

# The Bee's Home Magazine Page

## Dangers of the Middle Age

By ADA PATTERSON.

The state health department of New York has told how everyone may live five years longer than he otherwise would. It has told us that while the chances for life of children have increased eleven years, that for the person over 45 they have been shortened by two. Like the red light flashing down the railroad track is its warning. Beware! Danger!

Two words occur very often in its solemn warning and its serious advice. Excess, moderation, moderation, excess. Your chances of life lie in moderation. Your practical certainty of shortened life is excess. This is a life of free will. Choose. That, in effect, is the wisdom of the New York health department, and it sums the wisdom of all the health departments of all the ages.

The state health department has made a discovery. The peoples of England and Sweden have learned how to live. Their death rate after middle age is dropping a considerable percentage. Why does our rise?

The answer to the question lies in the two of ten reiterated words of our good advisers. Moderation on one hand, on the other excess.

Whatever Americans do they are liable to do excessively, so the department tells us. But drop into any English or Swedish assemblage and witness the calm that overlies their deliberations, their sports, their business discussions. Again moderation.

There is a hint to the wise, and the Americans are without doubt wise. They are shrewd. Their minds work with lightning quickness. Suppose every American should at dawn and think upon those two words. Excess, moderation. What do I do to excess? he may ask himself. Eat? Probably. Drink? Also probably. Rest? Almost certainly no. Sleep? Again, almost certainly no. Work? Yes, the American who works almost always works to excess, especially if he be a man who works with his brain. Plays? Perhaps, but only a small number of persons are disposed, or have the opportunity to play too much.

The health department advises everyone who has passed 40, and insists that everyone who is 45 or more, shall consult his physician at least once a year. Better if it were every six months. Thus the weak points will be discovered and the physician can tell him and he can himself supplement the information, how to change, in one particular, or many, the methods of living, so that he may secure the promised extra five year of life.

The health department makes a further point well worth our thought. At 45 a person has reached the time of his greatest usefulness. It can be indefinitely prolonged if he wills that it shall.

One point, overlooked by that same wise health department, or left to our own discovery is this: Forty-five is the age of dignity, not of folly. Our thoughts and our acts should match and both should have the calm and power of life's high sun. It is the age at which to garner and apply the wisdom gained by the experience of all the years before it. It is not too late to "turn over a new leaf." It is not impossible to begin again. But it is the age at which no excuse of immaturity will be accepted. Then or never the world exacts of a man his best.

It is the time when he should pay his rent for the space he has occupied in the world: He should give back much for much given him. Then if ever he should be able to say to the young, "Walk by my lamp. It sheds the light of the experience which hath profited."



## Coiffures of Today and When Knights Battled and Minstrels Sang



For evening wear the hair is drawn high, pulled over the top of the head and rolled into a loose knot as shown in this sketch. Curis are also a feature.



The little hennin, a head dress covered by a veil which fell over the shoulders. The husbands of the fifteenth century inveighed against the fashion.



Under large hats the hair is worn low in a soft, loose knot that just escapes the top of the high collar. For old and young alike this style will be popular.



A head dress of the "Joan of Arc" period, 1430, that is at the time of Charles VII of France when the English were driven out of Orleans.

### By GARRETT P. SERVISS.

If you will watch a cat licking and smoothing her fur until it fits her every-where like a silken coat, or a bird sedulously preening its feathers until their beauty is fully displayed, you will perceive the working of the same instinct which causes human beings to spend a great deal of time and labor upon the care of their hair.

The hair has been called "the greatest natural adornment of the human body," and, under the conditions of civilized life, it is, perhaps, more ornamental than useful.

There is certainly no part of the body which has always, in every country, and in every state of society, been treated with so much disregard of natural tendencies as the hair. The interference with it ranges from efforts at total extirpation to the most careful training and cultivation.

Fashion has played with the hair in the most capricious way, among savages and civilized men alike. The hair of the

face, which is generally confined to men, has been more subject to extreme changes of taste and fashion than that of the head. It is comparatively rare for the head to be shaved or otherwise artificially denuded of hair, but the shaving of the face seems always to have been practiced from the time when man first managed to make cutting instruments of sufficient keenness to avert the beard.

The history of the rise and fall of the mustache, repeated over and over again, like the swing of a pendulum, records the fluctuations of the ideal of masculine beauty, which seems never to become fixed. Of course, a great deal depends upon individual peculiarities; nevertheless there is a cycle of maximum and minimum governing the mustache, which is as rigorous as that of the snashorn.

We are now at a mustache minimum, and the severity of the social law which produces it is plainly indicated by the scuffed and uncomfortably denuded appearance of many masculine upper lips which have been forced into the new fashion after having begun life under the subsiding mustache which was at its height in the days of Louis Napoleon.

In dealing with the hair of the head or scalp a real art has been developed, which has been sarcastically, and yet rather happily, called "hair architecture." Among civilized nations this art has generally been exercised only upon the hair of women, but among savages it is more often the men who seek to improve their appearance by such methods.

The scalp-lock of the American Indians, with its attendant adornment of feathers, and the curious towers and turcs constructed on the heads of some African warriors and chiefs, are examples. On

the other hand, the pigtails on the Chinese show that a people possessing a high degree of civilization may cultivate a similar taste.

Like house architecture, the hair-builders' art has taken several characteristic forms or styles. None of these styles seems to have been more beautiful than that of the ancient Hebrews, whose women were accustomed to have their dark, glossy hair skillfully plaited, and then confined with gold and silver pins, and adorned with precious stones. Says the writer of "Solomon's Song": "Thine head upon thee is like carmel, and the hair of thine head like purple; the king is held in the galleries."

The Greeks of Athens curled and netted

their hair, and adorned it with pearls, gems, flowers and ribbons. The Egyptian men appear generally to have cut and shaved their hair, while the women wore theirs in long plaits. The Assyrian men, on the contrary, wore long hair, trained into curls.

The Roman women were among the first to develop a taste for constructions of great height on their heads, composed partly of natural and partly of false, or borrowed, hair, which was frizzed, colored and ornamented with jewels and flowers. Often these constructions consisted of several "stories" piled up by art and skill of slaves, while the mistress watched their operations and made suggestions, with the aid of a mirror, like a modern Parisian woman superintending the work of her coiffeur.

St. Paul is credited with having had a

deceptive influence on the style of hair-dressing with his dictum that it was shameful for men to wear long hair and for women not to do so.

The reign of Elizabeth in England was a period when immense constructions of hair on women's heads were most popular, but in Queen Anne's time this fashion was again prevalent, and was even carried to greater lengths. The preparation of a lady's hair for a ball at that time was often an undertaking requiring two days. About that time, too, the fashion of powdering the hair became common. Similar styles prevailed in France.

If we think that some of these things were ridiculous, we have only to remember the "obliqueness" of the nineteenth century in order to perceive that nobody can predict or escape the vagaries of Dame Fashion.

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## Women Never Respect Men They Can Boss

By DOROTHY DIX.

A Kansas woman, who is being sued by her husband for desertion, justified her act in flying the domestic coop on the ground that her husband was so easy to heckle that there was no fun in doing it.

"He always agreed with me on every subject," she testified in court, "and it was just impossible to get up an argument with him.

The majority of wives, used to husbands who go about with a chip on their shoulders and with whom they can get into a red hot debate on any subject from politics to pie, will be inclined to think that the Kansas woman didn't know a good thing when she had it.

Nevertheless there is something to be said from her point of view also, for there are no people so uninteresting as those who have no opinions of their own. Then are like rice pudding, tasteless and flavorless, and the best you can say of them is that you don't dislike them and that they agree with you.

The art of agreeing with people is one of the finest arts in the world and the supreme test of one's savoir faire. There are those who are weakly acquiescent. They are backboneless fools, and you are no more flattered by their concurring in your opinion than an actor is at the perfunctory rounds of applause from the ushers in the theater.

There are those who always agree with you in everything you say, for fear of hurting your feelings or precipitating an argument in which you will lose your temper. They insult you. They treat you as if you were an imbecile, as a baby to whom one murmurs, "There, there, now, it's all right," to keep it soothed and quiet.

There are others, however, who have opinions of their own and the courage to defend them, but who apparently permit themselves to be gently and irresolutely drawn to your way of thinking, and who finally agree with you perfectly, seemingly converted by your superior logic. This is the subtlest form of the compliment, and it is one that hits the red in our vanity every time.

Evidently the Kansas man was not a master of the fine art of agreeing, and without being a Sherlock Holmes one can figure that he was the sort of man who echoed his wife's opinions rather than hear her discuss them, and who preferred

## Self-Control First Element in Character

By ELLA WHEELER WILCOX.

(Copyright, 1915, Star Company.)

Much is said of self-control by preachers and teachers the world over, but to how many human beings can we point as illustrating the beauty of that virtue? In truth, what is self-control.

Were your child to ask you what you meant by the word, could you explain?

Are you exercising this admirable quality in your daily life, and if so, in what direction? Perhaps you have an inborn taste for strong drink, and you control it, and "touch not, taste not, handle not the unclean thing."

That is well and good. Yet are you bringing on disease and early death by including a gross appetite for heavy foods?

Possibly you are indolent by inclination and you compel yourself to work. That, too, is well and good.

The human drone who does not labor, mental or physical, for the good of the human hive should be driven from among his kind.

Let us who would be worthy of the appellation of a "self-controlled man" must do more than to labor in sobriety.

If you are possessed with an inordinate love of wealth your very labor may be a disquisition and call for the use of self-control. Next to the sin of idleness comes the sin of intemperance in work. To work day and night to the injury of your health and to the neglect of your family means the destruction of the temple of your soul and the foundation of happiness on earth—the home.

If you are mad for great wealth it will be a easy matter for you to make a necessity of a gesture and to commit domestic and hygienic suicide by a lack of self-control.

An hour or two a day, an extra evening or two in the week, might be given to recreation and home life were you to realize how small an object in the general result of business wealth proves when placed beside the things you are sacrificing to obtain it.

My dear child, so 15-year-old girl is a good enough judge of human nature to risk making chance acquaintances. However attractive this man seems, he may be a very dangerous person for you to know, and it is very unlikely that he has any respect for a girl he met so casually.

Use Young Owl's Hint.

Dear Miss Fairfax: I am a girl intending to be married soon, and am sending brotherly table linen. Which initial should I put on my maiden name or my marriage name? Is a girl of age in Iowa when she is 18?

DOUBTFUL.

A bride's household linen and all other articles should be marked with her own initial; that is, of her maiden name. A girl is of age at 18 in Iowa.

## Advice to Lovelorn

By BEATRICE FAIRFAX.

Dear Miss Fairfax: While riding I met a young man whose company I enjoyed very much. He gave me his address and asked me to write to him. I was very foolish in not giving him my address. Now I would like to know whether it is proper for me to write to him, as I am only 18. Kindly advise me. F. J. E.

You were not foolish at all to fall to give the young man your address. Your only folly is in speaking to a stranger.

**CLEAR YOUR SKIN RESTORE YOUR HAIR**

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**OF B. PRED'S CUT-PRICE Sale of Suits and Dresses**

"Buying room" has been at a premium at our store since the beginning of this sale Thursday morning, and Saturday promises to be a record-breaking day.

This "Fall Reduction Sale" provides an exceptional opportunity to practice economy in the buying of a fashionable suit or dress.

**All Our \$15 Suits \$10**

These are my big specials that I regularly sell at \$15 (but which are really \$20 values), go in this forced sale at only \$12.50 and .....

**Suits That Sold \$14.85 to \$22.50**

And they were great values at that price, will be offered during this forced sale at...

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Nearly a hundred of these beautiful suits in all the approved styles for right now, in this sale at .....

**Suits That Sold to \$32.50 \$24.50**

All beauties, hand-tailored and most all exclusive models, formerly sold up to \$32.50, go on sale at \$20.00 reduced in the same radical way.

**All Dresses Reduced**

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New Skirts, worth to \$7.95, on sale at \$5.95, now \$3.95 | New Skirts, worth to \$8.95, now \$7.95, on sale at \$5.00

**B. PRED**

SOUTHEAST CORNER 16th AND DOUGLAS

**In-Shoots**

Better talk sheer nonsense than tell your troubles.

When silence is approbation we are never aware of the fact.

The wise financier does not use the same kind of bait for every fish.

The man who fears some other man will steal his wife pays himself a poor compliment.

Whenever there is a convention in town the medals make the hero-product look as cheap as campaign buttons.

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