perfume has an instant and strong appeal for you, that you have a distinct affinity for it, and it for you, and that in using it you will be expressing and extending your personality, do not buy it.

There is a tradition that blondes and light brunettes should use the flower odours such as violet and rose and lilies, and brunettes the richer and more musky and *ambre* odours. But that to me is indeed mere tradition, and I feel that the question goes deeper than this, and is one of personality and temperament. Blondes can be just as intense in temperament as brunettes, just as vivid in colouring, and when this

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is so, the rich Oriental perfumes are as suitable for them as for the brunette, provided they feel that "certain something," that affinity of which I have just spoken.

What should influence you somewhat in choosing a perfume is your age. The young girl should not use the heavy Oriental perfume, nor should the average woman over sixty, though there are exceptions in the latter case, where the personality is extremely vital and youthful.

The "Divine Sarah" loved strong perfumes and always used them up to her death, when she was past seventy, and they seemed not only absolutely in keeping with her wonderful dominant personality, but anything else would have been out of harmony.

Women who go in for sports should use bouquet odours, something with a tang, a resinous odour, that suggests woods and fields and out-of-doors generally ; and it is most interesting to note that chypre, which used, in former days, to be associated with the fashionable demi-monde of France and Russia, with sequestered, silk-lined boudoirs and an artificial hot-house existence, is now being advocated for daytime wear by the women who go in for sports. Such a complete reversal ! Times do change and the world does move ! And this modern attitude towards chypre I find more logical, as, though it is one of the clinging odours, it is made up of such ingredients as the Tonquin bean, orris, rose vanilla, blended with musk to make it lasting,

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which should go just as well, if not better, with out-of-doors as with a hothouse atmosphere.

In applying perfume one should not overdo it, and one should always bear in mind that within a short time after application your nose will become accustomed to the odour to such an extent that you will probably be unable to detect it. But if it is a good perfume—and one should buy no other kind—don't make the mistake of applying more at once, simply because you cannot smell it yourself. Your original dosage will be quite perceptible to others, and should last for hours, especially if applied in the fashion I have already indicated.

Whether you will choose one perfume and have all your belongings redolent of that, your gloves, your scarves, your stationery ; or whether you will choose several to express different moods, to go with different frocks, is an individual matter. The older preference was for the one individual perfume. With it a woman started out on her social career, and adhered to it as long as she used perfume at all. And literature, especially French literature, is full of references to the perfume which clung to the glove or handkerchief, dropped inadvertently by the *bien aimée* and produced such an ecstatic reaction in the lover.

But those were the days of the simple life. The present vogue, to match the complexity of existence, is for a multiplication of perfumes. Three or four for varying occasions, for different seasons of the year, are

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used by many women. I know stars of the stage and screen whose array of perfume bottles and atomisers on their dressing-tables is like an army of little soldiers.

Certain essences are used for different periods of the day. One for the morning and for sport, one for the afternoon and tea dancing, and one for evening, each just a slight degree more intense than the other. But this routine of perfume would only be for the extravagant woman, whose whole life was given over to a round of social events and who changed her clothes completely three times a day. Otherwise one perfume would be superimposed on the other and there would be a disastrous confusion of odours. Modern women may possess many perfumes, but they use only one at a time, that is to say, one dominant one. It would be very difficult to match up completely and uniformly the perfume in one's face powder and one's rouge and lipstick, but the perfume of all these should be so delicate that it would never create a discordant effect. More and more the tendency with the smartest women is to buy their perfume in sets, to have soap and powder and bath crystals and the essence itself match. And modern bathroom shelves of elegant women are gaily crowded with a decorative array of perfumes and atomisers.

One thing I deplore in the art of modern perfume is the infrequent use of the sachet, which is due, I suppose, to the need for economising time. Where there are so many more details to care for in one's appearance

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than in the past, any time-saving device is eagerly adopted and slower methods fall by the board. But if one can be bothered to make and keep sachet pads filled with fresh powder, and one's chests and drawers lined with these, there is nothing that gives a more subtle and haunting perfume, a perfume that you can never overdo and that is fascinating to everyone, both men and women. In my younger days, fashionable mothers kept their small children's dresses in chests lined with large silk envelopes of orris root, and when one picked up a small child it was the most fragrant little bundle imaginable.

Orris is a delicate perfume and sufficiently neutral so that even a man, if he so willed, might have a large envelope of it in with his handkerchiefs and shirts without being accused of effeminacy. Which brings me to the much disputed question, shall men use perfume?

Of course this is rather an American than a European problem for many men in Europe use and have always used perfume without being considered effeminate. From the illustrations from ancient days given in the first part of this chapter you must have realised that perfume was almost equally employed by both sexes. There seems to have been, just as there is to-day, a distinction made in the type of perfume. "The lightest of perfumes for men," was the advice given, though the ancient idea of what constituted a light perfume was apparently different from ours, for these included the rose, the lily, and "kypros," which probably was a

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form of chypre. It was suggested, too, that perfume powders should be placed in the chests of bedding used for men so that "they come in contact with the skin, for this kind of perfume gets a better hold and is more lasting ; men use it thus instead of scenting their bodies directly."

Eau-de-Cologne and lavender water, with their fresh tonic odour, are and always have been the best perfume for men to use. Every now and again a perfume is created especially with men in view that has similar qualities, a perfume which is fresh and resinous in character. As such perfumes are difficult to find, it is better to confine oneself to the eau-de-Cologne or the lavender water.

To conclude, here are a few perfume tricks you would do well to note, if you do not already know them.

For instance, have you ever tried "atomising" your feather fan? That is a most delicious way of shedding perfume on the air, and even better than Apollonius' "scented wrists." A still subtler fragrance is shed abroad if one keeps one's fans in a box padded with sachets.

A method of scenting the hair is to perfume the lining of your hat, or to have a paper-thin silk sachet attached to the crown of the lining. Or one can soak a thin layer of cotton in perfume and tuck it in around the crown.

Fur is one of the materials to which perfume clings

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the longest, and a fur collar or muff will carry a rich perfume for days.

A plain piece of heavy white paper soaked in perfume will delicately scent your stationery, if placed with it in a box or the small drawers of your desk.

Lastly, if you wish your room to smell of perfume, spray it on the hangings at the windows, and over the cushions on your daybed or couch.

CHAPTER XX

QUAINT FORMULAS

During my research work around the globe I have come across any number of quaint recipes of ancient vintage which have caused me many a smile. I am including one or two of them here with the thought that they may do the same for you, as well as show the interest from time immemorial that the world has had in beauty culture. At the end of the chapter I include some tested modern recipes which will be of assistance to you, if you have need of them.

Four centuries ago the court physician of Catherine de Medici bade the ladies, if they desired fair complexions, to gather dew-drenched peach blossoms in the royal gardens at dawn, blend them with the oil of almonds and crush in the light of the moon. The women of the seventeenth century did fearful and wonderful things to their skins. Books were published at length, retailing "instructions to ladies and recipes for cosmetics of every kind to smooth and brighten the skin, give force to Beauty and take off the appearance of decay." Of course during this era there was magic in the very air. Plants, herbs and barks were considered valuable for every purpose from making love potions to warding off the evil eye. Add to this

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prevalent superstition, a strain of botanical knowledge, hints handed down to girl children from generation to generation, and you have a collection of recipes startling in the extreme.

To Clear the Skin and Take Away Pimples

Take a basin of water in which two handfuls of horse beans have been boiled, put into an alembic and add two handfuls of pimperl, the same of white tansy and a pound of veal minced fine. Add new laid eggs, one pint of white vinegar and dilute in a water bath and wash the face thereof night and morning.

To Clear Away Sunburn

Take a pint of cow's milk and, in the month of May, a pint of water distilled from a virgin-vine when wounded. Add to this eight lemons, four oranges cut into slices and two ounces sugar candy, one half ounce of borax and four narcissus roots. Use all in a vapour bath.

For Baldness

Take the roots of a maiden vine, the roots of hemp and the cores of soft cabbages of two handfuls. Dry and burn them, making a lye of the

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ashes, the head to be washed with this potion two or three days successively after first rubbing the bald spot well with honey.

M. Giambattista Porta, the chief Italian man of science and magical art of the period of the Borgias, offers remedies and potions of the most incredible complexity.

For white and pearly teeth : “ Take three handfuls each of flowers and leaves of sage, nettle, rosemary, mallow, olive, plantain, and rind of walnut roots ; two handfuls each of rock rose, horehound, bramble-tops ; a pound of flower and a half a pound of seed of myrtle ; two handfuls of rosebuds ; two drachms each of sandalwood, coriander, and citron pips ; three drachms of cinnamon ; ten drachms of cypress nuts ; five green pine cones ; two drachms each of mastic and Armenian clay. Reduce all these to powder. Infuse them in sharp black wine. Macerate them for three days. Slightly press out the wine. Put them in an alembic and distil them on a gentle fire. Boil the distillation till two ounces of alum is dissolved in it. Keep in a close-stopped vial : and for use fill the mouth with the lotion, and rub the teeth with a finger wrapped in fine linen.”

There was a fashion of the fifteenth century for high foreheads, foreheads which continued right up to the top of the head. A depilatory made of quick-lime and orpient, boiled until a hen's feather dipped into it would immediately fall to pieces, is recommended.

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This frightful compound could be kept on the skin only a very short time, and the resultant burns were anointed with a complicated preparation. Hair was also removed by fomentation with hot water, plucking it out with nippers one by one, and anointing the holes with a saturated solution of salt-petre, or with oil of brimstone or vitriol.

To dye the hair yellow (the beautiful yellow of Madonna Lucrezia Borgia's tresses) the following recipe is advised by M. Giambattista : add enough honey to soften the lees of white wine and keep the hair wet with this all night. Then bruise the roots of celandine and greater olivers-madder, mix them with oil of cummin seed, box shavings and saffron ; and keep this on the head for four and twenty hours, when it should be washed off with a lye of cabbage-stalks and ashes of rye-straw.

To make the hair thick and curly : boil maiden hair with smallage seed—in wine and oil ; or roots of daffy-dillies, or dwarf-elders, boiled in wine and oil.

Water in which the tops of bulbous lilies have been boiled makes the skin fair ; and a clear skin is to be had by rubbing the face with the bruised rind or seeds of melons.

So much for the beauty recipes of other days.

Many of the ingredients named in the following formulas were known to Helen of Troy and to a hundred odd other classical beauties since. In the appended collection of modern formulas, I am including not only

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those for the beauty of your body but the comfort of it as well.

Bath Lotions and Foot Powders

For the Relief of Tired, Inflamed or Swollen Feet

Alum	1 ounce
Rock salt	2 ounces
Borax	2 ounces

Dissolve 2 teaspoonfuls in a hot foot bath.

To correct Profuse Perspiration

Lycopodium	3 drams
Alum	1 dram
Tannin	30 grains

For Sensitive, Inflamed Feet

Dried mint	1 ounce
Dried sage	1 ounce
Dried angelica	3 ounces
Juniper berries	$\frac{1}{2}$ pound
Rosemary leaves	1 pound

Boil for 20 minutes in a quart of water and use at moderate heat. Bathe for 20 minutes. Repeat for several successive nights.

Collodion Corn Lotion

Salicylic acid	1 gramme
Tincture of cannabis indica	$\frac{1}{2}$ gramme
Alcohol 90 %	1 $\frac{1}{2}$ grammes
Ether 65 %	2 $\frac{1}{2}$ grammes
Collodion elastique	5 grammes

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Apply with a camel's-hair brush every night for a fortnight at the end of which the whole corn may be lifted out.

For the Relief of Corns and Bunions

Borate of sodium	1 dram
Fluid extract of cannabis indica	1 scruple
Collodion	1 ounce

Apply every night to soften the callus which may very soon be scraped away.

For Chilblains

Alum, powdered	$\frac{1}{2}$ ounce
Spirits of camphor	1 dram
Cucumber juice	2 ounces

Dissolve the alum in the camphor and add the juice expressed from fresh cucumbers. Pour a little into a saucer when using, as wetting a bit of linen or the finger from the mouth of the bottle will quickly spoil its contents. This is a precaution which should be observed with all lotions which are not strongly alcoholic, or whose integrity is not preserved by antiseptic ingredients.

For Extreme Inflammation

Chilblain Ointment

Powdered galls	1 ounce
Resin ointment	3 ounces

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The powder is beaten into the ointment till perfectly incorporated. Rub the affected parts with it and wrap the feet in linen bandages.

For Perspiring Feet

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|------------------------------|-------------|
| 1. Burnt alum | 5 grammes |
| Salicylic acid | 2½ grammes |
| Starch | 15 grammes |
| Violet talcum powder | 50 grammes |
| 2. Permanganate of potassium | 13 grammes |
| Subnitrate of bismuth | 45 grammes |
| Talcum powder | 60 grammes |
| Salicylate of soda | 2 grammes |
| 3. Pulverised alum | 5 grammes |
| Naphthol | 5 grammes |
| Borax | 10 grammes |
| Starch | 10 grammes |
| Salicylic acid | 3 grammes |
| Violet talcum powder | 60 grammes |
| 4. Phenic acid | 10 grammes |
| Alcohol | 20 grammes |
| Starch | 200 grammes |
| Florentine orris | 150 grammes |
| Essence of violet | 2 grammes |

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Eau de France

For the Removal of Wrinkles

Powdered incense (olibanum)	32 grains
Powdered benzoin	32 grains
Powdered gum arabic	32 grains
Powdered sweet almonds	48 grains
Ground cloves	16 grains
Ground nutmeg	16 grains
Alcohol (deodorised)	8 ounces

Astringent

Rose water	1½ pints
Tincture of myrrh	10 grammes
Tincture of opoponax	10 grammes
Tincture of benzoin	10 grammes
Essence of lemon	4 grammes
Tincture of quillaya, enough to make an emulsion.	

Cleansing Cream—I

White wax	1 ounce
Spermaceti	1 ounce
Lanolin	1 ounce
White vaseline	1 ounce
Coconut oil	1 ounce
Few drops of desired perfume	
Rose water	

Melt ingredients in a double boiler and beat in sufficient rose water to make desired consistency. When nearly cool, stir in the perfume.

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Cleansing Cream—2

White wax	$\frac{1}{2}$ ounce
Spermaceti	1 ounce
Sweet oil	4 ounces
Sodium borate	$\frac{1}{2}$ dram
Oil of lavender	10 drops
Lavender water	10 ounces

Melt wax in a double boiler, add spermaceti and oil and beat well together. Dissolve sodium borate in lavender water and add to the oils. Stir in oil of lavender. Cover cream when cold.

Astringent Lotion

Boric acid	3 drams
Rose water	4 ounces
Eau de Cologne	$\frac{1}{2}$ ounce
Orange flower water	3 ounces

Massage Lotion—1

Oatmeal	$\frac{1}{4}$ cup
Boiling water	$\frac{1}{2}$ cup
Felder flower water	1 $\frac{1}{2}$ teaspoonfuls
Peroxide	$\frac{1}{4}$ teaspoonful
Tincture of benzoin	4 drops

Cover oatmeal with boiling water ; let stand for 10 minutes, pour off liquid. When it has cooled, add the other liquids and keep in a cool place.

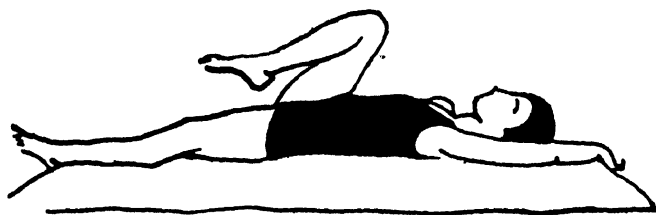
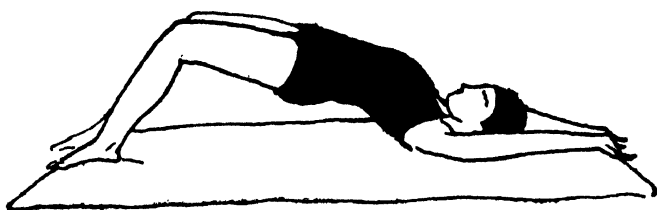
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Massage Lotion—2

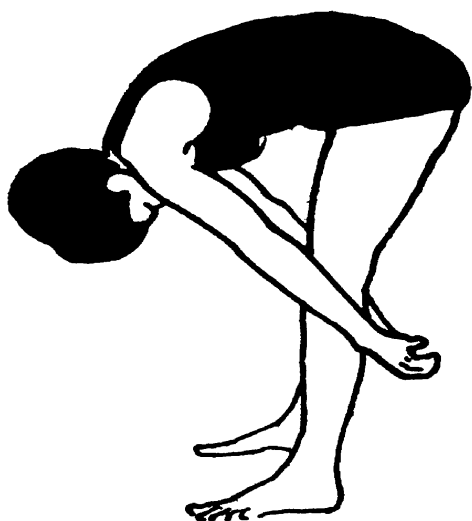
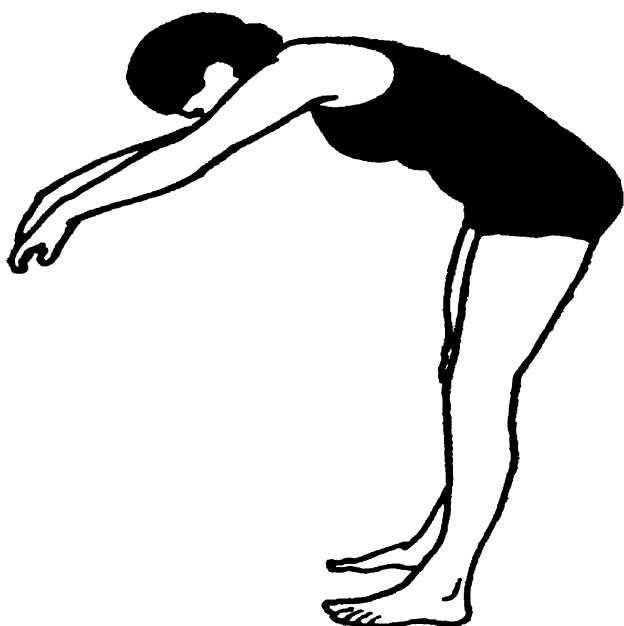
Alum	60 grains
Rose water	6 ounces
Milk of almond	1½ ounces

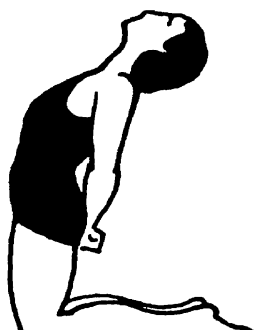
Dissolve alum in rose water and add milk of almond slowly. Mix well.

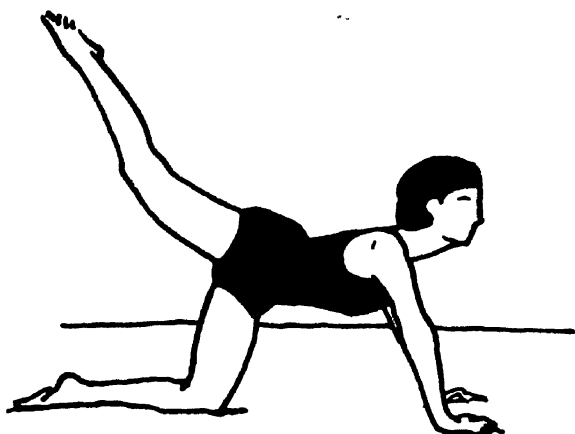
The following DRAWINGS
represent
THE EXERCISES
used in
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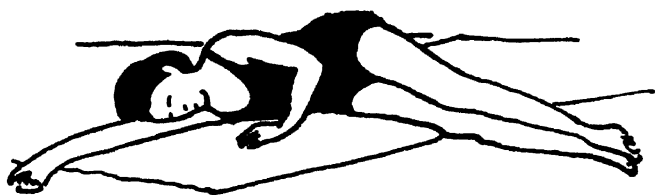
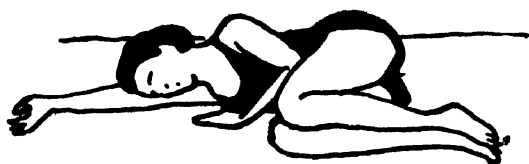




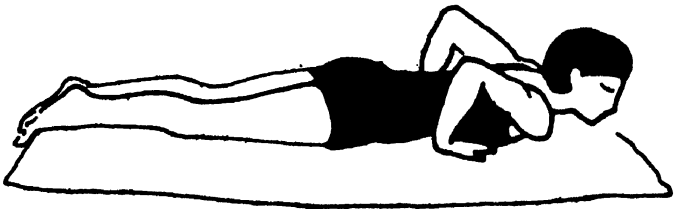
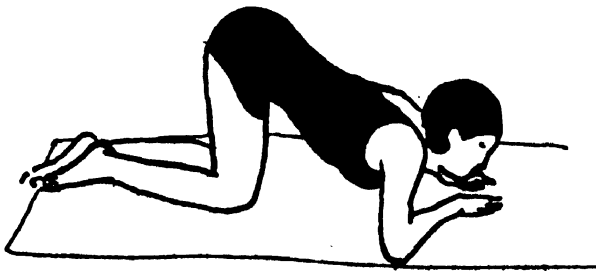
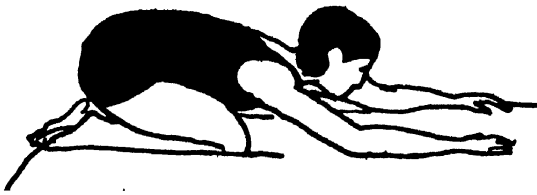


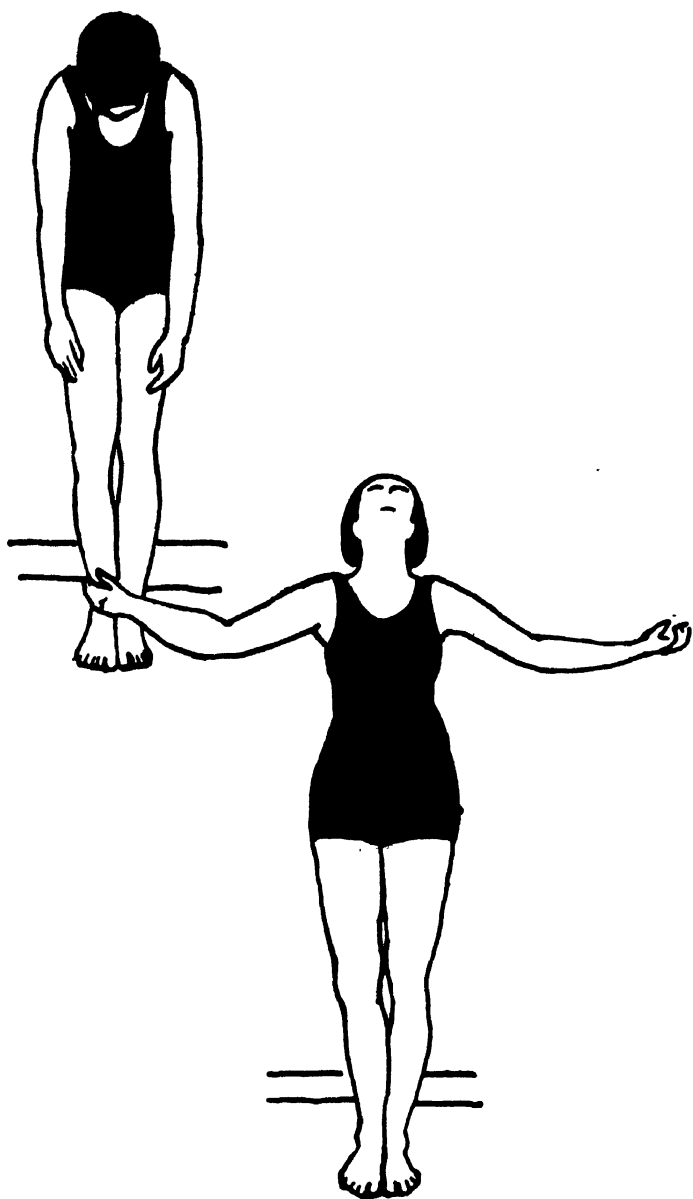


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HIP EXERCISE III, P. 192





CHEST AND SHOULDER EXERCISE III, P. 196

