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The Cause and Cure of Faintness and Fatigue



Five Minutes Relaxation is Valuable.

A Breath of Fresh Air is Revivifying



Stand on Tiptoes and Look up in Elevator.

THERE was once a man who said that he hated to sleep because of the interesting things that might be happening while he was unconscious of them. This is not a fairy tale, though it may seem such to the tired working woman and housewife who long for more rest than the demands of time will allow them.

However, we are not all so anxious for "living out our years in heat of blood" as this amounts to, and the most of us, especially those not ladies of leisure, ask rather for an easy recovery from fatigue than for any sleepless and restless condition!

It is not easy, though it is possible, to relax even in the midst of business. When manifold irritations wear too greatly on tired nerves, the sleep has been given, and the victim knows that if she does not take five minutes' repose then she will need five hours' later.

As soon, then, as the marks of exhaustion and weariness begin to appear as soon as one answers sharply, forgets well-known facts and words, loses control of one's tongue and is prepared to laugh or cry at the smallest thing, it is time to let things drop and to seek whatever quiet lies nearest.

It is by no means necessary that one should sleep or even lie down for the few minutes that are all that can usually be spared. Simply lean back in the office chair for a few moments and close the eyes. Try to relax thoroughly. Do not hold a single muscle tense. Try to make every joint, however small, as limp and flexible as possible.

VALUE OF RELAXATION
You will be surprised at the rejuvenating powers of even a short period of this exercise, for exercise it is, especially to one not used to it.

The housemother can relax in a way not permitted to the business girl. She can practice the very best mode of resting known—that of lying flat on the floor. Lie on your back, without anything to elevate any part of the body.

Close your eyes, and try to breathe from the abdomen. In five or ten minutes you will arise refreshed and vivified, a thousand times better for the absolute repose.

If there is time or opportunity for nothing else, at least let in plenty of fresh air, and benefit thereby. Throw open the nearest window, and, standing by it, with head up, take out and abdomen in, breathe deeply twenty or thirty times. If the window be supplied with a ventilator, lift it far above that, and inhale all that you can of the out-of-doors. Do not return to your desk or work table until the feeling of dizziness has passed and your headache is gone as well.

The mention of dizziness brings us to the second point of our discourse—how to cure faintness. Faintness, it is true, often proceeds from the same causes which produce the symptoms of fatigue, but it is due also to surrounding circumstances.

Many persons, for instance, become faint when riding in cars, trains or elevators; "train sickness" is common, and as for seasickness—well, it is nothing short of proverbial!

AIDS TO TRAVELERS
For all of these, however, there is relief. One good rule is, never, if you are predisposed to sickness brought on by motion, to read in a moving vehicle. In a train, especially during a long journey, this may become almost a hardship, but it is better than nausea and vertigo.

In an elevator stand on your tiptoes and look toward the ceiling. You need not do this to the extent of contortions, but if done it will surely cure any faintness. Whatever you do, do not close your eyes, or every day of the day will bring on dizziness. In the shaft of elevators now so much used often the last three or four floors is a downward journey bring with them a feeling of faintness, almost a sensation of dizziness in the throat and ears and a dull headache. By avoiding these you may avoid by avoiding frequently and rapidly as the car plunges downward. Furthermore,

keep your mouth closed and breathe through your nose. Sometimes one becomes faint without any apparent reason therefor. In this case it is well to look to two things—the ventilation of the room and the working position. No one can work well and keep a clear head in an overheated room; one colder than is comfortable would be better. Even less possible is it to do so in an apartment in which the windows are closed "for fear of a draught." If it is your misfortune to work in an office, for instance, where such is the rule, and where you are not the person in authority, I would ask permission to have one window or door, at least, wide open, and screen it off from anyone if it is so opposed to "fresh air." Oxygen is need for clear thinking, and no brain worker can afford to be without it.

In the second place, the position often causes a feeling of sickness. Laying the head down at the work is dangerous. It better to sit in a chair, or, if in a sitting in a contracted position, with the feet down, the chest up, and the head back.

It is well to learn the science of repose, if for no other reason than to be able to distinguish between natural and unnatural weariness, and to check any tendency in the latter direction. The lesson of it all is, learn to rest when rest is needed. Relax now, before it is too late; a present short absence from duty is better than an illness or nervous breakdown, involving valuable time, money and energy all wasted. For many a healthy sleep is not enough; they need more in order to keep in good working condition, and many others wake up occasional rest after a small strain. To all those I would say: Love the science of your physical system, and as soon as you feel weary, stop, and seek the quiet and most restful position for the condition—repose.



Lying Flat on the Floor is Restful.

TIMELY ADVICE

The Simplest Freckle Cure

KINDLY tell me how to remove freckles from the face in the simplest way. Kindly let me also how to get a white neck. T. E. L.

The very simplest cure for freckles is lemon juice. Cut a lemon in half and rub one of the halves on the affected parts. If you wish something more complicated and surer, you might try the lotion I am giving you:

Lemon and Glycerine Lotion.
Citric acid (lemon)..... 3 drams
Hot water..... 1/2 ounce
Borax..... 2 drams
Hot rose water..... 1 ounce
Glycerine..... 1 ounce

Dissolve the acid and borax in the water; infuse the petals for an hour; strain through the cloth portion and add the glycerine. Apply as often as agreeable.

A good neck bleach is buttermilk; another is peroxide of hydrogen, and a third, designed especially for the neck, is as follows:

Bleach for the Neck.
Take fresh-strained cucumber juice, boil it for five minutes, and for every five ounces of juice add:

Pulverized borax..... 5/8 ounce
Acetate of soda..... 3/4 ounce
Tincture of ouailin..... 2 1/2 ounces
Tincture of benzoin..... 4 drams
Rosewater..... 1/2 pint

Mix thoroughly and apply two or three times a day until the stain is removed.

The Voucaire Remedy

Kindly give me the formula and directions for using Dr. Voucaire's Remedy.

The Voucaire Remedy is frequently given in these columns. However, I am repeating it for your benefit, together with the directions for taking.

Dr. Voucaire's Remedy for the Bust.
Liquid extract of galega (goatsrue)..... 3 fluid drams
Lacto phosphate of lime..... 1/4 grains
Tincture of fennel..... 10 grains
Simple syrup..... 1 1/2 ounces

The dose is two teaspoonfuls with water before each meal.

Dr. Voucaire also advises the drinking of malt extract during meals.

More Fresh Air Needed

I am a boy of 13, and I am troubled very much with blackheads and pimples on my face, and am very thin and pale. A. B. J.

It is very usual for boys and girls of your age to be troubled just as you are. In time the blackheads and pimples will disappear, and you will take as much exercise in the fresh air as possible, eat a great deal of greens and vegetables containing starch and sugar, drink plenty of cold (not hot) water and do not touch coffee, tea nor tobacco. I am giving you simple remedies for blackheads and pimples, and hope they will prove satisfactory.

Blackheads of the Skin.

Roseate acid..... 2 drams
Alcohol..... 2 ounces
Rosewater..... 1/2 pint

Use with friction twice a day on the skin affected.

Pimples.

Beta-naphthol..... 6 grains
Ointment of benzoated zinc..... 1 ounce

Use on the surface.

Use the lotion first, letting it dry on the face, and then apply the pimple ointment.

MRS. A. J. G.—For nervousness and indigestion I should advise you to go to a physician, as I cannot treat you for them at such a distance. The general rules I give you are: To sleep eight or ten hours nightly; to eat plenty of nourishing food, taking it very slowly; to drink hot water and lemon twice daily; to avoid tea and coffee, and to spend as much time as possible in the open air. Above all, do not worry. I cannot give any opinion on the cream you mention, as it is a proprietary preparation. The same is true of the Voucaire remedy. I think that you should use the formula for a good cold cream, or the Voucaire remedy, see answer to "A."

Witch Hazel Cold Cream.

White wax..... 1 ounce
Spermaceti..... 1 ounce
Oil of almond..... 1 pint

Melt; pour into a mortar which has been heated by being immersed some time in boiling water, and mix in the cream of rosewater and one ounce of which has been assailed for the purpose until an emulsion is formed, and afterward until the mixture is nearly cold.

How to Curl the Hair

I had your formula to make the hair curl compounded by a reliable druggist, but failed to get the desired results, and beg to ask that you kindly repeat the formula if it occurred. I had washed my head the week before, before using the formula, and thought the curls might have been washed off. Can you tell me what ingredients will curl the hair? I think that some of the hair is composed of iron and steel.

Can you also tell me if there is any way of curling the hair other than the curling iron? I have used several different curling irons, but they do not seem to curl the hair, as mine is very straight.

Since I do not know to which of my curling preparations you refer, I cannot ascertain the reason for your failure. I am, however, giving you what I think is a different preparation to be used after curling, and trust it will prove satisfactory. If you do not care for the iron or the wooden waves, there are other implements on the market that are said to be better, and these are also the "little kids," once so popular. Binding a ribbon fillet twice around the head at night gives a natural wave. I am prescribing also for the oily condition of your hair, and when it becomes dryer it will be easier to curl.

Formula to Keep the Hair Curled.

Take of gum arabic, 1 ounce, good moist sugar, 1/2 ounce, pure hot water, 1 pint. Dissolve. When the solution is cold, add alcohol, 2 fluid ounces, borax, 1/2 ounce, and salicylic acid, 1/4 ounce. The last two should be dissolved in the alcohol before adding to the solution. It is best to make the whole measure one pint. Perfume with cologne or lavender water. Moisten the hair with this solution, and put it in the papers or curlers.

Formula for Oily Hair.

Use the following mixture daily, rubbing well into the scalp.

Alcohol..... 2 ounces
Witch hazel..... 2 ounces
Resorcin..... 4 grains

Brilliantine for Hair.

Sweet almond oil..... 8 fluid ounces
Alcohol..... 4 fluid ounces
Glycerine..... 1 fluid ounce
Oil of rose geranium..... 12 drops

Which Dye Do You Mean?

Kindly send me your formula for hair dye or restorer. I have used it, and find it excellent, but I have lost the recipe giving the ingredients.

I am not quite sure to which dye you refer, as I recommend several. I think, however, that you mean the physical-dye prescription. As I have explained several times, I have no objection to give the formula for this preparation, owing to general dissatisfaction and to the desirability of giving you the formula for another which I trust will prove equally satisfactory.

Brown Hair Stain.

Green walnut shells..... 2 ounces
Alum..... 1 ounce
Water..... 1 pint

Heat together in a water bath until the water has been completely evaporated.

Save the water to be used to darken the hair. Make strong coffee, and wash the hair with it, and then carefully through the hair with the water, and then wash with cold water. You will find two teaspoonfuls of alcohol will prove equally satisfactory.

Clearing the Complexion

Kindly suggest something to clear my complexion and make it smooth and soft. I have grown rough, the pores are enlarged,

and sometimes there are blackheads. The treatment I have used seems only to aggravate the trouble. R. H.

I am giving you a general formula for will fill your requirements, except you. For these I should advise the green soap treatment, which I am also giving you.

To Clear the Complexion.

Rub the face over, just before washing it, with two teaspoonfuls of flowers of sulfur mixed with half a pint of rose water. This mixture should stand a little while before it is used on the face.

Green Soap Treatment for Blackheads.

Distilled water..... 1 ounce
Sulfur..... 1/2 ounce
Lemon juice..... 1/2 ounce

Let this mixture stand in only a few moments, then wash with hot water. Some people will use it every other day. Apply a cold cream.

Green soap may be purchased at any drug store. It is not a regular "cake soap," but is about the consistency of a custard.

Face Disproportionately Large

Kindly give me any harmless remedy for reducing the size of the face. My body is somewhat of a large size, and I am very fat. I am 35 years old.

Use the following pomade on your face, rubbing it well in twice a day, and in a short time the resulting decrease in flesh will be noticeable.

Pomade to Reduce Fat.

Iodide of potassium..... 64 grains
Vaseline..... 1/2 ounce
Lanolin..... 1/2 ounce
Tincture of benzoin..... 10 drops

Make into a pomade and rub over fatty parts twice a day. You should obtain from food that is especially fat-forming—peas, potatoes, corn, beans, etc. You should avoid sweets of all kinds.

Red Nose and Profuse Perspiration

I am a young man and am troubled with a red nose and profuse perspiration. Kindly give me a formula.

For the red nose you must try to find first a contributing cause. Is it tight clothing, overexertion, inflammation of the inner membrane, dissipation? The first you see is a long one. If none of these, then the skin of your nose must be made to toughen it by applications of equal parts of cologne and water, or of a preparation of twenty grains of iodo-cannic acid to one ounce of glycerine. Rub on the nose before going into the open air.

Excessive perspiration is often due to a diseased system, and a tonic may be necessary. Consult your physician in regard to your physical condition.

For the profuse perspiration, use boracic acid. It is helpful, also, washing the parts affected with equal parts of cologne and water, or with alum and water, used in the proportion of one teaspoonful to a pint.

A Case of Thin Arms

Kindly tell me what I can do for my arms which are very thin, especially around the wrist, where the bone is much exposed. I would like to wear short sleeves, but cannot, as my arms look so bony.

Massage your arms with the following, or if you do not care to have a cream prepared, you might use cocoa butter, though this will aggravate any tendency to superfluous hair, as the cream will not.

Massage Cream.

Lanolin..... 2 1/2 ounces
Spermaceti..... 2 1/2 ounces
White vasoline..... 2 1/2 ounces
Cocoa butter..... 2 1/2 ounces
Sweet almond oil (almond)..... 2 ounces
Tincture of benzoin..... 1 dram

Melt the first five ingredients in a water bath, then add the cocoa butter, and mix the mass completely. Adding the benzoin oil by drop during the process. Extract of sandal or any perfume may be added, if agreeable.

Try This, Instead

I have used four bottles of Dr. Showman's bleach for brown spots on my face, and face-cream. Although the bleach has cleared my complexion, the brown spots are still there.

Kindly tell me if Dr. Wilson's treatment or cream with the bleach I am using? I continue no freckles, but only liver spots.

Mrs. F. L.

If things are as you say, it would be best to discontinue Dr. Showman's prescription and try something else. As Dr. Wilson's treatment is designed only for distant freckles, I think the best thing you could do would be to use the following:

To Remove Moth Patch.

Cocoa butter..... 2 1/2 ounces
White vasoline..... 2 1/2 ounces
Cocoa butter..... 2 1/2 ounces
Sweet almond oil (almond)..... 2 ounces
Tincture of benzoin..... 1 dram

Apply to moth patch night and morning.

Wrinkles and Warts

Kindly tell me something for wrinkles under and over the eyes. Kindly give me also something for warts. I have two large ones and would like very much to get rid of them. A READER.

For wrinkles in the locality you mention, I should advise you to use the milk of white roses, rubbing it on with gentle massage morning and night and morning.

Milk of White Roses.

(A Cure for Wrinkles.)
Rosewater..... 4 pint
Sulfur tincture of benzoin..... 4 pint
Alum of rose..... 1/2 ounce

Put the rosewater in a basin, add the tincture of benzoin a drop at a time. Add alum of rose and bottle.

For the warts try the following:

Wart Eradicator.

Sulphuric sulphur..... 1/2 ounce
Glycerine..... 1/2 ounce
Acetic acid..... 1/2 ounce
Apply separately for several days. The wart will dry up and drop off.