

PHYSIOLOGY AND HYGIENE.

Facts, Theories and Experiments in Everyday Life.
A number of disinfectants for household use are generally classed together as about equally good. But as each has a more or less specific action, it may be expected to serve some particular purpose with best effect. Following are a few common disinfectants and uses ascribed to them: Quicklime, to absorb moisture and putrid fluids. Use fresh lime, scattering it about finely powdered, and whitewash with lime. Charcoal powder, to absorb putrid gases. The charcoal should be dry and fresh, mixed with lime. Chloride of lime, to give off chlorine, to absorb putrid effluvia and to stop putrefaction. Sulphate of iron (copperas), one pound dissolved in one quart of water. Poured down waste pipes this will destroy the foulest smell. A quantity in an open pan will purify the air in rooms.

The Weight of Women's Gowns.
"What is the normal weight of a gown?" This question was recently asked of a New York modiste, by a New York woman and was answered with the aid of the scales. A black silk reception costume that glittered with jet sequins was first put to the proof. It tipped the beam at thirty-four pounds. A companion gown, like unto the first, but rejoicing in a train, and yet more brilliant with jet, owned unblushingly to an avoirdupois of forty-nine pounds. An examination into the mysteries of their construction was resorted to in order to discover just where this weight came in. It lay somewhat in the draperies, somewhat in the multitudinous bones and steels, to some extent in the balls of lead that were deliberately hung to the bodice and concealed about the skirt to hold its intricacies in place, and most of all in the jet that made of the whole array a full defensive panoply, bullet proof.

Walking dresses were also tested with the following results: A tailor made gown of fine wool, with knitted skirt, but wholly without adventitious trimmings, a very Cinderella of a Lenten robe, weighed twelve pounds. Fifteen, seventeen and nineteen were the figures of three others respectively. No kind of a dress was found that weighed short of ten pounds, and yet fashionable women who wear fashionable gowns are seldom known to complain of the weight of a dress, though their doctors' bills prove how serious are the results of such unnatural and uncalled for strain upon their nerves and strength.

Keep the Hands Soft.
The roughest and hardest of hands can be made soft and white in a month's time by doctoring them a little at bedtime. A little ammonia or borax in the water you wash your hands with, and that water just lukewarm, will keep the skin clean and soft. A little oatmeal mixed with the water will whiten the hands. Many people use glycerine on their hands when they go to bed, wearing gloves to keep the bedding clean; but glycerine makes some skins harsh and red. These people should rub their hands with dry oatmeal and wear gloves in bed. The best preparation for the hands at night is white of egg with a grain of alum dissolved in it.

Amateur Nursing.
Amateur nurses are often over zealous. They bestow such care that it becomes a weariness to their patients who would gladly exchange their loving fuss for the quiet indifference of an outsider. The nurse should never flit in and out of the sick room, but go about her work quietly and calmly.

A Novel Poultice.
A late novelty in use of poultices is to wet a sponge in a concentrated decoction of mustard and wrapping it with a handkerchief bandage for application. It is readily renewed by simply again immersing in the same liquid.

SOCIAL ETIQUETTE.
Manners and Customs Practiced in Polite Society.

Many a weary guest and equally weary host or hostess have sat up long past their usual hour for going to bed because each feared to appear impolite by making the first move to retire. The guest is perhaps fatigued by a journey and really suffers, but strives to endure and be agreeable. The hostess, worn out with the strain of entertaining, stifles her yawns. Both continue the heavy task of striving to make conversation, in the hope that chance will solve the difficulty that neither knows how to grapple with. The true rule to be followed, were they but certain of it, is a natural and hospitable one. The host or hostess takes the initiative and says an appropriate word as to the lateness of the hour and the desirability of retiring.

Etiquette of the Hat.
The well bred man raises his hat if he passes a lady, though a stranger, in the hall of a hotel, on the stair, or if he does her any little service such as restoring her fan or glove, or if she makes an inquiry of him or be of her. A gentleman walking with an acquaintance, raises his hat to those persons whom his acquaintance salutes but does not bow.

Gentlemen remove their hats in hotel elevators when ladies are present. A recent writer on etiquette considers that this is not demanded by politeness, at the best, and is beside so inconvenient to do when the elevator is full, that it might well be abandoned altogether. The inconvenience mentioned undoubtedly occurs at times. Nevertheless this is a pleasant custom and we have not so many acts of formal courtesy that it is well to dispense with any of them unnecessarily. A gentleman lifts his hat to his wife, mother or sister upon meeting them in a public place as deferentially as to any other lady. A well bred man also removes his hat upon entering a place of amusement, while an ill bred man will often take his hat off only when he reaches his seat, though that may be far from the entrance.

Wedding Invitations and Gifts.
Young people who are to be married make a list together of all persons to whom cards should be sent, and all the invitations go from the lady's family. The bride writes a note of thanks before she leaves home to all from whom presents have come, including her husband's relatives and friends and her own. Especially is it necessary to write to those people whom she does not know, but whose gifts have arisen from a regard for her fiancé or her parents. It is in better taste to write these notes on note paper rather than cards.

Letters of Introduction.
When calling to present a letter of introduction the caller does not go in. He simply leaves the letter with his card and address. If the letter has been given for a special purpose—which purpose should be mentioned in the letter—a card may be sent in with it and an interview requested.

Reception Day.
On reception days a lady wears a plain, rich gown, but takes care never to be overdressed at home. When a visitor enters she rises and seats them as she may have, if possible, a word with each. She is the last to notice recent arrivals that she may be sure to speak to every guest.

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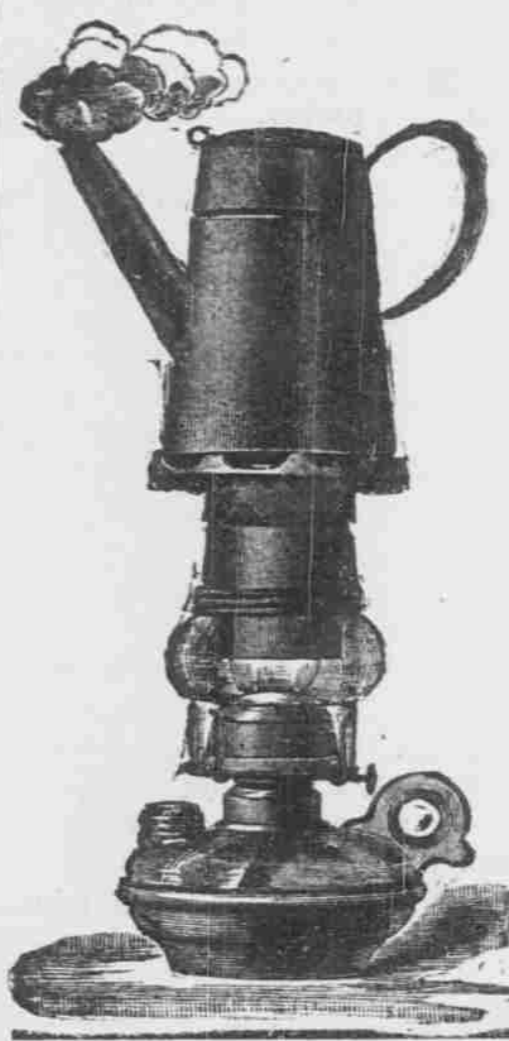
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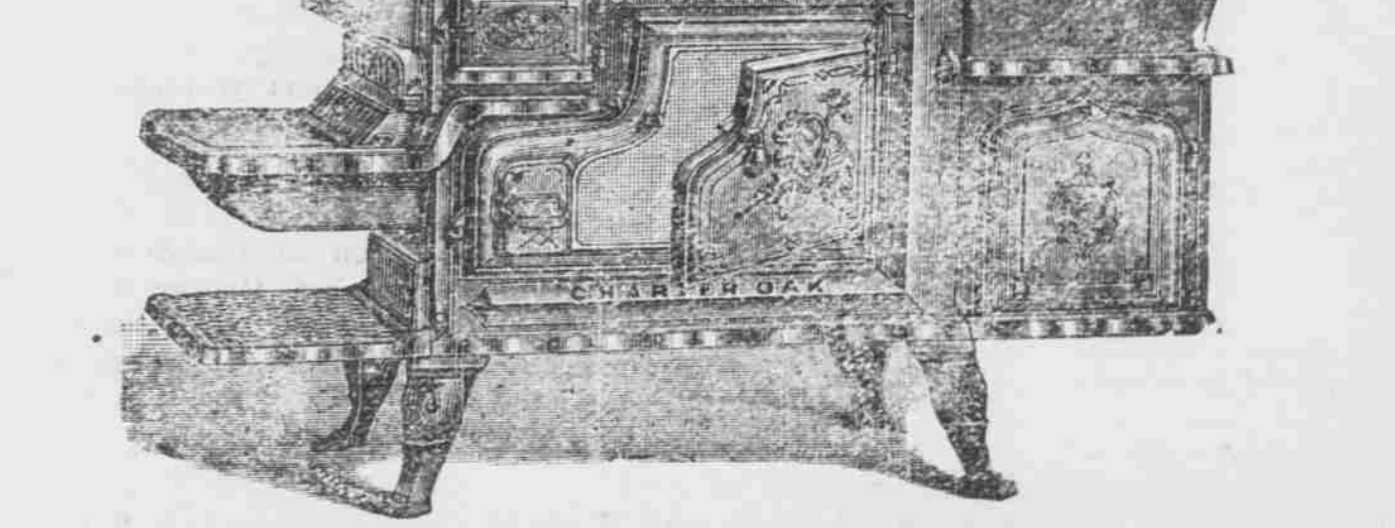
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