

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

THE SICK ROOM CHEER



Formaldehyde on a Sprey

Remove all Heavy Drapery

THE oft cited quotation in regard to "greatness" may be fittingly adapted to this discussion of home care of the sick, namely: "Some people are born nurses, others achieve (by training) the nurse's skill, and some have the nurse's work thrust upon them." And it is to this last class that I wish to make a few simple suggestions about ways of making the sickroom more cheerful and the patient more comfortable.

There are two kinds of sickrooms. One we see every day and the other we would like to see often. They may be designated simply as "cluttered" and "cleared"—"cleared for action," to borrow the naval term, for really this fight with disease is one which demands a "clean deck." In light of this demand, I would urge that in illnesses which are liable to be prolonged the furniture be reduced to a bed-iron, if possible—a table, a few chairs with washable covers, and white washable curtains on the windows. I see no objection to the patient's favorite books and pictures being left in the room, for they frequently shorten the long hours by their mere presence, suggesting all kinds of things to think about. Take but the clock! It has a trick in the sickroom of taking 123 minutes for the minute hand to get around, and its tick is most ominous at midnight when one can't sleep.

The bed should be placed as near a window as possible, and the window should always be left "down from the top." Any faintly scented flowers may be kept in the room. Medicines always stay outside.

The room being now "cleared for action," we are ready for the patient. We have not space to take up the nursing of special diseases, but no matter what the case is, one of the first duties of the nurse is to give a "bed bath," and to give it without allowing the patient to take cold, or causing too much inconvenience. This is a simple operation which does not require three years "nurse training" to learn to do. The patient should be placed between two blankets, preferably cotton blankets. The under blanket is arranged as follows: Lift the patient on one side of the bed by tracing the knees firmly against the bed, allowing the patient to grasp the nurse with her arms around her neck. The nurse puts her arms under the shoulders and thighs of the patient and lifts slowly. In this way the best leverage is secured. Now, with the patient on the side of the bed, a blanket should be folded and placed near the patient as possible. Then lift back on the blanket, and the straightening of the blanket on the opposite

side concludes the preparation. The bath should generally be given with tepid water, using a pure, non-scented soap. When a bath is given to bring down a temperature it is advisable to mop for several minutes the parts of the body where the large arteries are most superficial, namely, the neck, under the arms and knees and at the elbow. The ice cap is a most useful accessory in a sickroom, but a hot-water bag filled with finely crushed ice, and squeezed to get the air out before screwing on the top, makes a very good substitute. These are indicated in

fevers, headaches or local inflammations.

The bed linen should be changed twice in twenty-four hours. It is not always necessary that it should be washed this frequently, but airing is a simple process, and is a source of great comfort to a patient to have bed linen which has been aired all day put on at night. Wrinkles and crumbs should be carefully watched for and removed, for they are the cause of many "bed-sores," which are one of the most distressing complications which can arise in the course of a long illness. The danger can be also greatly lessened by rubbing with hot alcohol and the use of a smooth dusting powder, like stearate of zinc. The powder should be

especially applied on the parts of the body where the bones are most superficial. The alcohol, in 50 per cent strength, should be heated by placing the bottle in a pitcher of hot water. Never attempt to heat alcohol directly, as it is very inflammable. The rubbing itself should never be too vigorous, and should, for general sedative purposes, be directed downward. The hands of the "rubber" should first be softened by rubbing them with olive oil or powder. This rubbing soon becomes a "fine art," and is most comforting to the patient.

Disinfection after illness, especially after an infectious fever, is very important, and may be done in the following manner: Close the windows,

transoms, etc., stopping every air chink with cotton. Then stretch a string from diagonal corners. Get a large sheet, pour pure formaldehyde on it and hang it on the string. This should be done as rapidly as possible. It is well to have a cloth soaked in a weak solution of aromatic spirits of ammonia tied across the nose. Breathe as few times as possible and shut the door tightly when you get out. Leave the room closed for twenty-four hours, then, if possible, open from the outside, so as to keep the irritating vapors out of the rest of the house.

These suggestions are all so simple that they seem at first superfluous, but seldom see them carried out unless there is a "trained" nurse on the case.

acquainted with a few young people, mainly of the opposite sex, with whom I may spend pleasant evenings.

Is it proper to wear a hat to an evening church wedding?

I feel sure that if you will make friends with some of your schoolmates you will soon make a circle of desirable acquaintances. If you can spare one night a week to go to a reliable dancing school you will meet many young men and young women.

Acknowledging Gifts

Dear Mrs. Adams:

1. How soon should the acknowledgments of wedding presents be received if a wedding tour is taken?

2. Is it proper to wear a hat to an evening church wedding?

3. I am about to have some calling cards engraved. As I am the eldest of the family should I have the prefix "Miss" on them, or is this a matter of taste?

4. Do you think that fruit knives would make a nice present for a bride-to-be?

1. A bride should acknowledge every gift as soon as possible after it arrives. Therefore, the donor is justly expecting a prompt reply. If the gift is a belated one and the newly-married couple are on an extended tour, the giver must not expect immediate acknowledgment.

2. Yes, it is proper to wear a hat to an evening church wedding. The absence of a hat is permissible only at a church wedding, celebrated in the evening, in an edifice where a woman is not compelled to wear a hat.

3. No, you should have the prefix "Miss" on your cards.

4. I am sure they would be quite acceptable.

Leaving Cards

Dear Mrs. Adams:

Should one leave her visiting cards when attending a "home" party?

When making a call does one leave the same number of visiting cards with the maid or under the door if the party upon whom one is calling is not at home? Or does one leave her own card with the husband's?

1. Yes.

2. The same number should be left in either case.

Favorite Books and Flowers.

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Her Brother's Friend

Dear Mrs. Adams:

We have been living here over a year, and my brother has been working for a young man who is 20 years old. He seems to be called twice on our family, and has called to know if it would be all right for me to send him a gift of some sort, and what it should be. He is a very nice fellow, and I am sure he would be a great help to me, and I am sure he would be a great help to me, and I am sure he would be a great help to me.

1. I do not advise you to give the young man a gift, but to make him feel under obligations to you.

2. As you grow older and your education widens you will be able to start and continue a conversation. Do not fail to read important books. Attend good lectures and be attentive to all fluent speakers.

Allow Them to Call

To R. I. M.—I am sure that the young man have no objection to your physical disfigurement. Allow them to come to see you. If you were to refuse them all the time they would soon grow weary of asking.

ADVICE ON SOCIAL CUSTOMS

Mrs. Christa Adams
kindly invites her friends to bring to her their Social Problems and Replies by letter at any time

If you have made the mistake in the year just gone of being too selfish, now is the time to change your ways. A right attitude of mind is the first requisite for a reform; the rest is easy. Resolve to be a better person than you were last year. Try to plan a greater amount of work that will influence others. Make your friends and your family happier in this coming year than ever they were before. The little New Year will reflect the light of gladness on you.

Have you neglected your mental growth? Never, never do that, my friends!

Set apart a few minutes in each day's program to be devoted to reading good works. Never let the sun go down on a useless, misspent day. In this land of benefits surely you can learn something that is worth treasuring.

And one more thing: Take care of your health. Remember that social obligations and the demands of a business position must not clash. Do not burn the candle at both ends. Either your work or your health will suffer from any overstrain. Health is a wonderful blessing, and should not be ruined by a foolish overtaxing of your strength. There, now, I think that I have finished. May the coming year be a brighter, happier one for every one of my readers. It is in your power to make it so.

SOLUTIONS TO SOCIAL PROBLEMS

A Party Call Not Necessary

DEAR Mrs. Adams:

1. Will you kindly tell me if it is necessary for a girl to return a party call when the party was given by a boy? At what time should the call be made?

2. Is it necessary for a young girl to wear long kid gloves during the evening at a high school dance?

3. Should a girl take her partner's arm during the intermission of a dance?

4. Is it all right for two young girls with a chaperon to attend a dance without gentlemen escorts? M. S. C. L.

1. A party call should not be made under any circumstances.

2. Yes, if it is a formal one.

3. After a dance is finished a man should offer his arm to his companion and escort her to the side of her chaperon.

4. If you have been invited to the dance it is perfectly proper for the hostess has undoubtedly provided sufficient partners.

Another Broken Heart

DEAR Mrs. Adams:

I am a young woman of 21 and in love with a man of 25. We have been going together for over a year, and until about six months ago he was all devotion to me, but now he seems very reserved and cold and does not come to see me half as much as he used to. Although we are not engaged, he said that some day we might marry. I have allowed him to kiss me often, believing that some day he would be my husband. What do you think is the matter with him, and how must I treat him? It would kill me to have to give him up for I love him better than do my own life.

Like many of your sisters, you have taken too much for granted. Why will girls build up hopes and sacrifice many pleasures when a man merely mentions marriage without ever making a promise to make a girl his wife? Do not think that I am upholding the men, for I am not. There are too many men in our midst who delight in breaking girls' hearts, never once realizing what the

love of a good woman is worth. I sincerely wish that something could be done to prevent them from causing so much unhappiness.

The less you have to do with the young man in question the better off you will be. Probably when he sees you are indifferent and independent he may come back to you; but let us hope that by that time you will belong to some one more worthy of you.

Sister's Party

DEAR Mrs. Adams:

When my sister gives a party and I invite some of my friends, should I introduce them, she or I?

I was visiting at a friend's house, and while there I met a young man. He whispered something in my ear, and when he went he asked me what he had said. I did not tell her. Do you think it was his business to ask me, and do you think I should have told her? K. I. C. M.

Either one.

The young man was at fault to commit such a breach of etiquette, but even so your friend should not have asked such a personal question. If in a kind way you were able to refrain from telling her, it was all right to do so.

Clothes to Wear

DEAR Mrs. Adams:

Is it proper to wear Dutch neck short sleeves and dress with train together with opera cloak and picture hat to a soon luncheon? ANXIOUS

The low neck is not fashionable for daytime. It would be better for you to wear a chemise with white chiffon. A long topcoat should be substituted for the opera cloak.

A HAPPY NEW YEAR

The wave is breaking on the shore—The echo fading from the chime—Again the shadows moulder o'er—The dial-plate of time.

THE little New Year stands knocking at the door. How are you going to greet him, my friends? Are you ready with a bright, smiling face, or are the corners of your mouth turned down? Let me urge the first manner of greeting, for this little fellow has a habit of retaining smile for smile, frown for frown. Do not forget the past. It may have been hard on you; it may bring to your mind a long list of mistakes, disappointments, troubles, but these very sorrows, as you perhaps call them, are worth something in the forming of your character. You can enjoy more thoroughly the sunshine after looking at the clouds.

The Attention of One

DEAR Mrs. Adams:

1. I am a young girl of 18 and receive the

attention of a man of 21. Is it proper for me to go out with other men while I am going with this one?

2. When a girl goes to a party with a young man, should she stay by him all evening or mingle with others?

3. Is it proper for a young girl who goes to a dance with a young man to dance with other men or should she stay with her partner if he can't dance? S. K.

1. Unless you are engaged to a man you are privileged to receive the attention of other men's friends.

2. Not to mingle with other guests would be quite rude.

3. If her partner cannot dance he should try to engage some dances with other men for her.

Desires to Meet Her

To Chums—I suppose you refer to the address of the name you mention. In this case I advise you to address a letter to her in care of the theater where she is playing. It is always very foolish, however, to pick up acquaintance with persons in public life.

Very Much Interested

DEAR Mrs. Adams:

I have lately become interested in a very nice young woman. We both belong to the same church and pass each other in and out of the Sunday school, but somehow we cannot get acquainted. I know of her family and she knows of mine. Do you think it advisable for me to write her a note and ask permission to call? Please advise me. ANXIOUS YOUNG MAN.

I think it would be better for you to have some member or officer of our church to introduce you to her. Then you may ask permission to call.

Green Soap Treatment for Blackheads

Tincture of green soap..... 2 ounces
Distilled white hazel..... 2 ounces

Let this mixture stay on a few moments; then wash off with hot water. If the green soap irritates the skin, as it sometimes will, use every other day. It is about the consistency of custard.

Open each seed with the point of a fine canalic needle. The hardened matter should be pressed or picked out. The empty sacs of the gland should then be bathed with a little tincture of vinegar and water, or with a very weak solution of carbolic acid and water. Sterilize the needle before using it by dipping into boiling water, as the use of any instrument under the skin as well as the needle is thoroughly cleansed, is always dangerous.

Fosatti Cream for Pimples

Extract of violet..... 10 drops
Sweet almond oil..... 34 drams
Sulphur precipitate..... 15 grains
Lanolin..... 25 grains
Olive oil..... 2 scruples

2. It is best not to do anything to your hair. In time it will return to its natural color.

ANSWERS TO BEAUTY QUERIES

OWING to the great amount of mail received and the limited space given this department, it is absolutely impossible to answer queries in the Sunday issue following their receipt. The letters must be answered in this, and this oftentimes requires three or four weeks.

All correspondents who desire an immediate answer must inclose a self-addressed stamped envelope. I would recommend a good skin specialist who gives electric massage.

The electric massage will help to improve your complexion. You can do much at home to clear your skin by cleansing with every night before retiring with hot water, a good soap and a complexion brush.

I am not at liberty to give the name of a specialist, but you may be able to find a reliable one through your friends or your physician.

To Remove Nits

DEAR Mrs. Symes:

Will you kindly tell me what will remove nits from the hair? ANXIOUS

Spirits of camphor applied at night to the hair will remove the vermin.

Electric Massage

DEAR Mrs. Symes:

Would you advise electric massage for the face when the skin is covered with pimples and blackheads? If so, please recommend a good skin specialist who gives electric massage.

The electric massage will help to improve your complexion. You can do much at home to clear your skin by cleansing with every night before retiring with hot water, a good soap and a complexion brush.

I am not at liberty to give the name of a specialist, but you may be able to find a reliable one through your friends or your physician.

Enlarged Pores

DEAR Mrs. Symes:

Will you kindly publish a recipe for enlarged pores? ANXIOUS

Here is a recipe which I trust will prove helpful:

Lotion for Enlarged Pores

Boric acid..... 1 dram
Distilled white hazel..... 2 ounces

Apply with a piece of old linen or a bit of gauze every night before retiring.

To prevent the pores from becoming large it is necessary to thoroughly rinse the face with cold water after hot water has been used on the skin.

To Remove Blackheads

DEAR Mrs. Symes:

Kindly inform me what will remove blackheads. My nose and chin are covered with them.

What will remove wrinkles from my forehead? A WORRIED GIRL.

To remove the blackheads give the face this treatment every night before retiring. Apply the face cloths wrung from hot water every ten minutes or so, and then scrub the skin to remove all dirt. After wiping off perfectly dry, massage with a good cold cream. A few such treatments on successive nights ought to soften the blackheads so that they will yield to gentle pressure.

To remove the wrinkles apply a liberal amount of cold cream, and then, with the tips of the fingers, give a firm but gentle massage.

Eruptions on the Face

DEAR Mrs. Symes:

I have been troubled with eruptions and the pores of my nose and face have gotten large. Will you please publish a remedy for both?

Use lemon as a beautifier for the face. It should be rubbed on at night and should be mixed with milk.

What is good for hands that become red very easily? MEG.

Lotion for Enlarged Pores

Boric acid..... 1 dram
Distilled white hazel..... 2 ounces

Apply with a piece of old linen or a bit of absorbent cotton.

The lemon juice should not be mixed with milk. It should be applied at night and allowed to dry on the skin.

A very good remedy for red hands is made of the following:

Lanolin..... 100 grains
Paraffine (liquid)..... 25 grains
Extract of vanilla..... 10 drops
Oil of rose..... 2 drops

Mix and apply when necessary.

To Reduce Flesh

DEAR Mrs. Symes:

1. How can I reduce flesh?

2. What is a good remedy for pimples and blackheads?

3. How can I get my hair back to its natural color after it has been dyed for pimples and accidentally got some on the front of my hair? M. S. C. L.

1. Not much can be done to reduce flesh unless one is willing to go great lengths for her desire. Dieting and exercising are the two methods to be used, but one should not undertake either of them without the advice of her physician. Articles to be excluded from the diet are sweets, starches, fats, all fluids with meals and all stimulants. Before taking exercise you should know the condition of your heart. Running and rapid walking are about the best exercises for reducing the flesh. Frequently exercises for reducing different parts of the body are given on this page, and I advise you to practice them.

2. I am giving you two recipes, one for removing blackheads and the other for curing pimples.

Green Soap Treatment for Blackheads

Tincture of green soap..... 2 ounces
Distilled white hazel..... 2 ounces

Let this mixture stay on a few moments; then wash off with hot water. If the green soap irritates the skin, as it sometimes will, use every other day. It is about the consistency of custard.

Open each seed with the point of a fine canalic needle. The hardened matter should be pressed or picked out. The empty sacs of the gland should then be bathed with a little tincture of vinegar and water, or with a very weak solution of carbolic acid and water. Sterilize the needle before using it by dipping into boiling water, as the use of any instrument under the skin as well as the needle is thoroughly cleansed, is always dangerous.

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