My Secrets of Beauty: EYE GYMNASTICS

By Mme. Lina Cavalieri, the Most Famous Living Beauty.BY MME. LINA CAVALIERI.

The Washington Post (1877-1922); Apr 23, 1911; ProQuest Historical Newspapers: The Washington Post
pg. MS9

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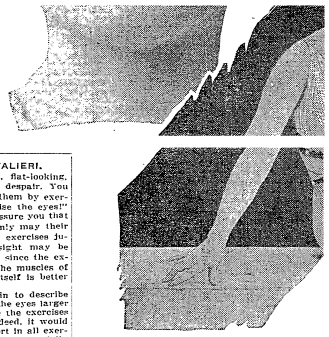

Mme. Lina Cavalieri.

My Secrets of Beauty

By Mme. Lina Cavalieri, the Most Famous Living Beauty.

MADAME CAVALIERI to-day introduces a decided novelty into her instructive and entertaining series of articles on beauty culture. She writes of exercises for beautifying the eyes.

She describes these exercises in detail, after warning those who adopt them to stop short, as the discreet do in all exercises, of becoming tired.

"The delicate tissues of the skin about the eyes can be fed by a camel's hair brush dipped in oil."

BY MME. LINA CAVALIERI.

IF your eyes are little, flat-looking, and deep set, do not despair. You may greatly improve them by exercises. "What! Exercise the eyes!" you exclaim. Yes, I assure you that it can be done. And not only may their beauty be improved by the exercises judiciously taken, but the sight may be improved in the same way, since the exercises draw the blood to the muscles of the eyes, and the eyeball itself is better nourished.

One caution before I begin to describe these exercises for making the eyes larger and fuller: Do not continue the exercises after you become tired. Indeed, it would be better if you stopped short in all exercises of becoming tired. But especially is this necessary for the delicate eyes.

The first exercise consists in holding the head perfectly straight and keeping the eyes front face forward, the only movements being with the eyes. Take also the precaution of sitting or standing with your back to the light, so that there will be no undue strain upon the eyes. You are quite ready? Very well, then. Now, holding the eyes and face stationary, turn the eyes as far to the right as you can.

Then shift your glance forward. Do this from six to ten times at the beginning. As you become accustomed to it, it may be repeated twenty times, but should always be slowly and gently done. If they should be tired after the first two or three movements close them and rest for a few minutes, two to five, before resuming.

The next exercise is the reverse. It consists in casting the glance as far as possible to the left. Do this the same number of times. Bring the glance to a full front. Let the eyes rest between each shifting of glances for about the same space as the heart rests between beats. Though this time is almost imperceptible, it still gives sufficient space for rest.

The Ceiling Exercise.

The third exercise is that of turning the glance upward. "Ceiling gazing," some have characterized it; "star gazing," others, but it is a most valuable exercise for the small, flat-looking, too-deep-set eyes I have already described. The eyes should be brought to full gaze at some point overhead, rest there a second, then the drop to the knees.

This, like the others, may be repeated from six to 20 times, or more. But it should never be accompanied by a wrinkling of the forehead. Unless you keep your brow smooth while raising the eyes the exercise is worse than useless.

The fourth of the set of eye gymnastics is done with the chin well out. The eyes look straight forward, then, with a lowering of the chin, the glance falls to the knees. This exercise, simple as it sounds, is the most tiresome of the set, and should be least often repeated at the beginning.

Two finger exercises aid in beautifying the eyes by strengthening the surrounding muscles. One is pressing the muscles that covers the cheek bones gently with the first three fingers of each hand, beginning at the nose and working slowly outward and upward in a half-circle, to the outer corners of the eyes.

Strengthening Eyelid Muscles.

With the first three fingers as before begin at the outer corners of the eye, and work lightly and slowly inward. Press, not upon the eyelid over the eyeball, but upon that part of the curtain of the eye that hangs from the bony framework over the eye. This strengthens the muscles from which the eyelids depend. And it nourishes, by bringing to it a new blood supply, the eyelids proper, which are liable to wrinkle early.

Do not press upon the delicate skin just beneath the eyes, nor upon the eyelid, with the fingers. A wise saw has said that you must never touch the eye with anything but the elbow, which is safe advice, since the eye and the elbow must by the limitations of the body always remain strangers. But the feeling of the tissues of the delicate skin immediately surrounding the eye can be accomplished by dipping a feather or a camel's hair brush into olive oil and lightly touching the skin. And this is well, for it is wrinkle area.

When all this has been done or preceding the anointing of the skin immediately about the eyes with oil, the eyes will be cooled, rested, and strengthened by a face plunge bath.

A bowl should be nearly filled with tepid water. Into this pour a tablespoonful of witch hazel.

Or if the eyes be weak a handful of table salt in the water would be strengthening.

Or a teaspoonful of cologne would be refreshing.

In Germany women bathe their eyes often in a bowl into which oak herbs, either in the form of a tablet of the herbs or a quarter teaspoonful of the extract, has been poured.

Great faith exists in Germany in the efficacy of these herbs, which are believed to rid the eye of impurities and stimulate the growth of eyelashes and eyebrows.

Dust a Danger to Beauty.

When the herbs have soaked in the water for five minutes, thrust the face, with the eyes open, into the bowl. Hold the breath. Keep the face, open-eyed, under the water as long as you can hold your breath. Then withdraw the face. Do this half a dozen times. If easier, you can thrust your face into the water while the eyes are closed, then open them in the water and withdraw them before closing.

Dry the eyes gently with a little absorbent cotton, or with a piece of soft, clean old muslin.

Dust or cinders lodged in the eyes are dangerous to their beauty as well as to their sight. No matter how much it hurts, don't attempt to remove these or any other foreign body from the eye with the fingers. You are liable by careless or nervous movements of the fingers to thrust the cinder or grain of dust deep into the eyeball, permanently injuring it. Close the eyes for a few minutes, keeping them tightly closed. Then open them, and if the accumulated tears do not wash out the intruder, draw down the lower lid.

Insert a flaxseed within and let it go in search of the offender. It will snare it and draw it forth. When you finally remove the flaxseed the intruder will come out with it.

Sometimes the eyes feel feverish from strain. I have found that closing them and having my maid pass over them clean little silk sponges saturated with cologne rests them. Or I have had her press ever so gently upon them bits of absorbent cotton that have been dipped in cold tea.

Protecting Against Strain.

Don't strain the eyes. It should not be necessary to utter this warning to the intelligent girls and women of America, and yet again and again have I seen them reading on swiftly moving trains, in the crowded subway, that dashes alternately into light or gloom. I have seen them reading while lying on a bed or lounge, and I have seen them wear hideous veils with designs that looked like giant spiders crawling over them, and I have seen them go on reading or writing when the eyes were red-rimmed and the strain showed in fine little lines about the eyes and an unbecoming pucker between them.

Never, as you value the beauty of your eyes and the serenity of your face, strain your eyes.

"Will you please publish an external remedy for reducing fat?" a girl writes me from the State of James Whitcomb Riley, George Ade, and David Graham Phillips. The Indiana girl is wise in her request for external remedies for too much flesh. The only safe internal remedy I believe to be smaller quantities of food and a largely vegetable and fruit diet. This lotion has been successfully used by persevering persons, for superfluous flesh slowly acquired is slowly removed.

Iodide of potassium, 60 grains.
Iodine, 10 grains.
Rain water, 1 quart.

Shake well on mixing and before using. Bathe the fleshy parts of the body with this lotion before retiring and on rising.

Turpentine as a Reducing Agent.

Turpentine is generally believed to be a strong reduction agent, and one or more combinations containing a form of turpentine that are on the market seem to give the results claimed for them, I cannot be more specific in my description, but your druggist should know the preparations to which I refer.

A Wisconsin correspondent asks for a formula for a preparation for the hair that is turning color and fading into gray. This is much used in this country and in Europe:

Lavender water, 6 ounces.
Sulphur, 1 dram.
Borax, 1 dram.
Trehene, 1 dram.

Shake well and apply to the hair thoroughly once with an old toothbrush. Repeat if necessary, or until the hair is the desired tint. I have many times said in these columns that I disapprove of hair dye.

A Long Island City girl writes: "Will you please print for one of your many admirers a good remedy for blackheads?"

Rose water, 2 ounces.
Carbonate of magnesia, one-half dram.
Zinc oxide, one-half dram.

Like all mixtures which contain a sediment, this should be well shaken before using. Pour a quantity of it upon a bit of absorbent cotton and dampen the skin of the nose thoroughly with it. When they have been softened remove the blackheads by pressing them gently with a comedone extractor, or with the dull side of a paper cutter or the cushions of the fingers, never the nails. Always apply a pure, healing cold cream after extracting blackheads.

A Peekskill matron asks me to reprint a formula which a druggist has lost. It is for dry hair and is as follows:

Spirits of wine, 5 ounces.
Castor oil, 12 drams.
Balsam of Peru, 8 grains.
Resorcin, 1-6 dram.

Shake well and use at least every other night before retiring, rubbing it well into the scalp.

From Chicago comes this request: "Please tell me what to do for cheeks that are too fat. I have no excessive plumpness on any other part of my body."

Try massage. Employ a skilful facial masseuse.

"Anoint the skin about the eyes with oil."

"Turn your eyes as far as you can to one side."

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