

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

PUNISHMENTS HARMFUL to CHILDREN



May Result in Permanent Deafness.

THERE are a few facts about punishment that mothers should know, and I want to tell them. They are gathered from the opinions of medical authorities, men whose words every mother does not have time to read, while I am in a position to hear many things not published broadcast.

You know, in the first place, that children have no fear; that the sensation they afterward feel, on being frightened, is an acquired thing, implanted in their minds by those who have them in charge. It would surely never occur to any child to fear a policeman or the dark. Such thoughts are suggested by mothers and nurses, and in doing this they destroy the perfect trustfulness of the baby mind, one of the chief charms of childhood.

I always think that so many troubles and responsibilities come to the average person, after he or she is grown, that the little pleasures of childhood should be increased, if possible, so the individual may, at least, carry pleasant memories through all of life. I am sure that in this good mothers will agree with me. They know that any sacrifice for a child is repaid ten thousandfold in love. They also know that every one should have a chance to develop, and that whatever necessary punishment is administered should be perfectly harmless, something that will impress the incident on the memory, but will work no lasting harm either to mind or body.

EARLY DISCIPLINE

The first twelve years of a child's life are abnormal. It is then that the hearing is generally keen, and that the memory retains lasting impressions. Every one knows that a child of three will have learned a whole language in a year; a fact that may not be equalled by any older person. It is at this time, then, that the infant mind should not be unduly excited, either by joy or sorrow, that the greatest care must be taken so that mental and physical growth will be unimpeded.

But as the child may not at first be able to distinguish between right and wrong, it seems necessary that some punishment be devised, and it is said that the only one that will not injure the child is the old-fashioned, but effective, spanking. Not with a slipper, however, as mother cannot tell how much she may be hurting. The best way is not old-fashioned, but new-fashioned—a rolled-up newspaper, which, authorities say, is the ideal spanker. It cannot hurt too much, yet it has the very best effect. Of course, there are other punishments that exactly fit the crime, and are therefore very sensible. These are numerous and must be thought of by the mother herself.

In the first place, never pull a child by the ear. The eardrum is very delicate even later in life. With a child such treatment may result in permanent deafness. Would any mother wish such a catastrophe?

Do not shake a child. The little bones are springy and easily misplaced, and the agitation naturally is confusing. By the time any one has gone through a thorough shaking he is unable to reason. Try it yourself and see.

CHILDREN'S NERVES

As many of the nerves are situated in the center of the back between the shoulder blades, do not push children in this way. It makes them very nervous, even if it does not overbalance them and cause a fall. You may think that you are using very little force, that it could not possibly be even felt. Try running against a chair or a door in the dark and see how much muscle you use even when cautiously crossing the room. This will help you better to understand my argument.

Of course, boxing the ears is just as harmful as pulling them; in fact, it is far more so, for the sudden concussion of air on the eardrum has caused many a case of deafness. However, this is a



Dangerous for the Spine.



A Terrifying Torture.



Injurious and Ineffective.

form of punishment that has happily almost gone out of fashion.

And last of all comes the almost inhuman practice of shutting a baby in the dark closet. In doing this you implant the germ of fear in the heart of a

little child. Once planted, you take away the spirit of independence and make a poor fearful thing that is unable to face the crises of life. Furthermore, children thus treated work themselves into a nervous state, unless they

are very phlegmatic, that it takes days to overcome. Why do children not suffer from nervous prostration? Have you thought of that? Do you not think that there may be many cases started in childhood? Is it not possible that many

children suffer from nerves, although too young to be able to correctly describe their sensation? Is not a fearless man or woman an individual to be admired and envied? I know you will all agree with me.

Advice on Social Problems.

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

The Trials of a Debutante

I OFTEN think of the little girls who are this year to make their first bow to society. The world seems so large, and their little lives have, up to the moment of the first party, been so small, that it seems remarkable they get along as well as they do. Even the wisest are sure to find many things they are not prepared for. To help them, I am going to mention a few rules which she who wishes to be a success must bear in mind. In the first place, touch no wine. That is the one unbreakable law for the first-year girl. No matter how formal the dinner, how many wines are offered and how many of the other women present ignore the rule, do not touch your wine. If you even pretend to drink it, harm is done. As well drink all the wine on the table as touch your lips to the brim of your glass. Afterward, if you smile, the other guests, or, at least, one of them, will say: "See how hilarious a little wine makes Miss Robinson. Is not it a pity she does not know any better?"

If you are very quiet, the one busy-body will surely remark: "How strange! a little wine affects that poor girl. I should think she would never want to touch it."

Your second year you may do as you like, but at first you are supposed to merely imitate. Keep that in mind. It is the same in every city of the country, in every little town.

At entertainments always be particularly nice to your hostesses and all the older women present. Remember, your invitations are not sent out by the men, nor even by your girl friends. The mothers, aunts, sisters and cousins are the people upon whom you must depend. Never did a girl have a good time who relied only upon her men friends to help her out. Cultivate every one you meet, no matter who she is or how aged she may seem to you, and your way will be paved with roses.

Never be too busy to answer your invitations promptly. To pay your party calls and to write little notes of thanks when necessary. Your time may be full, but these are details that it would be the greatest mistake to neglect. You cannot see this now, but you will when you are hostess yourself.

Always arrive on time at luncheons or dinners. These two entertainments are the only ones where promptness is essential, although the same rule applies to card parties. As debutantes seldom are entertained in this way, however, we need not take them much into consideration. By being prompt I do not

mean that you shall arrive ahead of time. The ideal dinner guest reaches the house just five minutes before the hour mentioned in the invitation. This leaves just a moment to allot the woman to her partner and to enter the dining room at the right second. If the guests arrive early the situation often becomes strained, an atmosphere that the good hostess is quick to feel.

SELF-CONTROL A NECESSITY

There is much to say on the subject of the entertainments themselves. At luncheons be nice to all the girls, if there are only girls present. If you are seated beside your particular enemy, do not let the fact either spoil your time or hers. It is your duty to your hostess to do your part toward making the occasion one of pleasure. Leave all your personal affairs on the doorstep and all your likes and dislikes in campfire in the cedar chest up in the attic at home. You have no use for such things in your debutante year.

After luncheon do not break up the party to attend some other entertainment; even though you are really pressed for time. It is your duty to make yourself agreeable. It is not, of course, necessary to remain the whole afternoon, but surely a half hour may be spared from the day of pleasure to repay your hostess.

I have seen girls leave during the luncheon, sometimes in the middle, to rush home to dress for some other entertainment. This was not showing ordinary courtesy. If you accept an invitation to a luncheon, at a certain hour, it is only proper that you should stay until it is over. The second entertainment will come in its turn. No hostess who plans a dainty meal for her guests likes to see them all or any one of them slight it to accept the hospitality of some one else.

I would like all my friends to write to me on this subject. I think it would be an interesting point to discuss. If you attend a dinner before the theater do not forget in your seat and express in a loud voice your wish that dinner were over, that you "wish to see the first act." When you are in another person's house you are entirely in her hands. If she wishes to buy a box at the theater and then keep her guests at dinner until the show is over, she only does it because it is her idea of giving her guests a good time. If you are not enjoying the dinner it is probably your own fault, for a number of young people can always manage to enjoy themselves.

If at a dance you are not as popular as you hoped to be, do not make the fact obvious. You may go home if you are not a belle, but do not repine. If you are a belle, do not be afraid to share your partners with other less fortunate girls. Such generosity will insure your popularity in future. It is in a way a self-protection. And, last of all, do not discuss your hostesses or past entertainments with your friends, unless you make it a rule to say nothing but what is nice and kind. It is an old rule of the Arabs to say only good things of people whose salt they have eaten, and surely, no matter how great the provocation, you may be as good as an Arab. Every disagreeable thing you say will surely find its way back to the person you have been talking of, and it will do you incalculable injury. If you do not care to accept an invitation, decline it, but discuss with no one your reasons for doing so. If you have accepted hospitality of any one, speak only good things of your benefactor.

PERPLEXITIES SOLVED

A Lonely Girl
I TRAVEL abroad a great deal with my father. When he goes out I am left alone in the hotel and feel very lonely. Could I talk to the other people or not?
TRAVELER.

I do not see any reason why you should not talk to women whom you meet, but I should not attempt to address a man. If you make the acquaintance of one woman in the hotel the chances are she will introduce you to more, and then you will not be so lonely.

Between Dances
Is it the fashion to walk around the ballroom with your partner or not?
ANXIOUS.

It is all right to walk around the ballroom with your partner until the beginning of the next dance. It is better, however, for the lady to suggest a partner, and it is an important thing that a girl should not dance twice in succession with the same man. Always return to the chaperon after every dance.

Mystic Symbols

What does R. S. V. P. mean? I know it is used as a sign that an answer to an invitation is requested, but I do not know what it means. WANTS TO KNOW.

The initials R. S. V. P. are used to indicate the French phrase, "Response, s'il vous plait." The French people seldom, of course, use the abbreviated

form, and a great many people in this country are particular about having the entire phrase spelt out or else having printed at the foot of the invitation, "An early reply is requested. On the whole, I think this is a very good idea. When we have English words there is no reason why we should rely upon the French.

Inviting the Clergyman
Who invites the clergyman to perform the wedding ceremony?
FRANK F.

It is usually the bridegroom's duty to secure the services of the clergyman the moment the wedding day is decided upon, and unless he lives at a great distance, the bridegroom should call personally and engage him. If, however, the clergyman is a friend of both bride and bridegroom it would be courteous for them both to call together and ask him to marry them.

Party Calls
Will you kindly tell me if a call is necessary after a tea or a reception?
IGNORAMUS.

If you have attended the entertainment, it is not necessary to call, for the invitation is really just a request for a woman's friends to come to see her on some special day. These are the only two entertainments where such a procedure is allowable. After a luncheon, a card party, a wedding reception or any such affair a party call is necessary.

MRS. SYMES' ANSWERS

OWING to the large 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.

Too Young for Cosmetics

Would you kindly advise me what to do in a case where the skin seems to be drying up and becoming parched? I have used cold cream and only the best of face powders, but it seems my skin is drying up, and I am only 21 years old, but it seems to be wrinkling. I massage my face every night with cold cream, but all to no avail. I have used the cream before putting powder on my face.
A SUBSCRIBER.

If you are trying to keep your skin from becoming dry, I advise you not to use powder on it. Keep on using cold cream and wash your face in the morning with cold water—not hot. Do not massage your face—merely rub the cream well into the skin.

Request for Names

I wish to know if you could tell me of any specialist in this city who alters defects and improves one's features. I have been told that there is one in this city who performs the operation in a very simple manner with a fine paraffine beetle. I have very large hollow nose, with a disfiguring scar on the bridge, and it is for this reason I am anxious to secure the information asked for above.
ANXIOUS.

I am very sorry, but I am unable to give any names or addresses in this column or through private letter, so I cannot recommend any specialist to you. However, I am sure that if you go to a reputable doctor he will give you the name of a specialist for you to consult.

The Useful Peroxide

Will you please tell me if peroxide of hydrogen will bleach the skin and superfluous hair; also if it will stop the growth of hair.
M. L. K.

I am giving you a formula for face bleach which I think will lighten your skin and also bleach the superfluous hair. I do not think, however, it will prevent the hair from growing. Unless the growth is very bad I advise you not to touch it.

Liquid Whiteners

Water (previously boiled and strained) 1 quart
Alcohol 30 drops
Oxide of zinc 1 ounce
Bichloride of mercury 5 grains
Glycerine 20 drops

Keep the solution out of the way of children.

Cure for Bunion

I have a very bad bunion. Can you give me something to cure it?
FRANK F.

I am giving you the best formula I have for bunion cure. I think it will be beneficial.

Bunion Cure

Carbolic acid 2 fluid drams
Tincture of iodine 1 fluid dram
Glycerine 3 fluid drams
Apply with a camel-hair brush daily.

Walnut Hair Stain

Will you kindly give me the recipe for walnut hair stain, and oblige.
ELYRIA.

I am giving you the recipe for the walnut hair stain. Apply it to the hair with a small brush.

Walnut Stain for Hair

Four ounces of walnut skins, beaten to a pulp, to which is added pure alcohol, 15 drops.
Let stand eight days and strain.

Eyebrows and Hands

Lately I applied olive oil and vaseline to my eyebrows and brows to make them grow. I must have let it run too far, for it has caused the hair to grow long over my nose. Kindly tell how to remove them. My hands are very fleshy and my knuckles very large. How can I reduce them?
CLARA G.

I am very sorry that I cannot suggest any way to remove the hair which has grown over the bridge of your nose, except to pull the hairs out. If you use a depilatory in such a place the result would be a growth of very stiff hair, which would look far worse than the first. If, however, you pull the hairs out once in a while you will soon decrease their growth, and it will not hurt very much.

I do not know what to tell you to reduce your hands. They seem to be born, not made, and if you keep them in good condition and keep the skin soft by the application of cold cream I do not think you can do any more to improve their looks.