

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

HOW TO HANDLE THE BANDAGE

OF COURSE, every one cannot be expected to possess the knowledge of a nurse who has spent years in training, nor can the art of a skilled surgeon be mastered by a layman. It is wise, however, to know as much as possible about the simple treatment of everyday accidents, little things that might happen to any one at any time. For this reason I have decided to give you a lecture on the subject, and particularly in regard to handling bandages.

There are many who do not know why bandages are rolled, who have never seen one properly handled. What an important knowledge it is! A mother, for instance, might go for years without once needing to know how to care for a burn or a scratch, yet the time is sure to come when she would give almost anything to be prepared to alleviate the suffering of her child, a suffering that she herself so acutely shares.

In every household there should be a roll of bandage kept in a jar, carefully fastened. This insures its cleanliness and makes it quite safe to employ, even for a cut, without fear of septicaemia. There should be on hand also some absorbent cotton, which is not expensive and is indispensable in case of accident. This is used to wash the wound before bandaging and it may be thrown away afterward. There should also be in every household a disinfectant, for accidental cuts and burns. It might be peroxide of hydrogen, a very efficient cleanser, or it might be one of the many patent disinfectants, which are usually very good. For burns there should be at hand some "carroll" oil, made of olive oil and lime-water, in equal parts. It heals and cools a burn.

The bandage is put on, after the wound is carefully washed with disinfectant and absorbent cotton, beginning far above or below the injured part. The roll should be held in the right hand and put on so that the side of the bandage which has been toward the roll is now outside. Should the thumb be injured, the bandage is started at the wrist; wound twice round and then upward to the thumb, where it is twisted to make it fit better. The twisting of a bandage is an art all to itself that needs to be seen to be understood, but giving it a single turn naturally makes it nar-

rower at that point, so, should there be a curve to encircle, as for instance round the joint of the thumb, the single turn will enable the bandage to be pulled tighter. It is for just this reason that the bandage should be kept rolled, for with the whole piece in the attendant's hands she may pull it tight and twist it as the position of the wound requires.

Should the wound be on the leg, the bandage should be started at the ankle and wound upward. The first turn may then be pulled very tight, so the whole will not slip. Should the wound be a burn, it is not necessary for the bandage to cover it nor for it to be very tight. In that case a piece of absorbent cotton might be wet with carroll oil, applied to the burn and held in place by a bandage, begun at the ankle, wrapped twice, brought upward across the cotton, wrapped twice around above the wound and then returned to the ankle. Thus the cotton may be held securely, but not so tightly as to make the burn uncomfortable.

There are three ways to fasten the end of the bandage. The first is to fasten it with a tiny safety pin. This is usually satisfactory; but sometimes the pin comes unfastened, which necessitates a painful redressing of the wound. Perhaps the surest method is to fasten the loose end with two or three strips of adhesive plaster, which may be loosened with alcohol when the bandage is to be removed. Another way is to split the end of the bandage, twist one of the split ends around in the opposite direction and then knot them. Needless to say, this last method would only be possible were the wound on the leg or arm. It makes a more slightly finish than either the plaster or the safety pin.



First, Wash with Antiseptic.



Bandage Tight at the Ankle...



Holding Absorbent Cotton in Place.



Treatment of a Dislocated Thumb.

Mrs. Henry Symes' Answers

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

All correspondents who desire an immediate answer must inclose a self-addressed stamped envelope for a reply. This rule must also be complied with in regard to personal letters.

Many Questions

I shall be obliged if you will please give the following information: 1. If borax is put into the water with which one bathes the face, will it cause hair to grow? 2. Could you recommend any remedy or treatment, internal or external, that would cause a dark yellow complexion to have a pinkish hue? Could it be cleared and whitened? 3. Could you give me a rouge that would cause a pinkish, clear tint, yet would be imperceptible? Powder causes my skin to have a leathery, dry appearance, and it shows very much. I am afflicted with excessive oiliness about the nose and chin. Can you suggest a remedy? Miss R.

Although you evidently expected me to send you a personal answer, you neglected to inclose a stamped and addressed envelope, so I am forced to print the remedies in the column. The mail is so large that, did I attempt to answer letters without prepaid postage, I should be swamped.

To answer your questions in order: Borax is a cleanser and could not cause hair to grow. It is not a grease. It is said, on good authority, that no application of cold cream or even tonic will cause hair to grow on the face, unless it is intended to be there. 2. You will find the following a good face bleach. It will do all you require, except provide the pinkish hue. That is a question of perfect health. Live in the open air; sleep with your windows wide open, both in winter and in summer, and your complexion will soon get clean and rosy.

To Clear the Complexion. Rub the face over, just before washing it, with two teaspoonfuls of flowers of sulphur mixed in half a pint of rose milk. This mixture should stand a little while before it is used on the face.

As to the rouge, I am giving you a good prescription, but use it with care, for artificial coloring is very noticeable and should be used only at night. Apply to the cheeks with the tips of the fingers. Remove it with a good cold cream.

Liquid Bloom of Roses. Carnation water..... 2 1/2 ounces
Ammonia water..... 1/2 ounce
Rosewater..... 4 fluid ounces
Sifted rice..... 1 fluid dram

The improvement in your general health by an open-air life will improve the texture of your skin. I am giving you, however, a good lotion.

Lotion for Oily Skin. Borax acid..... 1/2 ounce
Distilled water..... 4 ounces
Apply with a piece of old linen or a bit of absorbent cotton.

Finger Nails Too Short

Will you be so kind as to publish in your paper something that will promote the growth of the finger nails? A READER

The growth of the finger nails depends upon the general health of the person. If they do not grow to the average length, it would indicate that you are not, physically, in the best condition. There is no specific remedy to make finger nails grow.

To Make the Cheeks Red

I have so little color, can you tell me some harmless paint to use? Of course, I know about red ribbon soaked in water, but I think it will injure my complexion. Please give me something. M. B.

If your general health is good, your color should be good. Be sure to sleep in a well-ventilated room with the windows wide open. If you are too cold, increase the covers on the bed, but do not decrease the amount of air in the room. In connection with this, take as much outdoor exercise as possible; in fact, live in the open air. A rouge will not give you a healthful tint. I am, however, giving you a harmless prescription, which you may use if you so desire:

Bloom of Roses.
Rosalin..... 7 1/2 grains
White wax..... 3 1/2 ounces
Spermaceti..... 50 grains
White petrolatum..... 530 grains
Alcohol..... 1/2 fluid dram
Perfume to suit

Disolve the dye in alcohol, add this solution to the fats, previously melted, and incorporate the whole together, continuing the stirring until the mixture has cooled.

Henna Stain

I have read somewhere that there is an ornamental paste, I believe it was called henna, which produces a reddish tint in the hair. Do you know anything about it? MARIK K.

I know that such a paste is used with good results. I have a liquid henna stain which, I think, you will find equally satisfactory. I do not know where you can get the formula for the paste.

Henna is a perfectly harmless vegetable matter and, unlike metallic dyes, cannot irritate the scalp or impair the texture of the hair. Henna may be procured in a powder and dissolved with water. I see no reason why the paste should not be made in the same way.

To use my liquid dye, wet a brush with the dye and run it the full length of the hair. Do not let it touch the scalp, although, should it do so, it may be removed with soap and water. Before using any hair dye it is better to try it on some combings or some sheep's wool; otherwise it may not come out the proper color. Hair dye should only be used by an expert.

Eyes Are at Fault

I have a sort of headache, and have had it for several weeks. Can you suggest anything I can do for it? R. V. M.

A headache of such long duration is likely to come either from eyes or from indigestion. It would be better to go to

an oculist and have your eyes examined. I cannot suggest any remedies, you require a physician's care.

To Singe the Hair

My hair seems to be coming out very easily, and I do not know how to do it. Can you tell me any way it may be done without burning it? IGNORANT.

It is impossible for any one to singe her own hair. It requires a second person to do it. Divide all the hair into little bits of strands and twist them tightly. When this is done, take one strand and, holding it still tightly twisted, run the taper up and down the length of the strand, but not too close

to the head. This will burn off all the loose hairs and there will be no danger of catching fire, but do not let the taper remain in one place longer than a second. Singeing the hair cannot be done with a lighted match; it will require one of the long wax tapers which may be procured at any hardware store. It would be better, however, to have it done at some hairdresser's before you attempt to try it at home. In this way you can tell exactly how it must be managed.

Too Stout

My hips are too large for the present dis-

rectoire fashion. What shall I do to reduce their size? I look ridiculous in clothes that are made in the latest style. FAT.

Very shortly I will publish a series of exercises which you may take to reduce the size of your hips. I think you will find them very easy, and they will do you a great deal of good. As they will not appear until about the first of November, I am giving you in the meantime an exercise which you may take and which will prepare you for the ones to come:

To Reduce the Hips.

Place hands on the hips, shoulders well back. The leg is raised with knee straight. Then, after a high, quick side kick, bring the foot back again to the floor. This is to be repeated several times.

step, sometimes the elevator starts prematurely, and in either case a helping hand might be very acceptable.

A stranger should step aside for the woman to pass, unless he bar the exit, in which case he should step out, so that her progress may not be impeded. His attitude, if a stranger, should indicate a desire not to put her to any inconvenience by forcing her to go around him.

When the vehicle is driven by the man he gets into it before his guest, and holds the reins, and he is the last to leave it. This is so that he may hold the horse, for it might start and cause an accident. If there be other men in the party they should help the lady or ladies to enter, and they should alight first, and lend a helping hand when the destination is reached.

If it be an automobile the driver may be just as attentive as the other men in the party, for the engine is quite unlikely to run away. It might be safer for the driver to retain his seat until the engine is stopped.

Of course, a woman has the right of way when entering a room, but it is a different matter when the room is a restaurant or some other public place. While a stranger should always stand aside for a woman to pass before him, even when entering a restaurant, it is perfectly allowable for her escort to go first, so that he may arrange with the waiter the location of the table. Should all such arrangements have been previously made, the woman may cross the room first, the waiter leading the way; but it is not her place to discuss the location of the table. Should she be dissatisfied with the place decided upon she may mention it to her escort, and he should find another place while she waits until he returns for her.

When entering a theater the man should follow directly after the usher to the seats, and he then may step back for the woman to take her place.

Summed up, the question of first precedence in public places amounts to the one rule—all arrangements should be left to the men of the party; after they are complete the women may take first place.

When a man is said to help a woman to alight from a vehicle it does not mean that he grabs her rudely round the waist and lifts her to the ground, nor does it mean that he seizes her by the arm and pulls her from the vehicle. These two ways are what the uninitiated usually understand by the term helping a woman. To make the task of stepping from a carriage, elevator or automobile easier, he merely should offer his hand to the lady, so that she may take it or may not. The proper way for a groom to offer assistance to his mistress is for him to bend his elbow and hold it firmly where she may rest her hand upon it if she so desires. The act of a gentleman when he helps a lady should be no less deferential. He should no more grab her by the arm than he would carry her bodily in to dinner. He offers her his hand that she may accept it or may not, just as it suits her fancy.

In a general way, it is never strictly good taste for a man to take the arm of a woman. This applies to walking on the street, in the country, or anywhere else. Even in helping a woman over a bad crossing he should only offer his arm.

The whole science of how and when a man should precede a woman and how and when he should lend her assistance is summed up in one rule. A woman always has the right of way, and men must all stand aside at her approach, except when she needs or might need assistance. In passing from one room to the other, in her own house or in the house of a friend, or in going into the house of a friend, the woman should always walk ahead. When entering a public place, where any explanation must be given, the man should enter first.

Hints to Correspondents

Club Etiquette

WE LIVE in a small town, but the men have a club on the main street. Of course, every one passes that way every day and sometimes sees my friends sitting in the window. Should I speak to them or not? Think I have heard something about it. MAY.

A woman should never glance at the windows of a club, and, of course, should never speak. When passing the club she should look directly after the usher and be sure of doing the right thing.

Without a Chaperon

I am a young girl and very often my men friends invite me to dine with them in restaurants. Is it proper for me to go alone or should I insist upon having another woman with me. IGNORANT.

A young girl never goes to public places without a chaperon. It is not considered a nice thing to do, and should the young men want you very much they will be perfectly willing that your mother or some older person accompany you.

A Needless Query

My wife and I are separated, but we often meet on the street. Should I speak to her? DIVORCE.

It is always a woman's privilege to speak first. If she bows to you, return her salutation. If she ignores you, follow her example. In either case do not make yourselves conspicuous. Should chance throw you together in the house of a friend, accept the situation and behave as though you were merely acquaintances.

A Disagreeable Habit

Is the use of a toothpick in a public place polite? COUNTRY.

Toothpicks are always vulgar and should never be used in a hotel or in a private house. Little attentions to the toilet, such as arranging the hair, dressing and picking the teeth should be done in the privacy of one's own room.

Parents Too Strict

My mother says that all my callers should leave at twelve in any season, and such an early hour is necessary. C. B.

Your mother is right. If you wish the young men to respect you and if you wish them to want to see you, insist upon their leaving promptly at 12. A

girl whose parents show so much interest in her welfare is lucky, indeed. There are too many parents who neglect to enforce such necessary rules.

A Rude Caller

There is a man who calls at our house who always puts his feet on a chair. Can such behavior be well bred? MARIK K.

Men and women should never lounge in public. Such unconventional attitudes should be reserved for times when they are alone. The woman should always keep her feet on the floor when there are women present.

Smoking on the Street

Is it permissible for a man to smoke on the street, when walking with a lady? I have noticed that many men do not do it. ANXIOUS TO LEARN.

Men should never smoke on the street when walking with a lady, and it is really not permissible to smoke on a street where there is a likelihood of meeting many acquaintances. There is a rule, which I shall touch upon later, that a man should remove pipe, cigar or cigarette from his mouth when he sees a woman whom he knows approaching. She is not supposed to bow to him until he has done so.

At a Formal Wedding

Should a guest at a formal wedding take the arm of the usher when she walks up the aisle? If so, which arm does not do it? MRS. H.

When the usher steps forward to find a place for a guest at a wedding, he offers his right arm, which she may take or not, as she prefers. It is better, however, to do so unless she wants to occupy one of the back pews of the church. In that case she may whisper a word of explanation to the usher and slip into a convenient seat.

Talking in Church

I read your wedding article with much interest. It was particularly the wedding guests to converse in an audible tone of voice while waiting for the bride to be introduced. INTERESTED.

It is never good form to talk loudly in a church, whether at a service or merely waiting for the service to begin. Many people there are, however, who neglect to follow this rule.

Advice on Social Problems

Mrs. Chester Adams
most cordially invites her friends
to bring to her their Social
Problems and Difficulties
by letter at any time

WHO SHALL PRECEDE?

LAST week when out for a walk I happened to see a young man help a girl over the street, and I was surprised at the awkward way in which he did it. He did not offer her assistance, he merely grabbed her by the

arm, pulled her off the curb and across in front of a car. At the time it occurred to me that it might form a very good text for a few words.

The very next day I found another couple in the act of entering a room, and for some reason the man went first! Is it possible, thought I, that there can be such ignorance? Is it not a universal rule that woman shall walk first? But while I thought it seemed to me that there were occasions when the men could take precedence quite properly; so perhaps it is a matter worthy of discussion. I may be able to aid a few who have been puzzled at the seeming contradiction of the rules.

Who shall go first? Is it not natural that the man shall be the last to enter and the first to leave if the object in

question be a vehicle? Should he not, on the other hand, accord the woman the right of way when entering or leaving a room? These seem natural rules enough, yet how would it be if the vehicle were an elevator and the room in question a restaurant or other public place? Would that not have some bearing on the case?

It would, indeed, and so in making rules for these things we must take into our consideration the many rooms and kinds of vehicles, for each may need a different rule.

Let the elevator come first. If the man be the escort of the woman it is more sensible that he should go out first, so that he may assist her to leave or enter. Sometimes there is a car