

# SAFEGUARDING the HEALTH of the FAMILY

BY MRS. McCUNE.

**I**n our unceasing war upon disease-producing microbes, our most effective weapons are the disinfectants. Armed with proper ammunition of this nature, the housekeeper stands upon a platform of "preparedness" that will go far toward safeguarding the health of her family.

As germs are not respecters of persons or places, nothing is immune from their presence or attack. They are as much at home in the baby's mouth as they are in the bath-room drains, which fact makes it imperative for us to know how best to thwart

their nefarious activities. Fresh air and sunlight are nature's infallible prophylactics. Fresh air has the same effect upon microbes as water has upon dirt, and no germ can thrive and fulfill its destiny if subjected to the direct rays of the sun for a sufficient length of time. It is only because it is seldom possible to administer nature's disinfectants in adequate doses that artificial germicides are necessary. Since we cannot flood our drains with sunlight and subject the remote nooks and crannies of our dwellings to purifying draughts of air, it has been necessary to employ substitutes. And in employing substitutes, many people are misled by the belief that to be effective, a disinfectant must be some mysterious and expensive concoction of the chemist, believing that the more mysterious and expensive it is the more deadly will be its work.

While there are many excellent compounds of this nature on the market, it is doubtful if they are more effective than the simple and familiar germicides for sale at a moderate price at every drug store. Formaldehyde, sulphuric acid, carbolic acid, iodine, boric acid, chloride of lime and bichloride of mercury (corrosive sublimate), have stood the test of time and form the basis of most of the preparations on the market.

While bichloride of mercury is one of the most powerful germicides known, its use, especially when handled by a layman, is accompanied by such danger that its ultimate worth as a household remedy is questionable.

In order to make a distinction between disinfectants, antiseptics and deodorants it is necessary to know the meaning of each term. A disinfectant is a substance used to destroy the germs of infectious and contagious diseases and distinguished from an antiseptic in that it is not intended to be

used in actual contact with the living person. Thus it will be seen that chloride of lime, for example, is a disinfectant, while boric acid is an antiseptic. Some antiseptics are germicidal, others are not. A deodorant is an agent that destroys offensive odors and is not, necessarily, a disinfectant or an antiseptic.

Until recent years a person about to undergo a surgical operation was sent to the hospital a day in advance so that the site of the operation might be subjected to antiseptic treatment. The present mode of procedure is to bathe the skin and immediately paint it with iodine, which renders the flesh surgically antiseptic in a remarkably short time. Mothers of little children, who are so apt to have flesh wounds, may well take a lesson from this fact. Instead of drenching the wound with hydrogen peroxide, which forms a gas that dilates the tissues and forces germs farther into the flesh, bathe the affected parts with water that has been boiled, sponging away the dirt, and paint the wound with a weak solution of iodine. Iodine, as purchased at the drug stores, is usually a ten per cent solution. This should be diluted to a four or even a one per cent solution. Pour over the wound, or apply with a clean brush or a bit of absorbent cotton. The only objection to iodine as an antiseptic in flesh wounds is the momentary stinging pain that follows its application.

One of the safest and most effective antiseptics to keep on hand for various household emergencies, is a saturated solution of boric acid. Do not overlook or despise this really valuable agent because it does not masquerade under a high-sounding name nor sell for 98 cents a bottle. Five cents worth of boric acid will make a reliable antiseptic that will supply the needs of the average family for months. Fifteen grains of boric acid to an ounce of water makes a saturated solution for which there are many uses. For flesh wounds in small children who cannot stand the slight pain of iodine, boric acid solution is ideal.

This may be applied freely as a cleansing agent and the wound may be covered with an antiseptic surgical dressing prepared by dipping lint or gauze into the solution and binding it over the affected part. The daily use of boric acid as a mouth wash, gargle and nasal douche is recommended as a preventive of those diseases which are germinated in the oral and nasal cavities. This treatment is especially efficacious during seasons of contagious diseases in the household and should be employed every two or three hours. The mouths of young babies and little children may be kept prophylactic by swabbing them with absorbent cotton moistened with the solution.

While fresh air, sunlight and plenty of hot soap suds will keep the majority of houses reasonably free from disease-producing germs, during the course of infectious or contagious diseases these trustworthy guardians of our health must be strengthened by reinforcements strong enough to vanquish dangerous foes that invade the premises. For this purpose carbolic acid and its many coal-tar relatives will be found valuable recruits.

Naturally, the first skirmish of the battle must take place in the sick room. Every necessary article should be removed from the room and fumigated. This will eliminate many hiding places for germs. As much sun light and air as possible should be admitted to the room and everything washable should be wet with a strong carbolic acid solution at least once a day. Great care must be used when preparing and using this solution because of the danger of acid burns on the flesh. If a large quantity of the solution will be required, it may be made up and allowed to stand ready for use. As carbolic acid sinks to the bottom of the vessel when mixed with water and allowed to stand for any length of time, it should always be mixed with an equal part of glycerine before it is added to the water. This makes it less dangerous to handle and more effective as a disinfectant. This precaution is not necessary, however, if the solution is to be used immediately. One part of carbolic acid to nineteen parts of water makes the proper solution for disinfecting purposes. This solution should not touch the flesh. Apply to floors and woodwork with a mop or a sponge fastened to a stick. All vessels used for sanitary purposes should be rinsed with the solution and all excreta from the patient should be disinfected with it before being emptied.

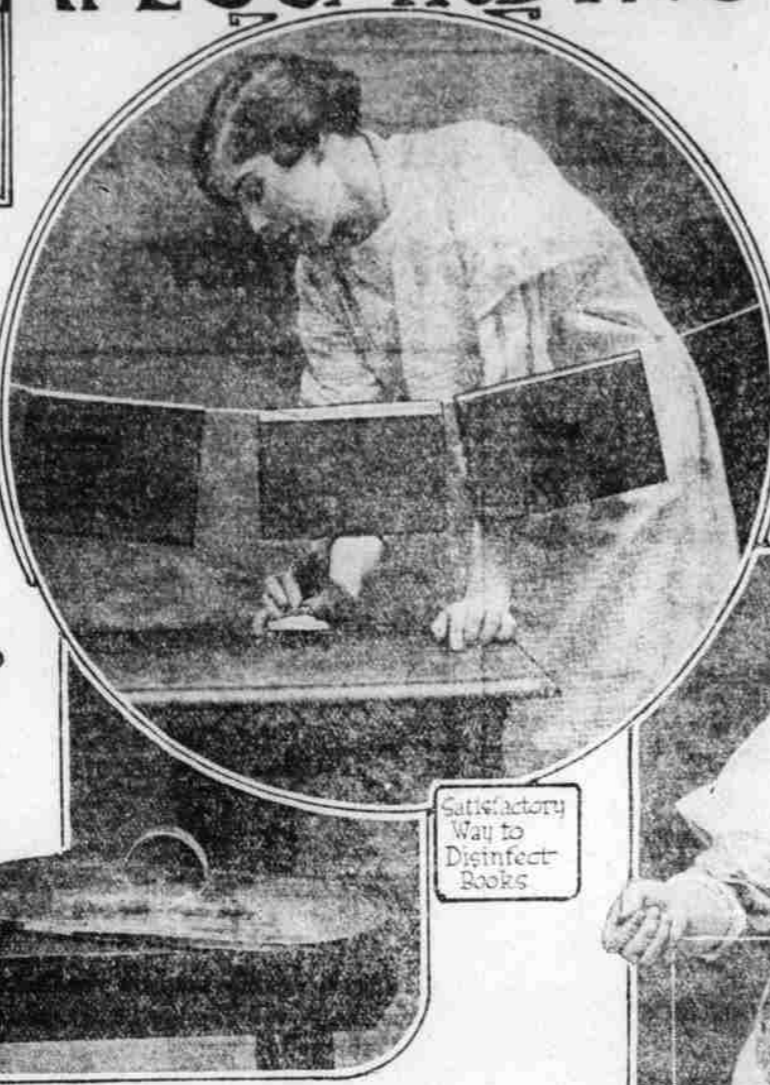
A solution of cresol, which may be diluted with three or four times the quantity of water, may be substituted for the carbolic solution if the latter is required in such quantity that the present high price makes it prohibitive. A solution of cresol may be purchased at any drug store. A tablespoonful, added to a gallon of water makes a suitable disinfectant to sprinkle about the house.

The proper care of bed and personal linen is a big factor in controlling the spread of disease throughout the household. Articles of this kind should never be trailed through the house or allowed to accumulate until a convenient time for washing. Whenever the linen is to be changed, have a pail or a tub of water brought into the room and submerge each article as it is taken from the bed or patient. Transfer the contents of the pail immediately to a wash boiler holding sufficient water to cover the clothes. Boil rapidly for half an hour or longer, adding water as necessary and keeping the lid of the boiler down tight. During this process, no food should be allowed in the room. Dishes and silver that have been used in the sick room should receive the same treatment. Children's metal toys may be disinfected in like manner.

Cells may be kept clean and wholesome by the introduction of fresh air, as much sunlight as possible, whitewash and liberal applications of chlorinated lime.



Boil Clothes Used in a Sick Room.



Satisfactory Way to Disinfect Books.



Use a Sponge Mop to Apply Carbolic Acid Solution to Floors.



A Boric Acid Mouth Wash Has Prophylactic Virtues.

## ODDS and ENDS

**T**o ventilate a room, place a pitcher of cold water on a table in your room and it will absorb all the gases with which the room is filled from the respiration of those eating or sleeping in the apartment. Very few realize how important such purification is for the health.

**W**hen the glass top of the coffee percolator gets broken it is not necessary to discard the percolator or even go to the expense of getting a new top. Take one of the small glass tumblers that cheese comes in and insert it in the percolator. By doing this you will find that you will have a percolator nearly as good as a new one.

**A** fastidious young woman who likes her own small pillow, but prefers down to clover blossoms or balsam, sees that the down is well scented with sachet perfume. Orris root and violet are in favor. If violet is preferred and the cover is of linen, a violet design would be most appropriate for the embroidery on it.

**T**o make tucks in skirt after taking skirt length make the edge thus folded the edge of one of the tucks, then put in one tuck same width above the one first made and measure below same distance and make the third one a hem of same width as the two tucks. This gives two tucks and hem same width, having effect of three tucks, and does not spoil the skirt length.

**T**his is the time of year to take cold and wise mothers will see that the children have underclothing a shade heavier than that worn in summer. Beware of drafts, as a cold taken at this time of year is hard to get rid of.

**I**f you suspect that the milk which your baby drinks contains formalin or other artificial preservatives set a glassful in a warm place for six or seven hours. If it sours it is pure; if it remains sweet it probably contains formalin and you should send it to the city laboratory for analysis.

**T**he voice should be used sparingly when one is suffering from a cold in the head, sore throat, or weakness after illness. In such cases muscular action has to make up for lack of lung power and energy. The result is a thickening of the vocal cords and an added huskiness and harshness which may not pass away.

**A** good protection for the top of a sewing machine. Get a piece of table oilcloth. Cut a piece 22 inches long and 15 inches wide, sew the sides like a bag, leaving one side open to slip over the cover of the machine. Try this on your new sewing machine and you will save a great deal of wear and tear on the cover. This is used on a machine with a drop head.

**A**n unusual sachet which would be very attractive for the hat-box or to keep among lingerie, is a tiny bunch of rosebuds, such as are used for decorating bouddoir caps, negligees, etc. The heart of each rose, before being coiled should be filled with one's favorite sachet. In a cluster of eight or nine roses, the sachet will be large enough to impart a delicate fragrance. A sachet of this sort is extremely dainty and the rosebuds the most easily manipulated of all the ribbon flowers. The ribbon should be an inch wide and sewed into a little pocket at one

## YOUR VEIL

**T**he achievement of a stenciled embroidery veil is not beyond the powers of some women. One made of very dark blue Russian net has a deep border on the upper edge—of stenciled work, carried out in smoke-gray dross silk. Worn over a black velvet toque, or one of the popular small hats, a veil of this kind is exceedingly attractive. Stenciled embroidery consists of fine runnings of silk in a bold design.

Iodine Renders Fleas Surgically Antiseptic.



## DO YOU EVER DO THESE THINGS?

- D**o you monopolize the conversation wherever you go with a breathless account of your own affairs?
- D**o you live over some trip you have taken with a friend until those around you never want to visit the regions you discuss?
- D**o you tell pointless jokes?
- D**o you talk round and round a subject before you finally get up to the point you want to emphasize?
- D**o you interrupt another's conversation with "That reminds me—" or "By the way—?"
- D**o you insist on pointing out every little place of interest, which is interesting to you but not to a stranger?
- D**o you repeat the baby's last cute remark or bit of mischief to every person you meet?
- D**o you talk about mutual acquaintances and then ask your hearer's opinion upon them?
- D**o you chatter on for the sake of filling up a silence?
- D**o you take delight in explaining the why, wherefore and when of something in which your companion may take a slight interest?
- D**o you fill up conversation with stories of people whom your audience does not know, never will know, nor has no desire to know?
- D**o you jump at every opportunity to trace a person's family connections and ancestry to the fourth generation?
- D**o you read the leaders at the movies for the benefit of the entire theater?
- D**o you annoy a concert by beating time to the music or humming with the singer?
- D**o you talk shop out of shop hours?

## THE SPENDER

**S**he is a spender of hours. She sits in a crowded cafe, her slender fingers closed around the stem of a wine glass, while the golden sands of youth run out to old age. In the springtime of her life, when April is calling and the woods are all a-promise with the splendors of May, she sits unaware. Time sets her hourglass by her side. The sands of life flow swiftly, but she does not heed the call. Spending hours of youth where there is no return gives way to boredom after a time. Or else a thinker will come and cast his shadowy presence over the feast. The thinker's name is Conscience, and his voice cannot be stilled after the first mad rush of expended energies is over. A girl in an atmosphere of this kind is like a poor little butterfly dabbling its wings in a mud puddle. The girls who count it the usual thing to smoke cigarettes and drink cocktails are spending their youth for a cheap imitation of what they call sophistication and experience. It has been said that everything a woman does is done to appeal to the masculine sex.

## MILADY'S BEAUTY

- S**TEAMING is not recommended for delicate skins. A better method of cleaning is provided by the application of alternate hot and cold cloths. This treatment should continue for ten minutes. Never use on the face a wash rag which is not scalded each day.
- W**ASH the face carefully, never with very cold water. At night it should have a warm soap bath to clean it, rinsing thoroughly, with an upward movement. Learn always to rub up and never down, to counteract drooping lines and sagging muscles.
- T**o perfume the hair the chic Parisian uses an atomizer filled with a powerful perfume, and for this the carnation odors are usually employed, and the hair is lightly sprayed with the strong essence. This is done just before the hair is dressed for evening, and the scent clings to it all the next twenty-four hours.
- W**HEN the average society woman is not entertaining at home or being entertained abroad she is pretty certain to be taking a hot tub, for it is now looked upon as the great beautifier and health purifier. After the hot bath comes hot milk, with a pinch of salt in it, and if the sleep that is sought as part of the nerve cure does not come at the end of two hours take another hot bath and continue at intervals of two hours until the insomnia is overcome.
- P**ERSONS with tender gums inclined to bleed no matter how carefully they are brushed will find the following powder effective in cleaning the teeth and excellent for healing the gums: One ounce of precipitated chalk, one-half ounce of powdered borax, one-fourth ounce of powdered myrrh, one-fourth ounce of powdered orris root. Choose a brush with soft bristles and do not
- use it too briskly. Be careful to brush the teeth up and down instead of across, and use an antiseptic mouth wash of a healing nature before retiring at night.
- H**ALF-MOONS on the finger nails are possessions to be highly prized. Although seemingly a very little thing to strive for, they mark the difference between beauty and just ordinary respectability in nails. After washing your hands, carefully press back the cuticle around the nail with a blunt orange stick, and every night, just before you go to bed, soak your finger tips for a few moments in a little warm water, to which has been added a few drops of tincture of benzoin.
- T**HE proper method for making sage tea is to take a handful of sage, crush it and boil it for three hours in an old iron pot. When it boils down add more water, and there should be one pint of water after the tea has boiled. Cook a handful of tea, not chemically colored, add the juice to the sage tea and a teaspoonful of common salt. Boil both until there is a pint of liquid. It does not color the hair, and being a powerful astringent, is beneficial for falling brown or black hair.
- I**f nails are not given extra attention during the summer months they will become hard and brittle. At the seashore it is a good idea to put a little dab of cold cream at the base of each nail every night. Before starting to manicure your nails the hands should be soaked for ten or fifteen minutes in a bowl of warm water mixed with glycerine and a few drops of toilet water. After they are dried and a little cold cream has been added, any superfluous flesh should be pushed back in its place, so that the half moons show. Then clip off all the ragged outside, apply a tiny particle of nail rouge to each finger and use a buffer.