

# The Bee's Home Magazine Page

## MEN AND WOMEN NECESSARY TO EACH OTHER

By ELBERT HUBBARD.

"Hysteria," said the great Dr. Charcot, "is a sex manifestation, and represents an electric explosion resulting from lack of a ground wire."

Near the doctor's office in Paris was a "female academy," to which he was one day called by a messenger who came in hot haste.

The doctor lost no time in getting across the street, and, running upstairs, found a class of twenty young women, fifteen of whom were crying, laughing, screaming, screaming, and three girls were stretched out seemingly lifeless.

The terrified teacher explained that one of the girls had fainted, and when she came to her senses, began to laugh.

Two of the girls that were waiting on her then began to cry, and as the others sought to pacify them they, too, caught it, until the whole room seemed like a bacchante picnic.

On inquiry the doctor found that many of the girls were subject to such spells.

"What, oh, what shall we do, doctor?" begged the matron.

"I'll tell you," said the doctor—and then he cast about in his mind, as doctors do, for what was best to prescribe.

A bright thought came to him: "You were teaching these girls drawing, you said?"

"Yes, doctor."

"Well, no woman can teach drawing—that is, as well as a man. Give each girl a teaspoonful of this medicine three times a day—and I'll make arrangements to have these twenty pupils draw an hour daily at Monsieur Maumier's."

"Oh, doctor, but they are all young men in monsieur's classes."

"I know that—unfortunately—but we can't help it."

The doctor saw Monsieur Maumier, and arrangements were made to have the twenty young women go over and join the class each morning from 10 to 11.

After the class there was a "recess" for fifteen minutes.

The girls were allowed to remain, too; so they stayed and compared pictures, criticized, joked, and, after a week, played tag, puzzy-wuzzy-a-corn, and a little innocent, natural rough-house followed with the young men.

And, behold, there was never another case of high strikes in that academy.

In a recent article on education for women Dr. Anna B. Shaw says: "Ten women shut in together will worry one hundred times as much as ten men shut in together. So, also, a hundred women shut in together will exhaust themselves merely by being together, the sensitive temperaments eating into each other like spreading acids. One of the advantages of coeducation is a distinct lessening of the emotional and nervous strain among the women students."

Just why the presence of men as teachers and fellow workers should have a tonic and quieting effect upon the nerves of women I do not know, but there is certainly less nervous tension, morbidity and self-consciousness among college women associated with men than among those in strictly women's colleges.

Of course, it is a delicate question for a man to discuss, but I am more than pleased that women are publicly acknowledging that it is not only good for a man to be alone, but it is a deal worse for a woman.

Personally, I'll admit I don't know much concerning the subject in the concrete, but I'll say right here that if there are no women in heaven I prefer to remain in a place—no matter what the temperature—where the co-ed rule prevails.



## "Military" is Now the Mode

War Time Brings New Styles with Epaulettes, and Fur Trimming is Popular for Street Gowns.

Do you remember the old military coat that Tribby of immortal fame used to wear when Billee, the Laird and Taffee first made her acquaintance? Well, something very like that has become the inspiration for new street models of serge, broadcloth and velvet. And the better to convey the martial spirit of the times the color is likely to be army blue, khaki, or the brilliant red shade associated with the regimentals of French soldiers.

Braid is an essential feature. Not the braid bindings that have become a bit common during the last few weeks, but frogs, strappings and ornaments that suggest the epaulettes of an officer's coat. In fact, sometimes even the epaulettes are present in the form of black braid interwoven with gold threads.

The proper collar is the one cut high and straight across the back, leaving the throat exposed; or the stiff choker band which completely enslaves the throat. The latter is considered the smarter, although not always the more becoming.

It may be of fur—in fact, it is imperative that it should be of fur, if it makes pretension to style qualities. Sealskin, astrakhan, beaver, marten, monkey, are all appropriate and contrast well with the approved color of the military scheme of the new suits. In nearly every instance the cuffs are cut extremely wide and the necessity for carrying a muff is done away with, since the bands are slipped crosswise under the edge of the opposite sleeve. This makes a convenient arrangement for walking or shopping, where frequently the muff is in the way.

One of the most attractive models of recent weeks has the coat of army blue lined with bright red; the collar and cuffs are of blue suede and the revers are faced with suede; the skirt is very short and falls in inconspicuous folds about the high laced shoe tops. The latter are of suede, the color of the gut trimmings, the vamps being of patent leather.

With this costume was worn an odd little hat, built somewhat like the headgear of the Cossacks. It was of velvet of a buff tone, banded with sealskin and having, by way of ornament, a stiff brush aligrette headed by a gold braid rosette. The girl wearing this military toggery was not in the least of the Amazon type. On the contrary, she was rather a demure little object with chestnut brown hair and blue eyes, the cerulean tones of the latter being intensified by the blueness of the costume.



A type of military suit associated with heroines of literature has become the inspiration for the modern costume. It is made of blue cloth trimmed with sealskin.

## A Smart Opera Wrap

Reproduced by Special Arrangement with Harper's Bazar, the Oldest and Greatest Woman's Magazine.

From the November number of Harper's Bazar.



The upper part of this opera wrap is of gold brocade and the lower of black velvet. A wide band of brown fox conceals the dividing line. The same fur appears in the collar and cuffs.

## HOUSEWORK IS THE BEST KIND OF PHYSICAL CULTURE

By a Woman Doctor.

I often think that if the girls who spend so much time, money and energy on physical culture would turn their attendance to housework as a means of physical exercise, they would derive a great deal of profit at a very small cost.

I heard a young lady the other day grumble because she could not afford an expensive course of physical culture.

"Why not try kitchen gymnastics?" I replied. "Why not get interested in housework and try what dusting and sweeping and bedmaking will do for your health and good looks?" How can housework improve the figure?" she asked incredulously.

It is quite simple after all. The muscles of the spine, the shoulder blades, the arms and the body generally are all brought into play in sweeping and dusting and bedmaking.

Business girls and girls who stay at home and yet do not absolutely need to help with housework, would find how much even an hour's brisk housework every morning would do for their health.

Have you ever observed how closely the muscle movements necessitated by sweeping, dusting, and, above all, bedmaking, resemble the physical culture exercises which are so much practiced just now?

Ball punching is one of the fads of the hour. The fashionable ladies who spend so much time daily punching an elaborately striking ball would derive just as much good from poking and punching their bolsters and pillows if the would engage upon the homely occupation of making their own beds.

Turning the mattress entails a muscular effort which exercises the muscles of the back and shoulders. Brisk dusting and sweeping provide healthful exercise at the minimum of cost to every woman who will give housework a trial.

All women must have a certain amount of physical exercise to keep them in health. But they cannot all afford an expensive course of lessons in physical culture. So why not give housework a trial? It is often difficult for business girls to find the necessary time, but even half an hour's brisk housework, combined with a walk to and from business, will do a great deal to keep your muscles in a healthy condition.

Miss Six-by-the-Fire would find that after one month's housework that she was a happier, healthier and better looking girl. Even if your mother can afford the domestic service necessary to do the housework, you should endeavor to take a part of it upon yourself for your health's sake.

Poverty which entails no servant for the young wife is often a blessing in disguise, medically speaking, because it means that she has to take a practical part in keeping her little home in order. The girl who has to sweep and dust and cook for several hours daily is, other things being equal, a far happier individual than the wife who can "afford" to be lazy, who need not do ten minutes' good honest work in the twenty-four hours.

Many a peevish, discontented, sallow young woman would be transformed by a good liberal dose of housework.

"Take more exercise" is the advice of nine out of ten doctors to such a patient. And so the cheapest and easiest to procure of all exercise for the average woman consists in housework, why not try a course of sweeping, dusting or kitchen gymnastics generally?

If you are a sensible woman and intend to go in for household gymnastics remember first that housework done with open windows and plenty of fresh air about is ten times more valuable than the same work done in badly ventilated rooms.

So open the windows before you begin. Secondly, be careful to vary the type of kitchen gymnastics as much as possible. Working for two or three consecutive hours keeps a certain set of muscles in tension. Continually bending in an effort to sweep half a dozen rooms with a small brush and shovel is fatiguing if it is done without any intervals of rest.

## Ouch! Lame Back Rub Lumbago or Backache Away

Kidneys cause Backache? No! They have no nerves, therefore can not cause pain. Listen! Your backache is caused by lumbago, sciatica or a strain, and the quickest relief is soothing, penetrating "St. Jacobs Oil." Rub it right on your painful back, and instantly the soreness, stiffness and aching disappear. Don't stay crippled! Get a small trial bottle of "St. Jacobs Oil" from your druggist and limber up. A moment after it is applied you'll wonder what became of the backache or lumbago pain.

Rub old, honest "St. Jacobs Oil" whenever you have aches, neuralgia, rheumatism or sprains, as it is absolutely harmless and doesn't burn the skin. Advertisement.

## GET THE STAGE SECRET OF HEALTHY HAIR

Though wigs are often used in special parts played by actresses, it is a notable fact they all have beautiful, natural hair which is the result of sensible care. Their only secret is care. Not strenuous but regular. In washing the hair it is not advisable to use a makeshift, but always use a preparation made for shampooing only. You can enjoy the best that is known for about three cents a shampoo by getting a package of cantinon from your druggist; dissolve a teaspoonful in a cup of hot water and your shampoo is ready. After its use the hair dries rapidly with uniform color. Dandruff, excess oil and dirt are dissolved and entirely disappear. Your hair will be as fluffy that it will look much heavier than it is. Its lustre and softness will also delight you, while the stimulated scalp gains the health which insures hair growth.—Advertisement.

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## American Parents and Slang

More Attention Ought to be Paid by Schools to Teaching Correct Forms of Speech—American Parents Less Careful than English Ones.

Copyright, 1914, by Star Company. By ELLA WHEELER WILCOX.

Passing a group of grammar school graduates soon to enter high school, the following phrases were overheard: "There ain't no ball here." "Yes, there is; I seen it." "I never done no such n o s u c h thing." "Git out 'o here."

These expressions and others may be heard in any school yard every day in the year. More than three-fourths of the boys and girls attending high school converse in language which is the expression of ignorance and lack of culture.

What is the matter with our school system that so little value seems to be placed on the important matter of conversation?

The assistant dean of Harvard, William Castle, Jr., complains that the language of the average Harvard student is very poor.

Certainly the same may be said of Yale men, and of Princeton men, and of students of all American colleges and schools.

The Rochester Herald, commenting on

this, claims that good language is a matter of feeling, and says:

"Slovenly writing is the result of slovenly thinking. No boy will ever write an essay on the tariff question in good English unless he is interested in the tariff question. No Harvard man will ever write an essay on Hegel that will be well written unless Hegel has inspired him either with love or with hate. If English boys write better than American boys, as it is asserted that they do, the reason will be found in the fact that English boys are more thoughtful than American boys, for there is far less teaching of English in English schools than in American schools."

But English children receive more intimate education in their homes than our children receive. At one of the English hotels a father was heard day after day at the meal hour drawing his little daughter out to talk of her school, her studies and her recreations, and his gentle corrections were listened to by the child with respectful interest.

In one English home—typical of thousands of others—the mother arranged all her domestic and social duties with the central idea of being at the table when her children came from school, and the conversation and topics all served the purpose of educational uplift.

One does not encounter many American mothers on fathers of this type. Slang and ungrammatical language pass from the lips of American children unrebuked by parents who know better. Not only unrebuked, but the slang frequently

evokes a laugh, which is encouragement for its repetition.

Even in the shops and streets of England one hears much more agreeably modulated voices, than one hears in our own country. It is an older land, and the appreciation of it is as one of the virtues have been backed by many more centuries than America has known. But it seems that we might awaken in our schools and in our homes to the very large and important part which good language plays in the world.

We ought to insist upon having teachers who will devote a few moments each day to the discussion of this subject with the children, so that it may impress their minds, and that the mere grammar lesson will not be regarded as the whole of grammatical education. That there is no use to talk of better form of government while anarchy reigns. That there is no use to talk of better supplies and pure food laws while millions are homeless.

That there is no use of talk of better housing laws while millions are homeless. That there is no use to talk of better laws and "safety first" devices while thousands tramp the streets jobless. That there is no use to talk of eugenics—the breeding of a better race when the men of the nations, the fathers of the race, are called to rot on the battlefield, leaving behind to again people the earth only the old, the lame and the halt and the blind.

No use to talk of a better race in the face of the possibility of having no race at all.

All this sounds sane and logical if we are to admit that this world of ours has really come to an end; if life has really gone out of it, and only the unborn dead—all unwitting that they are dead—are left to stalk about the land.

But and if—in our nation, at least—there still be signs that life is not extinct, that the blow, though fierce and the shock, humbling, still leaves us alive, then we must continue to have government and food and houses and labor and children born. If this civilization be, indeed, like the civilizations that have passed, mortally stricken, then must we go on to the building and the making of a new.

If the reforming of the things already with us is of no longer interest to the people, then we must see to it that those things henceforth which are formed be so formed that further reform be unnecessary.

## Household Hints

To repair a tablecloth, lay it quite flat and cover the hole with a piece of plain Brussels net; tack it on and darn with fine flax. When ironed it will scarcely be noticeable.

When cleaning copper use hot vinegar in which a little salt has been dissolved. A thorough washing with soap and warm water must follow, and every trace of the acid removed before finally polishing with dry whiting.

Soda should be thoroughly dissolved in the washing water before the clothes are put in. Never allow it to lie about on the clothes, as this sometimes causes iron mould. Soda should never be added to water in which women things are being washed, as it causes them to shrink.

## Charity.



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The prompt and positive results given by this pleasant tasting, home-made cough syrup has caused it to be used in more homes than any other remedy. It gives almost instant relief and will surely overcome the average cough in 24 hours.

Get 2½ ounces Pinex (50 cents worth) from any drug store, pour it into a pint bottle and fill the bottle with plain granulated sugar syrup. This makes a full pint—a family supply—of the most effective cough remedy at a cost of only 54 cents or less. You couldn't buy as much ready-made cough medicine for \$2.50. Easily prepared and never spoils. Full directions with Pinex.

The promptness, certainty and ease with which this Pinex Syrup overcomes a bad cough, chest or throat cold is truly remarkable. It quickly cures a dry, hoarse or tight cough and heals and soothes a painful cough in a hurry. With a persistent loose cough it stops the formation of phlegm in the throat and bronchial tubes, thus ending the annoying hacking.

Pinex is a highly concentrated compound of genuine Norway pine extract, rich in glucose and is famous the world over for its splendid effect in bronchitis, whooping cough, bronchial asthma and winter coughs.

To avoid disappointment in making this, ask your druggist for "2½ ounces of Pinex," and don't accept anything else. A guarantee of absolute satisfaction, or money promptly refunded, goes with this preparation. The Pinex Co., Ft. Wayne, Ind.

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