# The Bees-Home Magazine Page

## The Warrior

By JAMES J. MONTAGUE. His hand has wrested many a crown From tyrants in their pride: His hand has struck the pirate down And tossed him in the tide. And robber hordes in countless lands In wild confusion flee, When they descry, across the sands. His flag upon the sea.



The redskin cowered in his path. When forth he used to go In terrible, avenging wrath And lay the chieftains low. And craven bandits far and near Well know his dreadful fame. And pale and tremble when they hear The mention of his name!



But now the last black blood is shed And all the wars are won. When all the murderous hosts are dead, The warrior's work is done. No longer fares he forth to seek Sea-wolf or robber band; With mother's kisses on his cheek rie's off to Slumberland.

## John Smith

(Copyright, 1914, by Star Company.) John Cabot gave America to the English race; Raleigh, with heroic courage, qualities did more than anything else to undertook to plant that imperial race prevent such a direful calamity; and for upon this continent, and Smith, through this reason he will always remain a commuch tribulation

succeeded in accomplishing what Raleigh failed inall history found a more interesting story than that of the man who made Jamestown a suc-

Born on a farm Lincolnshire, England in 1580, Smith was from

his earliest years the victim of an uncontrollable wanderlust. At the age of fifteen he sold the few effects that had been left him by his father, and made ready for sea, but being apprehended by a relative as he was about to sail, was bound out as an apprentice to a mer-

But the wanderlust was too strong for the merchant's vigilence, and young Smith was soon off and away after ad-

He had no money, but he possessed a pair of wonderful legs, and after tramping over a good part of western Europe, he got a job as soldier under Henry IV.. of France. Following the white plume of Navarre for the season. Smith next found himself fighting Spaniards in the and laterally about five or six miles from Netherlands-a job that he mightily enloved, for in his heart he mortally hated everything that smacked of the inqui-

Having killed what Spaniards he could in the Netherlands. Smith set out afoot through France, fetching up at Marseilles, from which part he took passage on a great storm arose, and the pligrims to the "Holy City," knowing that Smith was a "heretic," adjudged him to be Jonah in the case and hove him into the sea. Being a good swimmer, Smith managed to reach the shores of an uninhabited island, from which he was rescued

by a passing craft and taken to Egypt. In 1605 Smith was once more in England. He was tweny-five at the time. but old in experience. The roving spirit was still strong in him, and having seen fied by the people's will and pleasure. most of the old world, he would now see the new.

It was one of the most natural things in the world that Smith should become a member of the expedition for the settlement of Virginia, and lucky was it for the expedition that Smith went along

Says John Fiske: "But for this man's superb courage and resourcefulness, one can hardly believe that the colony would have lasted till 1609. It would have auccumed like Lane's colony, and White's, and Popham's; one more would have been added to the sickening list of

#### What to Use and Avoid on Faces That Perspire

Skin, to be healthy, must breathe. It also must perspire—must expel, through the pores, its share of the boy's waste

By REV. THOMAS B. GREGORY, failures, and the hopes built upon Virginia in England would have been sadly dashed. The utmost ingenuity on the part of Smith's detractors can never do

away with the fact that his personal

manding figure in American history. Smith died in 1631, at the comparatively early age of fifty-one. He had faced death and miraculously escaped from it a score of times. He had boxed the whole compass of human experience and of sorrow and joy, of defeat and of vic-

It is gratifying to know that he died corsets in their teens. and glorious commonwealth.

On June 29, 1619-twelve years before Smith died-the first representative assembly that ever met in America was convened at Jamestown, and the mighty experiment of self government on this continent found its beginning.

It was a small assembly, so far as constituences were represented under the ruined. various designations of "city," "plantation" and hundred," and each constituency sent two representatives, making twenty-two in all.

The representatives were called "burgesses," so the assembly was known as the "House of Burgesees" until 1776, when the "Old Dominion" took her stand with

the other colonies for independence. The eleven constituencies in question extended up the James river some seventy miles from its mouth as the "crow flies."

either bank. The population of the region was about eighteen hundred-hardly enough to make a respectable village. It was a very small beginning, but it was a beginning, and in the right direc-

The representatives were real representatives, excercising the full powers vessel bound for Rome. On the way a of legislating for the colony. Its acts did sense standpoint and the will power to not, it is true, acquire complete validity until approved by the General Court of into daily use. the London company, but on the other hand, no ensetment of the company was in women of shinworth a straw until it had been approved ing qualities. Its by the assembly.

In a word, the Jamestown assembly with women of talwas a democratic government, responsible, in the final analysis, to the people of ideals, women of the colony, and permitted to make no other laws than those that might be rati-

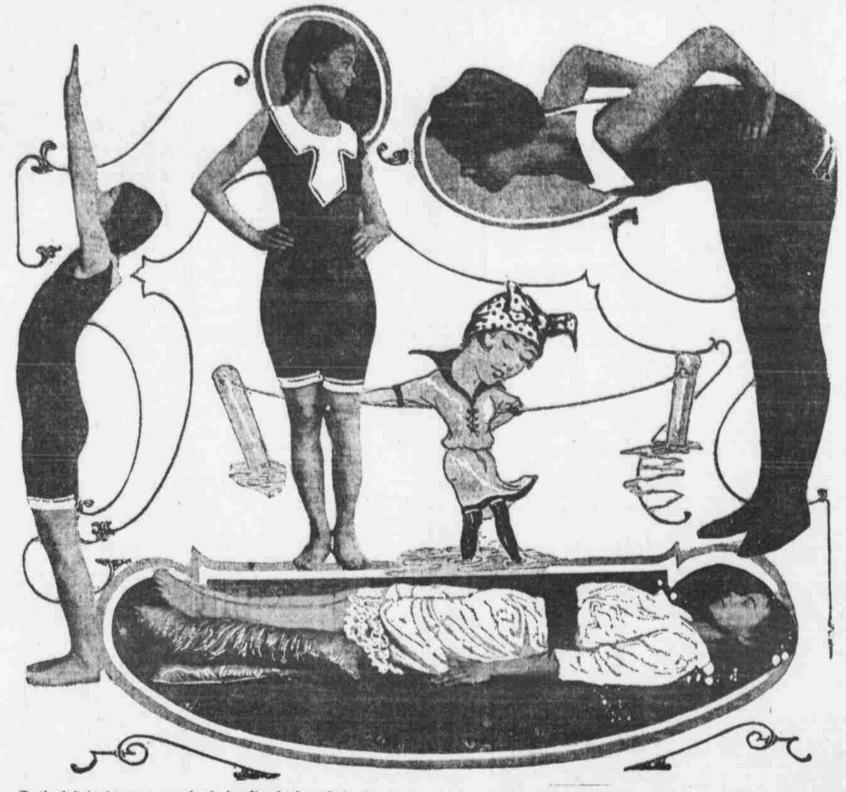
#### Advice to Lovelorn By BEATRICE PAIRFAX

Don't Re Imputient. Dear Miss Fairfax: I met a desirable young man several months ago and until last week we had been keeping steady company. He promised to call me up seme time during the week, but failed to do so. What shall I do, as I love him dearly? MARJORIE McK.

The young man for whom you care misses the steady, clear ray of

must be cold or busy, or prevented from ommunicating with you by any number little note and ask what is the matter. licity have blown it out. Girls ought to treat the men for whom they care with at least as much simple understanding had arisen.

# An Easy Road to Health and Beauty for the Busy Girl



To the left is shown an exercise in bending backward; in the center one for twisting the body; to the right an exercise in bending forward; at the bottom is a resting pose for girls who stand a great deal. The feet and legs should be supported on a cushion.

Here is a group of exercises for muscles and not in the least tight anywhere. had seen about all that life had to show a group of muscles into play that are gether most distressingly.

realizing the fact that his fame was As they grow older the corsets are worn This is the most hygienic form of dress- back on the hips and the body must be secure, and that he would ever be re- longer and stiffer, and a woman gets to possible for growing girls. membered as the real founder of a great depend more and more on artificial sup-

port. muscles grow weak and stiff from lack also make the digestive organs healthy. supple as they should do. What is more, twisting. the digestive organs suffer, and dys-

The modern style of dressing makes times in succession. however, be as light in weight as possible, below the walst are kept absolutely rigid, far.

that are usually neglected. These exer- Women no longer pinch their waists.

otherwise rarely used after childhood, Girls in their teens should wear no feetly stiff and straight, the back flatowing to the fact that girls are put into corsets at all, but should dress so that tened and the head slightly tilted back. the weight hangs from the shoulders.

The consequence is that the waist and make the waist round and trim, and five to ten times. of use, instead of becoming strong and The first exercise is known as body

Stand in the first position, hands on cise is being done correctly. pepela and, indirectly, anaemia result, hips, and turn the body first of all to the

it necessary that corsets in some shape. This exercise is practically uncless unor other should be worn. They should, less the legs and the whole of the body far as possible which usually is not very being supported on a cushion for a quar- itself.

this exercise the legs must be kept por-The hands should be placed rather far

slowly bent until it is at right angles to And now for the exercise which will the legs, and then slowly raised until it

of the back. This means that the exer- and swollen feet, or internal weakness of delightfully novel, little incident in inter-

Backward bending is the next in se-

while if correctly done it is invaluable. The second exercise, known as "forward part of the body flat and the legs stratget sumption of equal intrinsic brightness of

> on the hips at first. ercise being done with the arms above ratio the sun's attractive power the head. This is in order to show the to that of the planet Jupiter. hips.

any description

The whole point of this position lies in bent backward, instead of forward, as with feet and legs, as far as the knee, a huge orb of nearly the same size as ter of an hour at a time.

### Mysteries of Science and Nature

By GARRETT P. SERVISS.

'In mention of the comet now under observation, reference is made to Capella. Could you give us an article describing this great sun, and what is known of its satel-

comparison as to size with our solar system? T. C. F. Santa Paula, Cal." Can I. can anybody, truly "describe a sun that is at least a hundred times brighter and hotter than the blazing orb which

together with some

makes the earth mer's day by reaching across

50,000,000 miles of space and merely touching it with one two-thousanth-millionth part of its total

If the earth were as near to Capella as it is to the sun, the thermometer (if an instrument could be made capable of bearing such a temperature) would rise in July not merely to a 100, but to 10,000 degrees Fahrenhit!

The oceans would fly off in puffs of steam. The forests and fields would kindle and burn like matchwood. mountains and hills would melt like beeswax in a red-hot oven. The earth in the rays of Capella would be as a moth in a candle flame.

People who live on worlds revolving around little suns like ours are the villagers and rustics of the universe; the cosmopolites dwell upon the satellites of giant stars like Capella; for where they shine are the capitals of space.

The scale of things in the planetary system of such a star is proportioned to the power and splendor of its central orb. We are very comfortably situated at a distance of some 20,000,000 from the sun. In Capella's system the same relative situation would demand a distance of nearly 1,000,000,000 miles.

A vast and wonderful sphere of light, fading gradually into the darkness of surrounding immensity, envelops Capella-The similar, but miniature, globe of luminosity that our sun forms about itself becomes so dim at the distance of its farthest planet. Neptune, that that lone world seems almost lost in the twilight of endless space. But a planet encircling around Capella at a distance of Neptune from the sun would enjoy a very brillliant daylight, while 282,000,000,000 miles away would still have as much light as Neptune has in our system.

If you could lay the sun beside Capella on a table, it would look, as to size, like a boy's marble beside a cannon ball. The diameter of the sun is about It is most important to seep the lower \$65,000 miles; that of Capella, on the ascises are important, because they bring but they cram their digestive organs to-Its attractive power is about a thousand One of the photographs shows the ex- times that of the sun, which is the same position of the back in a way that would sun were to approach Capella it would not be possible if the hands were on the become a satellite of that star, and astronomers in distant parts of the universe develop and strengthen the walst muscles is upright again. This should be done This is hery strongly advocated by media say: "Why, see! Capella has been pick-Finally, another rosting pose is given would look through their telescopes and cal men for girls and women who are in ing up a new companion, a tiny, shy-A slight strain should be felt up the their feet a great deal. It is very helpful looking twinkler which is almost swalbacks of the legs and in the lawer part to those who suffer from varicose veins lowed up in the rays of the big star. A

stellar space." But, in reality, Capella is already a numbers were concerned. Eleven local And sooner or later the complexion is left as far as it will go, then back again quence. It should be done it exactly the the fact that the heels should be higher double star, and one of the most wonas far to the right as possible five to ten same way as the preceding movement, that the head. This is achieved by lying derful in the heavens. Its companion is excepting, of course, that the hody is flat either on the floor or a hard matrices, no comparatively body like the sun, but

Yet one of these linked stars is twice as bright as the other and, notwithstanding their close association-they are probably only about 50,000,000 miles apart they belong to the separate spectroscopic types, which is somewhat the same as saying that two prisoners, chained to work together in the galleys, are members of two races, for instance, European and a Malay.

The brighter star in Capella (for to the eye they blend into one) is intimately alfied in constitution to the sun, while the other resembles the "Little Dog Star." Procyon, which has the peculiarity of showing a strong ultra-violet strain in its screctrum. For the sake of accuracy it should be

added that the relatives figures of size and brightness given above, in comparison with the sun, should really be understood as applying to the two stars in Capella reckoned as one. In other words. taken together they are a thousand times as bright and a thousand times as strong, gravitationally, as the sun. But for ordinary purposes it comes to very much the same thing, since, as already said, the eye, and even the telescope, shows Capella as if it were a single star.

There are also some variations in the crosses the boundary line of friendship conclusions that different investigators have reached concerning this strange and

According to some, the two linked stars way leads. But three-fourths of the are very lacking in density, so that, while women who figure in divorce courts as their luminosity is a hundred times the co-respondents, or whose affinities are sun's, their combined mass, or gravitative power, is only seventeen times greater

The distances of Capella from our solar system is about 200,000,000 miles, which explains the fact that it appears to our eyes only as a bright star, while in truth it is a stupendous sun. Distance is the great enchanter that turns giants into pigmies.

Capella is the brilliant white star seen, at this season, low down in the northwest right after nightfall.

# Beautify the Complexion



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Rids pores and tissues of impurities,

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Leaves the skin clear, soft, healthy. Two sizes, 50c. and \$1.00. By toilet

# Ella Wheeler Wilcox on "Common Sense"

By ELLA WHEELER WILCOX.

Copyright, 1914, by Star Company. Woman's greatest need today, above all other needs, is practical common sensethe ability to reason from a commonput such reasoning

America is rich skies are starred ent, women of high vast ambitions, women of large charities, women of brilliant intel-

lect. In art, in literature, in music, in reforms, in business, and in social

soon misses the steady, clear ray of common sense. Uncommon sense has of life's chances. If you don't hear from blurred that ray by its giaring light. And him within a reasonable time, write a in many instances the winds of pub-

It required uncommon sense for woman first to awaken to the realization that consideration and courtesy as they would she had every moral and natural right show a girl friend with whom some mis- to equal franchise. And uncommon sense has enabled her to stand firm during

desirable habits of the sex with which, sources, she claims her equality. If she is to lift prove an effective lever. The anti-suflarger-minded sister. And her lack of mine, because of their lack of plain plea for the preservation of the sanc- attention from admiration. The man tity and beauty of the home life, while who said that the absolutely well-dressed she endangers the physical and mental women always passed unnoticed was as welfare of her unborn children by the mistaken in his idea of what constitutes use of a slow poison. Argue as we will good taste as if he had said that the of the importance of good fatherhood for most exquisite scenes in nature were children, the fact stubbornly stares us always unnoticed by the passer-by. in the face that a mother carries her unborn child under ner heart for three- the lover of beauty to arrest his step quarters of a year, and that her condition, mentally and physically, during that period is of more vitau importance to the child than the condition of the father. can afford to make their own fashions: Not long ago the results of acientific experiments made by physicians, during a considerable period of time, relative to the use of tobacco were given to the public. The conclusion was reached that reduced the mental capacity 10 per cent. When a woman persists not only in indulging but in defending the indulgence of a habit which affects the nervous system, fouls the breath, stains the fingers, and turns her salon into a saloon, there is surely an evidence that she lacks that rarest of qualities-common sense. Yet brilliant, gifted, cultured

So universal is the custom in England

mmon-sense reasoning is shown in her common sense-the line which separates A rose bush in full flower will cause and catch his breath in silent admiration, or to exclaim in delight. There are three types of women who The young, beautiful woman of large wealth and secure social position; the old and poor woman, and the religious sister of some order. All others limit

> to bend any of the decrees of dame The wearing of small bonnets when large ones are the vogue, or voluminous skirts when clinging draperies are demanded, simply makes a woman unpleasantly conspicuous, and accomplishes no admirable end and illustrates no worthy principle.

But the woman possessed of good comwomen, occupying high positions in the mon sense will neither go this extreme

She would know that the woman who making instinct. That instinct marks politics from the mud in which it has exhibits her bare flesh on the street to a distinct step forward in the evolution long made its bed, the cigarette will not the multitude attracts attention, but of a higher humanity. A beautiful, wellnever admiration. And here is another ordered, comfortable home, however fragist is quite as frequently found to be delicate line of demarcation which the simple in its adoraments, a home where a devotee of Madame Nicotine as her masses of women seem unable to deter. evidences of personal interest and feminine taste are everywhere visible and where an atmosphere of peace and content is felt by all who enter, is an anteroom to paradise.

their usefulness and lessen their power

start.

social and intellectual world, may be nor to the other, of making herself a fashion. She will modify and adapt the modes to suit her appearance, and the

ment taking precedence of the home-

In the pandemonium of divorce which exists in America and Europe today, one may easily trace the lack of common sense of woman as a leading factor.

When men stray from the path of rectituce and play with danger, they know what they are doing and know they are not justified; but they indulge their selfish impulses and defy consequences.

When a married man or a bachelor and trespasses on the realm of passion where dwells some woman who is not his beautiful celestial object. to woo, he knows exactly where his pathto give and receive pleasure by refusing named as co-respondents by angry husbands, have drifted into the compromising situation through a lack of common sense. They have listened to the platitudes about platonic love; they allowed themselves to enjoy attentions which flattered their vanity, and they have gradually been led into compromising situations by failing to take a common-sense view of the subject from the

Love and loyality, even when accomheard any day defending the cigarette slave to every eccentric whim of fickle panied by unselfishness and economy, often fall to render a man happy in his must perspite—must expel, through the pores, this share of the boy's wast to share of the boy's marriage to the long years through which she has made the port of this there would be few solf-raining expectably during the shear would be sold are in the long years through which she has been shere in the long years through which she has been shere in the long years through which she has been shere in the long years through which she has been shere in the long years through which she has been shere in the long years through which she has been shere in the long years through which she has been shere in the long years through which she has been shere in the long years through which she has been shere in the long years through which she has been shere in the long years through which she has been shere in the long years through which she has been shere in the long years through which she has been shere in the long years through which she has been shere in the long years through which she has been shere in the long years through which she has been shere in the long years through that the woman who does not take the long years through which she has been shere in the long years through which she has been shere in the long years through which she has been shere in the long years through which she has been shere in the long years through which she has been shere in the long years through which she has been shere in the long years through which she has professed the long years through the long years throug domestic life if there is a woeful lack of