

TEAR OUT & SAVE: The Complete Guide to Children's Medicine

DECEMBER/JANUARY 1994

THE ESSENTIAL GUIDE  
FOR TODAY'S PARENTS

# child

CHILD DECEMBER/JANUARY 1994

*Your Child's  
Holiday  
25 Ways to  
Make It Special*

**Tantrums  
Can't Fail  
Calm-Down Cures**

**New Values for the Nineties  
RAISING BOYS  
TO RESPECT GIRLS**

**Is Your Child Getting Enough  
Playtime...With You?**

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ADVICE ABOUT  
**YOUR CHILD NOW**  
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for Parents**



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# Time for Yourself

health ■ beauty ■ well-being

## power bathing

**T**he scene: You're in the bathtub, the only spot in your holiday-harried house that guarantees you privacy. The props: Items that enhance tub time by using every means possible to relax you. These well-deserved soothers, geared for women who take baths seriously, will help to purge your stress (and make great gifts, too). *Clockwise from right:* Energizing Mineral Bath salts by Norwich Inn & Spa (800-275-4772); Perfect Pear candle by Origins; AromaTherapy Herbs and Flowers Bath and Body Oil by Essence AromaTherapy (800-283-0244); soaps by Naturistics, Origins, Bath & Body Works, Kiehl's (800-Kiehls-1), and Smith & Vandiver; Green Apple Bath Gel by Naturistics. Other great bath gels are made by Crabtree & Evelyn, PGA National Resort & Spa (800-THESPA5), Bath & Body Works, and The Body Shop. If you want to sit back and relax in the tub for a bit, you can use a comfy Bath Neck Pillow by Lilian Vernon (804-430-5555) or Bath Mat/HeadRest by Hammacher Schlemmer (800-759-5700). And, with a hook-on Book Rest by Chambers (800-922-9934), you can read in the tub without getting your book or magazine wet.



## HYDRATE FOR HEALTH

Indoor heating and outdoor temperatures can dry your skin and even your nasal passages, which in turn can lead to increased susceptibility to cold germs. To stay hydrated from the inside out, try these strategies from experts, including Alan Kling, M.D., a New York City dermatologist.

- Use a humidifier to add moisture to your home. An evaporative humidifier is the quietest and least likely to emit bacteria and mold.
- Drink lots of water. Daily intake of eight eight-ounce glasses of water prevents internal dehydration, which can dry your skin.
- Use a facial moisturizer two to three times a day. Ingredients found to be effective in moisturizers: modified soybean oil product, lactic acid, and urea. A moisturizer that also contains sunscreen, such as Elizabeth Arden's Immunage UV Defense Lotion, is key. The UVA and UVB rays in winter are not only drying but damaging to the skin.

## What Stresses You Most?

*Stress is part of the holiday package, as we all know. Test your stress smarts with these true and false questions—and consult the answers for tips that will minimize the effects of anxiety.*

■ If you eat that piece of pecan pie, you will feel edgy from the sugar jitters.  
**FALSE:** Sugar calms you.

■ Tension over your mother-in-law's criticism will be alleviated if you tell her how you feel.  
**FALSE:** Research has found that venting anger lowers blood pressure for men, but not for women—perhaps because women are socialized to be sensitive to others' feelings. Key: Find the style of expressing anger that's right for you.

■ You'll lose weight from general holiday stress.  
**TRUE:** People of normal weight eat less and burn more calories under stress, say two new studies.



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