

Aids to Grace and Beauty

by Priscilla Doan

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Valuable Free Advice.

Some women seem to think if they undertake to improve their personal appearance they will not have time during the twenty-four hours to do anything else. This may be true if they intend to set beauty upon a throne and live for no other object than its worship and attainment.

As a matter of fact, one hour a day is all that is necessary for the average woman to devote to guarding and improving her physical assets, providing her method is scientific and her time spent systematically.

The hour before retiring is the best to use for beautifying. A bath at night, a few minutes' care of the fingernails, a little brushing of the hair and a little massage of the face with a proper skin food and, if the face be dry or rough, leaving it on until morning, can all be accomplished in less than an hour.

In choosing exercises, authorities agree that one should consider carefully just what muscles really need exercise. Unused muscles grow flabby and excess flesh forms on parts of the body not exercised.

Anyone, upon awaking in the morning, can imitate the cat and the healthy child by yawning and stretching. I have heard it said that a good stretch and a yawn constitute nature's gymnasium. Stretch in every way possible. Stretching uplifts and expands the chest and weakens the internal organs to new life. Walk to the bath room on your hands and feet. Walk for another week with bent knees. Then try another week to walk without bending your knees.

Of course, I do not mean that you should perform these feats in public. To walk to business in the manner described might attract more attention than the average beauty culturist would enjoy. As an exercise, it brings about good results. Try it. A good abdominal exercise is to lie supine, raise the legs, bring them to the chest, straighten them and then bring them level with the body again.

Shadow boxing, such as is indulged in by many pugilists, is excellent. I know two women, room-mates, who go to business every day but instead

of performing setting-up exercises each morning they practice boxing. They say it helps to keep their muscles in good condition, stimulates blood circulation and makes them quick and supple. As both are nearing forty years of age and look years younger, I am convinced their system is wise and beneficial.

There is such a thing as stationary running. This would be good exercises for anyone whose days are spent at sedentary pursuits. People who do this movement bring the knees well up to the chest, stand on their toes and step lively, taking forty to fifty steps to the half minute.

In stretching, if you want to exercise the back, raise the head, arms and legs as high as possible and hold them so for a few moments. When stretching, if you are inclined to have a double chin you should remove the pillow and raise the head till the chin touches the chest fifteen to twenty-five times. It will be necessary, however, to persist in this exercise some time if any lasting benefit is to be obtained.

Don't think you are too old to exercise. Anyone between twelve and sixty years of age can bowl, play golf, swim, walk, play tennis and ride horseback providing they are in ordinary health and enjoy such amusements.

Deep breathing is essential both for beauty and health. It is during fast walking, running, athletics, gymnastics, swimming, outdoor games and deep breathing exercises that the upper diameter of the chest is brought into vigorous action. It naturally follows that tight clothing and especially tight corsets retard chest development. The very best chest developer is deep breathing. Have you ever noticed the large girth of chest of running athletes? Doubtless the swing of the arms assists, somewhat, but primarily the development is due to deep, abdominal breathing.

Sing even if you can't sing. Make a joyful noise. Let children sing about. It is good for the lungs. Don't be afraid to laugh. Laugh loud and heartily whenever you have a chance, regardless of conventions. Laughter is nature's device for exercising the internal organs. Laughter makes the eyes bright, increases perspiration and expands the chest. Even talking is good exercise and some doctors claim that muscle talking prolongs life.

Do not forget that as long as a woman has good health she will have beauty and, by hygienic living, may retain that beauty as long as she lives. I heard yesterday of a woman of sixty who lived in a southern state and had been under the care of a beauty specialist in New York ever since she was twenty years old. At sixty she has a complexion and general appearance that many young girls would envy. She claims that she has never expended a great sum of money but that what she has used in the way of creams, shampoos, cosmetics and medications have all been properly prescribed for her specific case and used according to expert instruction.

As an opposite case I must cite that one of my correspondents who writes that she has been using a certain kind of prepared wax for her face, and thinks it is beneficial because for the time being it greatly improves her appearance.

I looked up that particular preparation in a government book and found it contained just what its name implied, a poison which, sooner or later, will so affect that young

woman's skin as to completely ruin her complexion and make her look aged years before her time.

Another instance recently came to my attention when a woman from a small town not far from Los Angeles started on a trip to an eastern specialist to have her upper lip repaired after it had been terribly disfigured by a traveling beauty doctor. He had guaranteed to remove a superfluous growth of hair and had charged her three dollars for the operation. It resulted in her lip being burnt and spotted like a guinea pig. The roots of the hair are still there and the white spots make them look worse than ever. Besides the price of her ticket east it will cost that woman at least a hundred dollars for the repair of the damage caused by the unskilled treatment.

The greatest beauties of the world have been at their zenith at from forty to fifty years of age. Some women look old at thirty and others appear young at sixty. Ideal beauty must have symmetry, proportion, curvature, color and expression. A beautiful woman is a healthy woman and a healthy woman is the perfection of bodily organization, intellectual energy, social activity and moral power. She is free from pain and discordance of mind. The moral, therefore is:

Guard your health, cultivate beauty as you would a flower garden, giving it scientific care and protection and above all things, keep cheerful; don't worry; laugh all you can and never encourage anger and discontent. They say free advice is not worth anything but—in this respect I think you will find mine valuable.

Priscilla Doan

Of course, it is necessary to have horses on the farm—to pull in the tractors when the latter stall.

In a few more weeks eggs may drop from the class of museum exhibits and become an article of food.

This nation should stop jazzing before the saxophone becomes the national instrument.

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