The Bee's Home Magazine Page

Bringing Up Father

Copyright, 1913, International News Service.

Drawn for The Bee by George McManus

Ella Wheeler Wilcox

—ON—

Motherhood—Expectant Mothers Should Eat, Drink and Exercise in Moderation and Wisdom—Women Should Lead Outdoor Life

By ELLA WHEELER WILCOX

(Copyright, 1913, by American-Journal-Examiner.)

Girls of 17 years are not, as a rule, given to serious thought.

Even marriage at 16 years seldom awakens the real woman in a year.

But there are rare exceptions.

Such an exception has been found in a young wife of 17 years, who is suddenly aware that she is to become a mother in four months' time.

Now she is filled with awe, and with anxiety! She says: "I have always had an idea of exerting a good influence over an unborn child; and now I am distressed to think that all these months have passed without any conscious effort in my part. I have played ball, swum and indulged in other athletics according to my regular custom. And in leisure moments I have read Milton and Shakespeare and Burns.

"I am splendidly well, but I am most anxious lest I have done things I ought not to do, and left undone other things at this critical time.

"What can I do for the next few months to aid my unborn child?"

The very best thing this young mother expectant can do is to exercise with moderation, rest when she feels like it, eat and drink with moderation, and wisdom, and be happy and trust God.

Motherhood is the most natural thing in the world for women who are normal and in good health.

It often produces a normal, healthful condition for those who are not well.

Nature never intended any wman to utterly change her mode of life when expecting a child, if her mode of life had been a reasonable and sensible one previously.

Outdoor life and athletics are both reasonable and sensible, and more harm would have resulted to both mother and child by giving them up suddenly, and taking too great concern about a perfectly natural condition, that by continuing to indulge in these pastimes as long as this young woman did.

No doubt the coming child will be strong in body, with excellent lung power.

And its coming into this plane of existence will not be attended with any abnormal difficulties.

We must remember that the Indian woman rides her horse, and performs all sorts of laborious tasks up to the very hour of her delivery.

The wife of an army officer told the writer of frequently seeing such woman drop out of line for a few hours and return to the tribe later with the new-born child wrapped in a blanket.

All woman who live an outdoor life, and who exercise in the open air, have less complications in maternity than those reared under hothouse conditions.

This young mother of 17 years, who takes such a serious view of her responsibility, is certain to bring a strong, beautiful child into the world and equally sure of guiding it into a splendid maturity.

She need only fill her mind with love thoughts, and with faith in God, and trust in the unseen powers which govern this earth, to have all go well with her.

In God's great universe there are guardian angels provided for every mortal, and in such degree as we live and reverence these angels, and as we live worthy of them, do they guide and help us in our difficult hours.

If we refuse to believe in them, or continually think and talk and act in a way to pain them, we alienate them and deprive them of their power to help us.

About the expectant mother are bands of shining ones, and if she will rest happy in the thought of their protection, and regard them as messengers and emmissaries from God himself, great strength and peace and happiness will come to her.

And great blessings upon her child.

For of such are the kingdom of heaven.

Advice to Lovelorn

By BEATRICE FAIRFAX

I Don't Like Your Letter.

Dear Miss Fairfax: While working in the same office with a young girl her kindness forced me to love her, and I asked her whether she would be willing to have me take her out, which she quickly accepted. This took place about a year and a half ago, and we have kept company ever since. Having been at her home but once, I begin to believe she is not the girl for me. LARRY.

There may be reasons that are not unfavorable to her why she doesn't ask you to her home oftener.

After taking her time for a year and a half, your doubts that she is not the girl for you do not do you credit. But since you have these doubts, tell her like a man and let that end it. Perhaps your fickleness proves she deserves a better man than you have shown yourself to be.

Don't Do It.

Dear Miss Fairfax: I am deeply in love with a young lady about my age, and she loves me. But there is one thing that stands between us, and that is, she has money and I have none. I am making $15 a week. We want to get married in the worst way and she said she would use her money if we couldn't get along on my wages. Now, do you think it right for me to marry her? B. F.

If you marry on $15 a week you will find the sum so inadequate that it will be the same as living on your wife's money. And no man can do that and retain his self-respect. If she loves you she will wait for you.

Don't Marry Either.

Dear Miss Fairfax: I am in love with a man who is said to be dishonest, who drinks and whose associates in the past have been most immoral.

Another young man, who is hardworking, wants to marry me, but I don't love him, and I love the first man. What shall I do? DISTRESSED.

As you value your life you must not marry the first man. Refuse to see him again. Try to forget him, and it is possible you will learn to love the second man.

Mother's Advice To Her Daughter

A Real Live Doll to Fondle Is Woman's Greatest Happiness.

One of the most important matters about which women concern themselves is their future status as a grandmother. And she is wisdom itself who knows of or learns of that famous remedy, Mother's Friend. This is an external application for the abdominal muscles and breasts. It certainly has a wonderful influence, allays all fear, banishes all pain, is a most grateful encouragement to the young, expectant mother, and permits her to go through the period happy in mind, free in body and thus destined to anticipate woman's greatest happiness as nature intended she should.

The action of Mother's Friend makes the muscles free, pliant and responsive to expansion. Thus all strain and tension upon the nerves and ligaments is avoided, and, in place of a period of discomfort and consequent dread, it is a season of calm repose and joyful expectation.

There is no nausea, no morning sickness, no nervous twitching, none of that constant strain known to so many women, hence Mother's Friend is really one of the greatest blessings that could be devised.

This splendid and certain remedy can be had of any druggist at $1.00 a bottle, and is sure to prove of inestimable value, not only upon the mother, but upon the health and future of the child. Write to Bradfield Regulator Co., 192 Lamar Bldg., Atlanta, Ga., for their book to expectant mothers.

Beauty Secrets of Beautiful Women

Ina Clair Talks on the Psychology of Clothes

Ina Claire's Refreshing Beauty

By LILIAN LAUFERTY.

The dainty little "Quaker girl," Ina Claire, is entertaining her admirers down at Brighton beach, where the cool breezes and her own refreshing personality unite to make us forget how earnestly the sun of summer can pour down molten glory on the city cobblestones at noon.

We sat at a cozy tea-table and got acquainted over an iced tea and a soda lemonade, plus chicken sandwiches. "This is my luncheon," said Miss Ina—and by the way you pronounce it as if it were Eena—"I don't let all my meals total up to more than one meal—of course you will laugh and say that I can afford to eat all I want. But I can't. You have to meet fat more than half way if you want to ward it off, and make sure that it never starts coming. I never eat candy—it does not do one the least bid of good, and I'd be so grateful if I might get all the sweetness I want from the perfume of all the flowers I want. Flowers have such a wonderful effect on me—one everyone, I think—their perfume and beauty tend to make you a little bit lovlier. Don't you think so? Perhaps you will even say in our interview that I wish all the kind people who want to send me gifts would make those gifts of flowers."

"Evidently you are a believer in the importance of surroundings," I suggested.

"Oh, yes," said Miss Claire eagerly, "for my ideal of beauty is sweetness—refinement. You see it in the flowerlike English type."

By the way, the unconscious girl who sat across from the tea-table from me is a perfect exponent of the flowerlike English type.

"I believe in the psychology of clothes too. I hate things that are just in mode—soft, frilly, cool looking, girlish things. They happen to suit me too—so I wear them. But as I grow older and develop and mature I shall not wear these little frocks after I have outworn their type. Why, I want to grow in my work and develop power, and just the same way I want to grow beyond my 19 years in my appearance too. Don't you think you have to dress your age as well as your type?"

I agreed; for I think that even as clothes must express the wearer, so they limit their wearer in her power of expression. A woman struggling along in a peg-top skirt that makes her walk like a peg, too, cannot look like the heroine of the poet's fancy:

"Even the light harebell raised its head
Elastic from her airy tread."

As Miss Claire said, "A trained gown expresses impressive dignity at once. Oh, how I should love to wear them, but my mother says that youth should express youth—and I know she is very wise. Youth must work and study and try to grow up gracefully in art and works and looks, but it must not be impatient and try to go faster than itself," added my pretty philosopher sagely.

"And don't you think that they are very important, too?" she asked. "Flowers in your pathway and pretty clothes make beauty—but does it not come from within?"

'Indeed it does," answered Miss Claire. "Unpleasant moods take the light and life from the eyes and all the face. It is not fair to other people to indulge in moods—and if you must have them, why just go off by yourself if you can, for your face will show their imprint. Drooping your upper lip in the middle, a la Eddie Foy, is fine for the blues—it curls your mouth up at the corners mechanically—and it makes your spirit laugh at the way you know you look.

"I think if you are young you need plenty of sleep, and simple food to get you into simple food-habits, and flowers and sunshine help you grow, and work to keep you interested in life. I believe in work for women," went on Miss Claire slowly, "not only because life is happier when you are busy, but because, unless you are helping to create things, you become a critic. And just a critical attitude toward life is like to become a bitter, droop-mouthed attitude. If you are a worker, and know how much struggle and effort goes into creating each tiny bit of life, you are happier and kinder, and I'm sure you look sweeter, too."

Well, little sister workers, is not that a splendid message for us? To create a bit o' life—and not to berate life—that is what Ina Claire told me.

Specific Rain Production Newest Agricultural Miracle. Bottling Up Rain by Latest Methods in Africa is Turning Vast Regions of the Arid Country Into Golden Fields of Wheat

By GARRETT P. SERVIS

The population of the earth is increasing faster than its productive capacity is being developed. If that should continue indefinitely we would find ourselves in a situation as desperate as that in which the suppositious inhabitants of Mars are represented to be at present.

Plant life is as essential to us as the atmosphere itself. We cannot exist without it. No matter how far we may develop the other forms of human industry we must fall back on farming — agriculture—as the basis and sustainer of all.

The present tendency in all civilized countries is "away from the land." The cities grow like gourds and the country is deserted and despised, except as affording a place for recreation, rest and the development of luxurious ways of enjoyment. Because of this continually growing tendency every effort to increase the productivity of the soil and the extent of it under cultivation is of immense importance and interest to every human being.

Everybody knows something of the almost miraculous effects that have been attained in the western part of America in utilizing and rendering fertile vast expanses of land which has hitherto contributed nothing to the support of man.

Irrigation, draining and scientific management of the soil and of fertilizers have, in many places, produced a real revolution. And, best of all, this movement has inspired a spreading interest in agriculture as an occupation not only lucrative, but honorable, and capable of exercising the finest qualities of human intelligence. Many a farmer's son has quitted the land and plunged into the seductions of the city only because the country began to weary him on account of its monotony, unprogressiveness and small demand upon his intelligence. This will all be changed when he sees that the cultivation of the soil calls forth the exercise of as much ingenuity and scientific knowledge as manufacture or the pursuits of trade and commerce.

Some of the most interesting examples of the progress now being made in rendering the earth more capable of supporting the demands of its fast growing population—which has now reached a total of about two thousand millions—are afforded by the South African experiments in "growing wheat without rain from seed-time to harvest."

This must seem a true miracle in the eyes of many an old-time farmer who has been accustomed to regard the signs of the sky with anxious solicitude, believing that only the bounty of nature could aid him, and that plenty of rain is essential to the growth of crops. But science has achieved it!

Science has found out a way to "bottle up" rain, or moisture for the use of future crops. The bottle employed is the soil itself. The original hint was given by nature, as occurs in all such cases. The application of thought rendered the hint fruitful.

It was found that in some places—in arid regions where but little rain fell in the course of the year—a deep, uniform subsoil existed in which the moisture was stored up and protected from evaporation by a blanket of surface soil. Acting upon this indication, the soil was everywhere, where crops were desired, plowed and harrowed until a very deep uniform subsoil was produced protected by a superficial blanket.

By this method it has been found possible to bottle up in the deep under-soil the scattered rainfall for three or four years. In the second year a crop of wheat can be produced from the first year's rainfall; in the third year one from the second year's rain, in the fourth year a crop from the third year's rain, and so on. The cultivators are thus rendered independent of the vagaries of the rainfall. Some is bound to come in the course of every year, and even though it amounts to only twenty inches for the entire twelve months, by the system of bottling up in the soil it can be rendered available when wanted.

Dr. MacDonald of the South African Union Department of Agriculture, says: "We in South Africa have grown a rainless wheat. We have grown wheat without a single drop of rain falling upon it from seed-time until harvest."

The wheat used is a "Durum" wheat called "Apulia," imported from the dry belt of Italy. Before this "dry farming" was introduced the South African farmers hugged the irrigation water furrows and believed that only in their presence was wheat growing possible. There were a few irrigated patches and the rest of the country was a desert. Now, the bottling system has changed all that, and thousands of acres supposed to be valueless are yielding abundant crops.

Such is the march of the true world-conquerors!

Treaty of Tien-Tsin

By REV. THOMAS B. GREGORY.

The treaty of Tien-tsin, concluded fifty-five years ago—June 26, 1858—will probably loom large in the history of the time to come, much larger than today.

It was about the year 1517 (the year of the great reformation) that China began to be vaguely known to Europeans. The Jesuits appeared among the Celestials about 1525, and in 1790 the English figure among the "foreign devils." The Englishman is nothing if not commercial, and, thinking that he saw a good thing in opium, began a quarrel with the Chinaman over that drug that lasted for years; of which, so far as the honor of England is concerned, the least said the better.

In 1857 took place the war between England and China, which ended with the total destruction of the Chinese fleet by Commodores Elliot and Seymour, and the perpetual establishment of John Bull in the island of Hong Kong.

The treaty of Tien-tsin, which clinched the war of 1857, created a new departure on the part of the quaint and ancient people of the Flowery Kingdom. Among its provisions were: The establishment of ambassadorships at both courts; a larger freedom of trade; the toleration of the Christian religion; a revision of the tariff, and the guarantee that the term "barbarian" should no longer be applied to Europeans.

With this treaty of Tien-tsin begins modern China. But a little more than half a century has elapsed—an insignificant period in the evolution of a great nation's life—and yet we already have some pretty strong intimations of the possibilities of the future. Beyond a doubt it behooves the white man the world over to prepare for those possibilities, if we may not say probabilities.

The yellow men number at least 500,000,000. From the Japanese we learn what 50,000,000 of yellow men are able to do; and from that we are in a position to guess with a fair degree of accuracy what 500,000,000 of yellow men can do if fully prepared.

Drink and Grow Thin Real Cure for Obesity

(From Hygienic Review.)

Drink a pint of hot water one and a half to two hours before each meal, and a half hour before bedtime. The object is to cleanse the stomach of mucus, bile and products of fermentation before eating and sleeping. So as not to distend the stomach, take from five to ten minutes to drink the water. Digestion is easier with little liquid in the stomach, so drink between rather than with meals.

Avoid the usual digestion-disturbing obesity medicines while undergoing this treatment. Instead, eat saxanium lujubes. These are said to be remarkably effective in their action on fatty deposits. Elimination of these deposits is greatly aided by the hot water, taken as directed. The lujubes and the water so used are pronounced a real cure for obesity. Not only may reduction to normal weight be looked for, but great improvement in general health. Saxanium lujubes may be had at any drug store. They may be eaten freely, but are generally recommended to be taken one after each meal and one at bedtime.—Advertisement.