



# The Bee's Home Magazine Page



## SILK HAT HARRY IS ALMOST MARRIED AGAIN

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By Tad



**We Can Be What We Will Be by Doing a Few Simple Things and Quitting Others**

Just by Lacking Will Power to Bring Them Into Play, Man Has Left Dormant Incalculable Powers and Abilities, Therefore the World is Over-run by Failures in Health, Happiness and Endeavor.

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By ELLA WHEELER WILCOX.



All over our land today there are hundreds and thousands of people who begin the New Year with unhappy ideas about their physical condition, who could become well and strong and full of vitality, before another year dawned, without the aid of doctors, medicine, or change of climate. If they used enough will power to work for such a result. But the individual who has developed will power sufficient to make him do a few simple things every day, or refrain from doing a few foolish things, is rare to find than pearls in clams.

It seems curious to think of the long eons in which man has been evolving from lower forms of life to higher, and of his incalculable power and abilities which he has left dormant, just by lacking the will power to bring them into play.

Therefore the world is overrun by failures in health, happiness and endeavor.

A literary man who was delicate and slight of build once decided to raw twenty cords of wood.

Before he had cut through one log he was exhausted, and his friends indulged in libes and jests at his expense.

But despite this (or perhaps because of it), he kept at his allotted task.

After a few days he found he did not become so quickly exhausted and that he was feeling stronger in his chest and arms.

By the time his task was finished he experienced such benefit that he resolved to take up some physical exercise calling forth the same amount of energy and use of time every day.

Although a middle aged man, he increased his chest measure two and five-eighths inches in six weeks' time, by using one hour a day at gymnasium work.

Besides enjoying good health for the first time in years and finding his mental powers greatly increased.

Nothing truer was ever written than William Blake's words on this subject of the need of regular systematic physical exercise in our schools:

"Physical education should be made compulsory in every school in the land. Is it not as important to possess good health as to figure correctly?"

"Look at the next ten children you meet, and say if three of them are well built, strong and hearty; clear-skinned, rustrous-eyed, quick and sure of movement; rich with life and vigor; and in every way satisfying in build and action. You would not buy a horse that did not embody these qualities. Is not your child almost as important as your horse? And there are many special classes. You will find them in every school room in America; poor, half-bred, and even quarter-bred children; with thin legs, thin arms, slim necks, with every chest chamber too small; pallid faces, a weak walk, and run—they can scarcely run a block—and they look ready to faint if they try it. Weak and timid all the time; living—well, they exist—but do not live. Yet each such child is just as dear to its parents, as yours are to you. If they can be raised, and not only raised, but built up just where they need it, and can be at length brought to a lusty, splendid manhood, ready for anything, will not he be a friend indeed who does that for such a boy?"

This can be done by persistent, unremitting work; work requiring only one hour a day, added to the relinquishing of cigarettes and meat diet.

Of Rev. Dr. John A. Broadus, one of the most celebrated Baptist ministers in America, a scholar and a nobleman, the most popular man in Louisville, an evangelist in General Lee's army, one writer says:

"Dr. Broadus never had a strong physique. A year after he began his work in

the seminary his health broke down completely, and he was forced to give up for a while. In fact, his physicians notified him that he could never do brain work any more, but must satisfy himself with some light employment, as a clerk or copyist. But the spirit was strong enough to manage the body. By diligent care of himself, and by heroic physical training, he was enabled to extend a life of almost incessant toil to the limit of three score and ten, and was permitted to live and serve his countrymen long after his more stalwart companions had passed away.

"While at the University of Virginia he placed himself for a session under the direction of a foreigner who taught gymnastics. From his training he received remarkable benefit, his average in all-around physical development, according to the measurements of his teacher, having been exactly doubled in one session of regular drill."

"Women may be found all over the world who are besmearing the loss of youthful contour of face and form, and of the creeping on of wrinkles and ailments, who could regain beauty, health and comfort with no expense, no physician and no machinery save the use of the machinery of the brain and persistent exercise of body and mind regularly. To join a gymnasium is an excellent method of making such exercise regular; it is most advisable. But if the gymnasium is not available any woman can gain health and beauty by exercises in her room if she cares enough about results to keep up the work and use common sense in her diet at the same time.

We can be what we will to be.

**WIRELESS PHONE COMING**

Wireless telegraph messages have been sent for a distance of 6,000 miles, from San Francisco to Japan, and a telephone message without the use of wires has been carried 30 miles. Inventors assert that the day is not distant when it will be possible for a woman returning from the opera in Paris to speak to hubby in his club in New York and remind him of the fact that it is time to go home, and that she does not think so much of his friend, that horrid Mr. So-and-So, anyway—and, oh, yes—send some more money.

From the toy stage to a commercial instrument, the advance in the wireless field has been rapid. Nowadays no traveler thinks of taking passage on a vessel that is not equipped with wireless apparatus, and there are hundreds of instances of rescues at sea due to the efficiency of the system. On the ocean passenger steamers newspapers are published daily, giving the events of the world, carried faithfully through space.

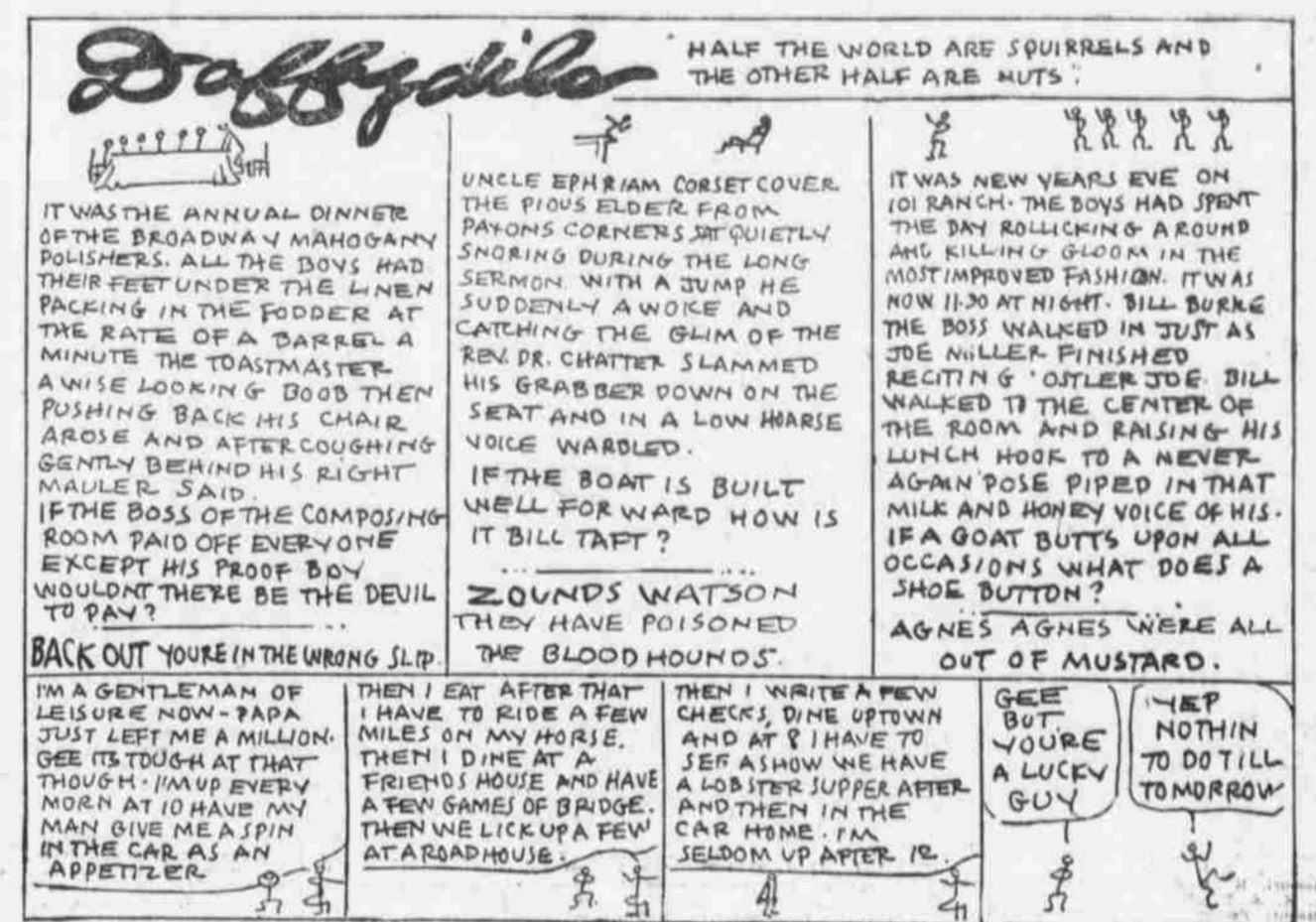
The atmosphere is networked with lines of ether, and it is along these that the electric impulses are propelled. At first a powerful and very noisy current was used, but in the case of the telephone the action is weaker.

The action on the ether is described as much the same as a man dropping a stone in a pond, which sets up a series of ripples in ever widening circles and constantly diminishing force, as compared with the constant dropping of grains of sand in the same pool, with the result that a steady movement of ripples, one following the other in rapid succession, maintains the force to the desired point.

They go out in all directions alike. The effort of the wireless expert is directed toward driving the impulses in a given direction and providing instruments that will record the impulses at a given point.

Variations in the time or systematic beat of the impulses are reduced to sound, and the telegraph instrument is utilized. By reducing the vibrations of the voice to an electric current which corresponds to the vibrations, and impelling them horizontally along the lines of ether—picking them up at the other end, and converting the current against the sound waves, the human voice is reproduced.

## Agnes! Agnes! We're All Out of Mustard--By Tad



## The Monk's New Year Resolutions



## How to Keep Young and Pretty

**The Art of Resting**

By GABY DESLYS.

The other day one of your public speakers, a very prominent woman, stated that the only thing necessary to beauty was plenty of rest.

As she was talking to girls who earn their own living and consequently have little or no time to rest during the day, it seemed rather foolish advice, but when I caught a glimpse of the speaker I was truly very astonished, for she does not look as if she even understood the meaning of the word.

"This woman is very rich, consequently she does not have to worry about money matters. The chase for the silver dollar is a very restless occupation, and if it is long continued it leaves its mark on every face, no matter how much massage you use to erase the lines. The lecturer on rest has a face so lined and such unquiet eyes, such a restless body, she is not young, but in all her years she has not mastered the art of resting or even of looking restful—yet she lectures on rest—and she is right.

Without plenty of rest you can't be beautiful or retain your youthful looks very long. She has not done so.

Many people never rest excepting during their hours of sleep. I think being too vivacious is an exhausting to others as it is to one's self, and the fascinating person varies being vivacious and quiet by turns.

American girls are usually vivacious. They make a great to-do about every little thing. Then as they grow older they grow fatigued and have less enthusiasm. They settle down more and look either bored or tired, unless they become interested in public things, and then they as-

sume that restless animation which wears them into nervous prostration.

Many women try to look very intense over everything. It is a kind of affectation which deceives nobody and will only wear you out physically. Why should one be intense about trifles? Save yourself for your work and for things that really count.

When I am not on the stage I rest all I can. Unless I am "on parade," as I call it, I am lazy and as indolent as can be. I could spend all my spare time doing any one of a hundred things, but I calculate that I only have just so much energy and I have chosen to put that into my work.

When I am not working I am thoroughly and completely relaxed. Just like a kitten. The cat can teach us many lessons, not only in perfect grace, but the use of our forces and the way to save such strength as we have.

You can't get a cat to make all kinds of useless movements as a dog will. If a cat wants anything that you have it tries to get it. At other times it relaxes every muscle and rests or goes about its own particular business. I don't think the cat ever makes an uncalculating move. I am sure they have wonderful brains, and the only reason some people dislike them is because the cat is too clever to give her secrets away.

She is either fully energized or perfect in her repose. She is completely fascinating, because perfect master of herself. If you want to learn how to rest study the cat. It rests in perfect comfort, anywhere, at any time, and is the greatest example of perfect relaxation and grace.

## The Greatest Woman

**By WINIFRED BLACK.**

The twenty greatest women in the world. It is interesting to read the different things different people think about them, isn't it?

Now, the greatest woman I ever knew never got into that list at all. And yet it has been my good fortune to know about seven out of twenty of the women in every list I have seen published.

The greatest woman I ever knew was a country school teacher. And she was many things besides.

She was a minister's wife, and she was an inventor.

And she and the minister were poor, and they had a family to bring up, so the minister's wife opened a little school in the little village where I lived, and we all went to it—all the queer, little, half-formed, half-savage creatures we called children in those days out there in that little village.

The minister's wife did her own housework, and often I have seen her leave a class in Latin and run into the kitchen to see if the beans were drying out or if the graham bread was ready to set.

And she taught Greek to such of us as could learn it, and mathematics and history, ancient and modern, and the beginning of French, and a little of German—and, most of all, she taught us a love of learning.

She read to us "The Lady of the Lake," "Ivanhoe," "Marmion." I can see her great blue eyes now, when she came to an especially thrilling part; and she taught us to love poetry, and to appreciate the things that were low and hate things that were evil, and she loved and mothered such of us as were motherless, and she scolded such of us as were wondrous, and she encouraged such of us as had ambition, and always she held in her delicate, tremulous hand the flag of honor and courage and loyalty, and taught us to know its colors and to love them.

And all the time she was dying, and we never knew it.

She had a cancer of the breast, and day after day she stood and taught us, and was patient and gentle and kind, and the dreadful agony must have been eating her very heart out, and we never knew. Her own family never knew till the end was almost there.

She had a plain little party for us all once, a plain little party in a plain little house, but there were nuts and raisins to think of 'em goin' along without a horse. I guess if you was to see a pair of trousers walkin' down the street without a man in 'em you'd be scared, too."

**A Little Girl's Reason.**

The following conversation was overheard between two little girls who were not yet old enough to go to school:

"What makes a horse act naughty when he sees an auto?" one asked.

"It's this way," replied the other. "Horses is used to seein' other horses pullin' rigs, and they don't know what to think of 'em goin' along without a horse. I guess if you was to see a pair of trousers walkin' down the street without a man in 'em you'd be scared, too."

The Lam's Horn