

Aids to Grace and Beauty

By Priscilla Dean
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I know a woman who is very, very happy because she has solved two problems—the reduction of the cost of living and her own weight. The special beauty of the weight reduction is that it leaves her looking like a picture of health and not as if she had undergone a long period of illness or a season of wild dissipation, sleeplessness and semi-starvation.

The cost of living is reduced because she eats only every other day. She eats, on that day, as much as she

pleases, of whatever she desires. But on the intervening days she diets entirely on milk. Not even a cracker or a baked potato is permitted.

"If you eat anything solid with the milk it will produce fat," she told me. "Milk, alone, will nourish but will not make fat. By eating as usual every other day one does not lose strength and the reduction is so gradual that one's health does not suffer."

This is a much safer and saner prescription than all the tortures that the average remedies involve. Of course rolling is good. No one who has ever tried it will deny that it falls off effect upon a sluggish liver and, thereby, quickly clears the complexion. In fact, doctors have told me that rolling acts more quickly and powerfully on the liver and stomach than any of the usual exercises that are possible outside of a gymnasium. They say it makes the limbs lighter, reduces the upper arm, makes the hips smaller and the person more graceful.

Nevertheless, I am frank in saying that I, personally, do not like rolling. I would rather skate, or play golf, or climb a tree or even stand in a Turkish bath with a revolving rubber band swirling around me and imagine myself the heroine in a sawmill tragedy than to lie down on the floor every day and roll, roll, roll. For there is only one way to get any lasting effect from rolling and that is to roll, daily and systematically, for weeks. Advocates of the system say it is best to begin

with about twenty rolls and gradually increase to two hundred.

But I like walking better. It seems more normal and is not so much like punishment. A stout person should pay special regard to correct posture. An erect carriage, head up, chest up, abdomen in, will help to prevent the fleshy back that is so unlovely. To get any benefit from walking the legs should swing freely from the hip joint. After exercise of any sort it is always well to take a hot bath, followed by a cold sponge.

If you don't want to cultivate a double chin hold your chin high. This reduces the fat and smooths the neck wrinkles. One of the best authorities I know gives the following exercises for reducing a double chin:

"Stand erect, military fashion; place the hands on the hips, fingers forward; drop the chin, slowly, on the collar bone, then throw the head back with a quick movement that is not a jerk, but yet puts all the muscles into quick play. This should be repeated ten times. Then turn the head quickly until the chin is just over the right shoulder; then, facing forward, turn it back again. Repeat this exercise also ten times. Then turn the head to the left in the same manner and repeat ten times. Try not to tire the muscles too much. Increase the exercises daily until you can practice each one fifty times without discomfort."

After a double chin has been reduced and the skin appears flabby, an alum water bandage will often give good results. This is also beneficial for a stringy neck. About one dram of pulverized alum should be dissolved in one ounce each of water and alcohol. This should be applied to the chin twice daily, using a towel that has been well saturated in the mixture.

Anyone who wishes to reduce the bust should drink less liquids, give up sweet and starchy foods and apply cold water to which has been added either fifteen drops of benzoin or a half teaspoonful of alum. All sorts of lotions may be recommended for this purpose but the best means of reduction are the same as

those prescribed for everything else—systematic exercises. First, remove the excess fat upon the back by standing erect and trying to make the elbows meet in the back. Stretch the arms out in front of you with the palms facing. Then, raise them above the head, stretching well; carry them back, with the elbows straight, and gradually bring them around to the front. Don't perform the exercise jerkily or with indolence. It must be done with some degree of energy and, at the same time, be slow and even in order to bring all the bust muscles into play. This exercise strengthens the tissues and has been found wonderfully beneficial.

When one begins to grow stout one naturally dreads exertion. It is so comfortable to do everything the easiest way. Nevertheless, the woman I first referred to, who subsisted solely upon milk every other day, accomplished a good deal in the way of reducing her abdomen by doing everything she possibly could that would cause her to bend downward from the waist. Every morning she washed her face and hands from water in the bottom of the bath tub. She stood, with her feet on the floor when she laced her shoes, and she even learned the setting up exercises which her brother practiced in the training camp. Nearly every girl and woman I know has some male relative who is competent to give similar instruction in that respect.

Summer is the best time to begin reduction. One can easily lose sleep in summer and the less time one spends in bed is the better for anyone desiring to get thin. But if you will take my advice you will go in for sports, providing you do not take too violent exercise. They say that many people who are stout are apt to have weak hearts. The average girl, who discovers that she is growing too solid to look well in a one-piece bathing suit, or the middle-aged matron who has sat on a hotel piazza hours at a stretch without taking enough exercise to exhaust her surplus energy are not likely to be troubled with weak hearts.

Don't be conventional. If you feel like running a race, or romping with a child or a dog, run. It will do you good. Don't run with a waddle or a strained canter but easily, just as you used to run when you were a child. If you never learned how to play basketball when you were in school, learn now. It is worth while. Don't let yourself grow stout nor your joints get stiff. It is a great deal better to "step lively" through life than to drag through or be pushed through in a rocking chair.

So don't be afraid to eat. It is wise, however, to show some discretion in your choice of foods on the alternate days that you are not restricted to milk. Naturally, no person wishing to grow thin would eat fat meat, greasy foods, thick soups, sugar, candy, pie, pudding or any specially fat-producing foods.

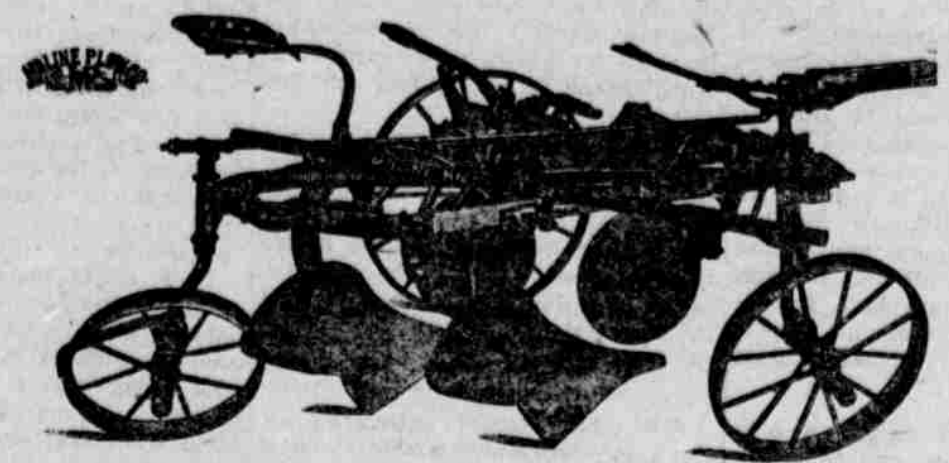
Do not try to lose flesh too rapidly. That is where so many people make a mistake. As a result, they injure their health and, usually, sacrifice their good looks. An old-fashioned remedy that is perfectly safe and which has a tendency to help the good work along, is sassafras tea. When preparing it take one-half pint of sassafras root and one gallon of water. These should boil for at least half an hour. Drink a wine glassful of the tea after breakfast and another wine glassful after dinner at night.

Priscilla Dean

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