

# The Bee's Home Magazine Page

## Twilight Sleep

The New Hope for the World's Mothers. The Freiburg Experiments Likely to Lead to the Emancipation of Women from the Curse of Eden.

By ADA PATTERSON.

Hope has moved nearer to certainty since a month ago I wrote on this page of "twilight sleep," the soothing, somnolent name the Germans have given to the motherhood that is without fear and without pain.



An associate of Dr. Kronig and Dr. Knauas in the hospital connected with the University of Freiburg, which is the cradle for the hope for maternity, unattended by danger and unaccompanied by pain, has come to America and worked in both public and private hospitals. He reports that at the Jewish Maternity hospital at No. 70 East Broadway he has handled 112 cases and that 85 per cent of them have been successful, that is, that of those 85 among 300 not one mother realized the process that has been inseparable from agony.

A prominent surgeon tells me that he is looking forward with confidence to a twilight sleep case next week. "I shall use one-half suggestive therapeutics, the physician's term for Christian Science, and one-half sedatives," he said. "I am confident my patient will have a painless ordeal."

Demand for a method that will save maternity from its danger and tragedy is so strong that it has become insistent and not to be denied if it is in human power to satisfy it. In answer to this two physicians were sent by the American Gynecological club to Freiburg to learn of the physicians who have succeeded in 5,000 cases in making the process of maternity what the name promises, an untroubled dream awakening from which woman finds herself wearing the crown of motherhood.

They have returned, and one of them, Dr. John Polak, of the Long Island college hospital says: "I have made three visits for study to the Frauenklinik connected with the University of Freiburg, and I am convinced that the claim of Kronig and Knauas is true. There is not any doubt that they have done all they are said to have done."

What will interest every woman of any age is what he further says: "There is no reason why it should not be as successful in America as in Germany. They have been more successful there than we have because they have been more persistent. They have mastered the technique."

"Of two facts I am assured, and they are of prime importance. One is that the method of sparing women the agony of that ordeal is not impossible to the American woman. She is of different temperament and will, therefore, require different preparation and dosage, but her nervous nature does not prohibit the twilight sleep. An exceedingly nervous American woman, who was at the Frauenklinik as my patient, came through her experience with splendid results."

Another fact that must not for a moment be forgotten is that this is no treatment to be given at the homes. It is essentially a matter for the hospital, because it requires constant vigilance, and that can only be given by a hospital organization.

Nor need the woman who is poor, or of moderate means be discouraged by the hospital fee that haunts so many minds—the hosts of expense. "The poor woman are those who can have the benefit of it," said the man who brought the tidings of great joy across the sea. "Women in moderate circumstances are willing to go to hospitals. It is the rich women who want to be treated at home who will miss the twilight sleep. There is nothing that will make the treatment impracticable for the woman in humble walks. The doors of the hospital are open to her."

Three hospitals are open to them in the east. They are the Long Island College hospital, of Brooklyn, and the Post-Graduate and the Lying-in hospitals, of New York.

To western women the opportunity is offered through Dr. Ruben Peterson, at Ann Arbor, who is attached to the Michigan Medical college, and who was another doctor student sent by the American Gynecological club to the little city that may be blessed by all women.

At Buffalo on September 12 the American Association of Gynecologists and Obstetricians will discuss the methods of robbing maternity of its physical horrors. A physician who has been quietly at work in a private hospital, in conjunction with a physician from the Freiburg hospital, for six months will report his discoveries and conclusions.

He is eager to give the world the result of these discoveries, but he notes first upon the slow and halting footsteps of professional obstetrics, the old, tedious, that handicaps the progress of one of the world's noblest professions as a noblest art does a woman.

There are methods of making motherhood painless. What do you know about them? Every woman who asks her physician, and every woman patient asks that question of every physician, the excuse, "I am too busy to look into it," will be lost in the clouds of demand in soprano and contralto voices.

If the women demand it, the hospitals will provide for its study. Physicians will travel across the continent to study what their patients demand they must know.

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## Gowns of High Degree

Examples of the French Skill in Evolving Costumes Which Meet the Demands of An Artistic Eye.

This cape is of rich vanilla velvet, hanging in classic folds from the shoulders. It is collared in chinchilla, cut in straight pieces about ten inches wide and twenty-four inches long. Under this, in front, is a bit of oriental embroidery in lilac and silver, from which falls the fastening cord of silver.—OLIVETTE.



## Advice to Lovelorn

By BEATRICE FAIRFAX

Dear Miss Fairfax: I have noticed that your usual advice to girls 15 or 20 years old who are engaged is to make the boy wait a few years before getting married; but what solution have you for the young man who wants to wait, but where the lady and her parents disapprove of the engagement?

I am 21 years old and became engaged to a wonderful young woman about a month or two ago. We have the same views on religion, social questions, financial ambitions, and there is little doubt that we could live in perfect harmony with my present salary of some \$5 a week. She wants to have a home of our own, and her parents seem to think it all right; but my parents say I should wait at least four or five years before ever marrying and think it is not exactly right to withdraw my financial support from the home.

Personally I have a deep affection for the girl, but have not that "an-idea-without-you-another-minute" feeling described in fiction, and would just as soon wait a year or two if it was not that she and her folks refuse to see it in that light. What would be the most honorable course to pursue?

During the coming weeks the frock of black lace will again hold favor, for it was sponsored by Mlle. Chenal, one of the prettiest of the Parisian actresses, and designed by one of the best of the French houses in the fashion shown here. Black Chantilly fashions the elbow-sleeved kimono, with a high line of black satin encircling the figure beneath it and repeating itself in a deep Bayadere girdle, which extends over the hips and the deep flounces of Chantilly that are laid over the foundation skirt of black satin. This foundation has a fringe of jet at the hem. The only color on the gown is a wee bunch of deep-yellow roses that pull up the girdle directly in front. The black hat has a top of champagne-colored tulle, encircled by the plumage of a golden pheasant. The parasol combines champagne-colored taffeta with black lace and has a handle of black and amber.

OLIVETTE.

## Little Mary's Essays

(Truth)

By DOROTHY DIX.

The truth is something nasty, like quinine, that people hand out to us and make us take against our will. It tastes bitter and makes you awful sick at the time, but it acts fine on the constitution.

Nobody likes to hear the truth about themselves, but it's a great pleasure to tell the truth to people that you don't like, anyway.

When you tell the truth you always say something perfectly horrid to a person, but when you lie you speak to them polite and agreeable. I do not know why this is so, but it is so.

When my mamma says to my aunt Harriett, who is my papa's sister, that she feels that it is her duty to tell her the truth, she always makes aunt Harriett hopping mad, because she tells aunt Harriett that everybody knows that she dyes her hair, and has false teeth, and that she will never see forty-five again, instead of being thirty-two, as aunt Harriett says she is.

And when aunt Harriett tells mamma

the truth, she says everybody pities poor papa because he is so henpecked, and that my mamma's grandpa kept a delicatessen store, instead of being a retired merchant and "most aristocratic," as my mamma tells her was.

Little children should always speak the truth, but grown-ups doesn't do it, because they would not get invited out to any more parties if they did. My mother knew a woman once who always told the truth, and everybody was so afraid of her that when they saw her coming they would run and hide, and she "most died" because she was so lonesome for somebody to talk to.

It is noble to always tell the truth, but you won't have any friends if you do. My mother says I must grow up to be a perfectly truthful lady, and I say that if I grow up to be a perfectly truthful lady, will I be popular in society, and will the people always ask me to their parties, and will I have lots of beaux if I always tell the gentlemen just what I think about them? And my mother says run away, little girl and play.

It is lovely and grand to tell the truth, but when my mother asks me who has been in the jam, and I tell her the truth and say that I love I get punished for it; but if I tell her it was the cat, she lets me stay up for supper.

If you tell the truth you will go to heaven when you die, but you won't have much fun in this world.

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## The New Agriculture

By GARRETT P. SERVISS.

It begins to look as though cultivation of the soil by explosion is to be one of the recognized methods of farming in the future, just as locomotion by explosion is already one of the principal means of getting himself carried about that is employed by civilized man.

In other words, the "explosive plow" will become as familiar as the explosive engine.

An English authority on high explosives, Mr. W. Macnab, points out that this new method of cultivation is especially beneficial to orchards. Instead of digging a hole with the spade in which to plant a young tree, an excavation is made by exploding a cartridge. The size of the cartridge and the depth at which it is placed depend upon the circumstances of the case. But whether a large or a small hole is blown, the beneficial effects of the explosion are perceived in the complete shaking up and flustering of the soil.

This extends far beyond the edges of the excavation, and below its bottom, so that fresh supplies of chemical food are brought within reach of the roots of the tree.

Experiments have proved that young trees planted in ground prepared by explosion grow much more rapidly and vigorously than others planted in the usual way and begin to bear fruit sooner.

Old, exhausted orchards may be reinvigorated by the use of explosives. In some cases small cartridges are exploded under the roots of trees and in other cases larger cartridges, buried three or more feet deep, are exploded midway between trees spacing fifteen feet apart. The result is to loosen the soil without injuring the trees.

After such treatment old trees begin to brighten up as if rejuvenated and resume bearing fruit. The cause of this rejuvenation is that the spreading roots have less resistance to overcome, the soil is aerated, its capacity to retain moisture is increased and new nourishment is supplied to the trees from the fresh mineral matter placed at their disposal by the shattering of the surrounding hardened soil.

If anybody thinks that plowing by explosion is an impracticable dream let him recall the recent history of the explosion engine. The idea of driving a piston back and forth by a continuous series of explosions occurring inside a cylinder seemed startling enough when it was first suggested. To the ordinary mind it was very much like proposing to run a locomotive with cannon-shots.

But all the difficulties were overcome in a short time, and now, by the concentration of power that the explosive principle places in our hands, we skim over hill and vale at railroad speed in our automobiles, and soar above the realm of the birds with aeroplanes.

The fact of the beneficial effect of explosives upon the soil having been established, there can be no doubt that, before very long, systematic methods of applying this new and powerful agent of cultivation will be devised which will answer well enough to the phrase, "plowing by explosion."

If you should ask an astronomer what he thinks about the explosive principle, he might point you to the sky, and say: "Look at those spiral nebulae, vast masses that have been blown all to pieces! When nature finds that her suns and worlds have become lifeless with stiffening age, she shatters them to atoms and makes them over."

INTENSE ITCHING OF ECZEMA

Pimples in Clusters. Kept Getting Worse. Clothing Irritated. Could Not Sleep. Cuticura Soap and Ointment Healed in Two Weeks.

P. O. Box 13, Kimball, Neb.—"My right limb began itching in several places. Then the eczema came in the form of pimples in clusters and after I would scratch them they would form a lump. It kept getting worse. The itching was intense. My clothing irritated the eruption, also the air. I could not sleep.

"I sent to the drug store and got a bottle of so-called eczema ointment which did no good. I tried everything recommended for it but it kept getting worse. A year after the beginning of the itching I was covered with big itching blotches and the itching was terrible. I could do nothing but scratch and the more I scratched the worse it would itch and burn. I saw a testimonial someone had written about being healed by the use of Cuticura Soap and Ointment so I sent for a free sample. Then I sent to the drug store and got some more. In two days I was better. In a week the itching had stopped and in two weeks the eczema was all gone." (Signed) Mrs. Henry H. Frosty, Apr. 21, 1914.

Samples Free by Mail

Cuticura Soap and Ointment have proved most valuable for the treatment of dandruff, itching, irritated scalp with dry, thin and falling hair, irritations and chafings of infancy and for all purposes of the toilet, bath, and nursery as well as for pimples, blackheads, redness and roughness of the face and hands. Cuticura Soap and Ointment are sold everywhere. Sample of each mailed free, with 32-p. Skin Book. Address post-card "Cuticura, Dept. T, Boston."

## For Sallow, Blotchy, Rough or Greasy Skins

Some skins require constant grooming to keep them from becoming oily, muddy, blotchy or rough, or if such condition has developed to eradicate the oil, oxygen and dirt that are particularly inadvisable to keep clinging on complexion which clog the pores, collect dirt and dirt, making the complexion worse than ever. It is a lot more sensible to use ordinary neutralized wax, which literally absorbs a bad complexion. Apply the wax like cold cream, before retiring. Next morning, in washing off, you'll wash away the blotchy particles of the overnight's coals. Repeat for a week or two and you'll have an entirely new skin—soft, satiny, spotless and beautiful as a child's. The cause of the complexion was, undoubtedly, an dry-drawings is all you need.

If the skin is wrinkled or flabby, here's the best possible remedy. Mix a pint with water and a ounce powdered ascorbic acid and use as a face bath. It works like a miracle, yet is entirely harmless.—Advertisement.