

QUERIES.

Any queries, domestic or otherwise, will be inserted free of charge. Correspondents replying to queries are requested to give the date of the question they are kind enough to answer, and address their reply to 'The Lady Editor, NEW ZEALAND GRAPHIC, Auckland,' and on the top left-hand corner of the envelope 'Answer' or 'Query' as the case may be. The RULES for correspondents are few and simple, but readers of the NEW ZEALAND GRAPHIC are requested to comply with them.

Queries and Answers to Queries are always inserted as soon as possible after they are received, though owing to pressure on this column, it may be a week or two before they appear.—ED.

RULES.

No. 1.—All communications must be written on one side of the paper only.

No. 2.—All letters (not left by hand) must be prepaid, or they will receive no attention.

No. 3.—The editor cannot undertake to reply except through the columns of this paper.

IN A PARIS HAIRDRESSER'S SALOON.

MADAME THE HAIRDRESSER INTERVIEWED.

'AND the parting in the hair, madame, will it continue in favour?'

'Yes; to attain a good white parting one should comb the hair from the crown of the head down over the eyes. The comb should be levelled from the tip of the nose straight up through the hair. This insures a straight parting. Then, with a finer comb, each hair should be carefully picked out to either side, for what an amateur considers a straight parting an expert finds faulty.'

'A little tonic rubbed on the parting once a day and then the hair rapidly and vigorously brushed away from it on either side produces gloss that is becoming.'

I noticed that all the women in the room were having their hair arranged with the fashionable parting in the centre. Undoubtedly no coiffure for summer will be considered correct unless that white line shows somewhere above the forehead.

Women with slender faces, so my informant went on to say, should never allow the parting to be too pronounced. A short, soft fluff of hair should be worn across the eyebrows to relieve the severity. This should be especially observed with high foreheads. If the forehead is low and the face slender, then the fluff in front may be omitted, but the hair coming from the sides of the parting should be cut short and curled that it may hang about the temples. These locks should be slightly confined by invisible hairpins, for nothing is untidier than half-curled hair dangling about the face; only the most youthful face can stand it.

Madame told me that some women, who make a fad of this parting, have one or two lines of hair pulled out from either side to produce a broader space, and that each day the parting is thoroughly rubbed with a weak solution of peroxide of hydrogen and warm water by a stiff nail-brush. This removes any dust that may settle there.

The result of the 'side bangs,' worn some three years ago, is a parting that is most objectionable. It curves around the head from ear to ear. It is the despair of two-thirds of the women, for these same 'side bangs' have not grown enough to cover it.

A cure, says madame, is not to crimp so tightly. Wear the bangs straight as often as possible, brushed back and pinned to the other hair. When they must be curled, slightly wave them over a large iron and be careful to catch them back to the firmer hair. The hairpins may not be artistic in the side of the hair, but of the two evils they are the lesser. Again, the hair grows back quickly with this treatment.

WHY WOMEN GROW OLD.

THERE are follies and follies in this world, but among the most senseless of these is the idea that because a woman has seen a certain number of years she must be relegated to some cosy corner and fill the position of the old lady of the family, leaving the gaieties and pleasures of life to the youngsters. This is much less common in this country than in England.

There is much to be said in favour of the idea that people are no older than they feel. There are individuals, indeed we all know them, who are far in advance of the calendar, and at thirty or thirty-five are older than many others at double their years. It is not at all worth while to grow old faster than one's health and labour demand. Once parted with, youth never comes back again. Any effort to return to its pleasures is looked upon with the utmost disfavour by society. One can stay young and is all right, but having given up youthful enthusiasm, the world seems to frown on any effort to revive it, and the criticisms indulged in by friends and relatives are frequently so cutting that the first attempt is the last one.

There is a proper and becoming enjoyment of the good things of this world that should never be allowed to die out on account of the years or circumstances of the individual.

There are so many interesting things in life, and one can be so companionable and necessary in one's circle that it is the sheerest folly to give up and grow until actual feebleness makes it imperative. Even then, one may retain much of the brightness of youth and acceptably fill one's place in the world and society.

People grow old more frequently from inertness than for any other reason. It is hard work to stay young, and those who find it too much trouble to do so, drop very rapidly into the limp and careless condition of old age. Human nature has to be kept up as much as any of our other possessions, and when one is satisfied to let it go hap-hazard and fall into slipshod ways, age takes advantage of the circumstance to increase his inroads and put his seal upon us.

Of all things in the world keep young and bright and cheerful and up to date. For, of all forlorn things, the most forlorn is the person who is spoken of and looked upon as 'a back number.'

NECESSARY REST FOR WOMEN.

WOMEN nowadays find it no easy matter to take that rest which they should have, which, after all, is one of the most frequent causes of indigestion, consequent headaches, and general irritability, the latter ailment usually being described in the family as common or garden bad temper. The ordinary woman does not sit down and realise these matters, she goes on day by day gradually losing her sweetness of disposition and lessening her physical strength. A thoroughly selfish woman goes off to the doctor, and after trying tonics and nerve stimulants lapses, nine times out of ten, into a state of semi-invalidism which, if not trying to herself, is infinitely fatiguing to all who have to answer her more or less fanciful demands. Now, if the necessity for rest had been properly realised, a great deal of this state of affairs might be prevented. Busy women say that they cannot afford it, and others with a ridiculous sense of superiority exclaim, 'I never lie down unless I am in bed.' What a busy woman might manage occasionally is this—after a fatiguing day even twenty minutes' absolute rest taken in a horizontal position will enable her to eat a better dinner, and, what is of still greater importance, digest it. The effect of sitting down to meals when overtired is that our digestive organs cannot deal with nourishment as they should, even supposing that exhaustion produces a kind of fitful hunger. Then there is another point where the individual will come into the matter. Do not fret over small matters. I am quite aware that nine people out of ten will tell you that you cannot help it if it is natural. I beg leave to differ; it is nothing in the world but a matter of habit, which you find grows upon you in proportion to your cultivation of it. One more word of advice, and I have done with this matter for the moment, and that is, take more of your sleep during the first part of the night than is usually the case. There is no doubt in my mind that sleep taken then is infinitely more reviving in every sense of the word, hence I suppose it used to be called 'beauty sleep.'

SICK HEADACHE.

THE best physicians agree that treatment between the attacks is most likely to cut short their number and lessen their intensity. The cause should be discovered if possible, the overwork stopped, the mental anxiety or distress removed, the errors in diet corrected, or the late hours exchanged for early ones. Then a simple laxative may be needed to prepare the system to benefit by a tonic; cod-liver oil, iron, gentian, quassia, or whatever the doctor recommends as best suited to the particular case. The diet should be abundant and nourishing, avoiding rich made dishes, pastry, or anything liable to disorder the digestion. Exercise in the open air, stopped before there is any feeling of fatigue, is important. When the first unpleasant symptoms are felt lie down with the head low, and take a teaspoonful of aromatic spirits of ammonia in a little water. If there is chilliness put a hot water bag to the feet and cover warmly with a blanket. If there is nervousness and depression take half a teaspoonful of tincture of valerianate of ammonia instead of the aromatic spirits of ammonia, and repeat the dose in fifteen minutes. Have the room darkened, keep perfectly quiet and endeavour to sleep.

Should these remedies not avert the attack, and the pain and nausea begin to manifest themselves, take a tablespoonful of strong tea or coffee, without milk if possible, very hot, or very cold, and repeat every fifteen minutes for four doses. If the nausea continues the sufferer usually imagines that it will be relieved by the act of vomiting and is anxious to have an emetic. This may be the case if the headache has come on immediately after eating, when the stomach contains a mass of undigested food, otherwise it is better to try to soothe the gastric disturbance and check the desire to vomit. Effervescent citrate of magnesia, iceed vichy or soda water will often produce this result.

When the pain is severe a piece of linen may be dipped in alcohol and water, and a single fold bound on the forehead, wetting it as soon as it becomes dry. Sometimes a flannel wrung out of boiling water and applied as hot as it can be borne will give more relief.

If the feet are cold they can be immersed in hot water containing one or two tablespoonfuls of mustard. This is not impossible even if the sufferer cannot sit up. Lying on the back with the knees bent the feet can be put in a foot-bath of water placed on the bed with little or no disturbance.

After the nausea has disappeared some easily-digested food should be given.

There is no royal road to the cure of sick headache nor any specific that will always relieve it. The cause must be sought for, and, if possible, removed, and the earliest symptoms of an attack watched for, and, if possible, combated.

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