# The Bee's - Home - Magazine - Page

## How Over-Eating Destroys Body and Mind

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By ELLA WHEELER WILCOX.

Fifteen years ago a man noted for his robust and handsome personality continually offered to eye and car a refutation of the theory that abstemius and

moderate dist was necessary for the main tenance of This man looks. lived to eat.

Meat, fish, fowl and eggs were necessary for his breakfast; four or five courses at luncheon alone could satisfy him. most claborate dinners must be provided to appease his everincreasing appetite.



clear of brain, his skin was danzing and his body active. Then suddenly, something like five years ago, there came a change. Rheumatism first, then abscesses, and today the man, who in years physical wreck, devoting half of every day in various cures and the other half

He wonders why he has been so afflicted. He was not a dissipated man, nor a man vicious morally, nor a man who wasted his nights in rictous living. Now from his sick bed he thinks about his many virtues, and does not realize that his misfortunes are entirely due to having poisoned his system persistently for more than two-score of years by unnecessary foods in unnecessary quanti-

Another man, brilliant mentally, an athlete physically, has for years argued with all his friends who were inclined to vegetarianism and to total abstinence that "good red meat" and "pure red were brain builders and healthgivers. He contended that all the notable achievements of the world were performed by people who ate meat and who drank pure wines, although he was strongly opposed to alcoholic beverages. This man, too, fell by the wayside. Surgeons puzzled over his maladies, but all united in the opinion that the trouble originated in the digestive apparatus. The man's system had become poisoned in

He, too, failed to realize that he had brought this disaster upon himself by unwise indulgence in meat and wine. He selieved himself a victim of overwork.

sixteen years to eat all the sweets and profit.

appetizing dishes which a high priced chef provided for the family table. Up to the present time she has seemed as vigorously strong as she was radiantly beautiful, and her devoted parents could not believe that they were unwise in allowing her to follow the impulses of appetite. They do not now believe that her rheumatic trouble is a result of this selfndulgent appetite and it is doubtful if

they ever will be made to believe it. A woman of large wealth died not ong ago, a few years past middle life. n early youth she had married a man f great wealth, who had provided her with everything she could crave in the way of comforts and luxuries. After a very few years the striking beauty which had won her husband was lost in a sea of fat. The woman began to develop maladies of various sorts.

She was sent to fashionable cures, put n a diet, and returned home well. After a few months other maladies developed and she went to other cures. Something like twice a year for a period of fifteen years she followed this method of life. Always when at home she indulged her appetite and took no exercise. She walked from her bed to the table, from the table to her carriage, from the carriage to the table and from the table to the bed, but finally she died; and unreasonable should be in the very prime of life. is a friends wondered why a woman who possessed everything to make life desirable, should be such a sufferer and called way before her time.

Heavy eating and a mixture of many kinds of food in the our an system produce a process of alow poisoning just as absolutely as would ground glass, or the concoctions created by the chemists in the middle ages, when poisoning one's rivals, enemies, or inconvenient relatives was the fashion.

Over-cating kills more people and fills nore sanitariums and insane asylums than over-drinking. It is also as vulgar and almost as indecent a habit. If you want health, if you want beauty, if you want vitality and a clear brain, be temperate in food. Do not load your system with fish, fruit, fowls, vegetables, at one sitting. Do not imagine that because a lot of viands appeal to the sight and the smell they are necessary to the taste. One hearty meal and two light meals in twenty-four hours are all that any human system can properly assimulate: and the one healthy meal should not consist of too many varieties.

It is true that the human system needs variety in the way of food to sustain its forces, but it does not need this variety all at one time, nor in enormous quantities. Hearty cating is a habit like heavy drinking. It requires will power and self control to overcome. But once The parents of a beautiful young girl overcome and the habit of a light, simple in her teens wonder why she has been diet substituted, enormous dividends will afflicted with rheumatism. But this follow in the way of comfort, good looks, young girl has been allowed during her good health and endurance, and financial "Diana the Huntress"

And Her Pack

By Nell Brinkley



Pardon, please, bachelor-tribe, for of course you're really very tle black woman of a pen point, who just likes to scratch away for the the west wind, relentless, mocking, bent on carrying his scalp at her love of scratching; but isn't she right this time? Isn't this the night- saddle-bow, thirsty for his freedom; and flowing beside her, flying mareish (ancy that you hold in the secret den of your heart-the real when they can't run any faster, laughing and yapping, go her terripicture of what you firmly believe of woman-creatures?

Y-e-c-es! A lightning swift thing of beauty and enchantment, fying pack! And the man is you, of course!-NELL BRINKLEY.

### Two Kinds of Boys

By ADA PATTERSON.

A group of children were playing about an elevator. It is a fascinating play spot for children in the crowded city that has so many automobiles and so few pinygrounds. As I

pushed my way through them to take the ascending charlot one shpped forward and said: "Lady, wont you

give meanickel?" Like the crack of a whiplash came another voice. Y o u miserable beggar!

The two boys stood before me. one with a deprecating smile, the other with a blaze of anger in his

shifting eyes. The other square of shoulders, round of face and head, and an upstanding little figure of a lad. They were about the same age. 10 years. Both were neatly but not handsomely dressed. Both were probably sons of mechanics living in one of the tenements near the great downtown office building. But what a difference in their outlook upon life and what a difference foreshadows in their future. One will sneak through life, the other will march through it. One will slip through the world, apolegizing, for his acts, when he is detected in them, or when some one resents them. other will travel life's road unafraid, unashamed, on good terms with himself. Between those boys is the distance, a world's width, between those who have and who have not self-respect.

The long-featured boy with the pale face is a human lean-to. He will never do anything for himself that some one else will do for him. He will beg his mother to give him pennies when by running an errand for a shopkeeper in the neighborhood he could earn them. He is the kind of boy who will take presents from his sisters instead of buying gifts for them. He will lie late abed and let his father and mother build the fire. He will eat all of the cakes instead of saving a piece of it for his sister. He will shuffle along life's highway, instead of lifting his foot high and stepping over them. He will be one of the class of dependents. If he marries, his wife will take boarders or take in washing to support him. He will be the poor relation of the family. "There is slways a member of a family who never gets along," we hear. That is very often true. and it is true because that member of the family is permitted to be lazy and lean-

The world has a great many lazy leaners. That is one of the faults of the world and the unpleasant features of living in it.

That mother is wise who never allows a child to receive pennies from strangers, unless he earns them, and who places him in solitary confinement and alight or no diet, if she catches him asking dor them. Penniss, given or taken, may be the cornerstone on which the future is

Rear your son who will not say "Give me a nickel, lady," but one who thinks, even if he does not say, "You miscrable

Read it Here—See it at the Movies.

# Trunaway June By George Randolph Chester and Lillian Chester

By special arrangement for this paper a voice was hollow, but there was a jubil-photo-drama corresponding to the installments of "Runaway June" may now be seen at the leading moving picture the actors. By arrangement made with the Mutual Film corporation it is not only possible to read "Runaway June" each day, but also afterward to see moving pictures illustrating our story.

"Go and tell Mr. Moore."

The lean individual hurried away and presently came back on the driver seat of a limousine. Inside were the stern faced father and the gentle faced mother

SIXTH EPISODE. The Siege of the House of O'Keefe.

CHAPTER III.

Bang! Another spraddling geranium which had split down the center brushed Ned. Al's cheek as its pot crashed past. "Looky here!" Al Grogg's tone was chiefly one of surprise.

Other flowerpots followed from Mrs. Grogg's hands. She had at last discovered that Al Grogg could be made airaid. by setting up the right foot first and trudged up the hill, somewhat frightened was a mad scrambling on the third floor, at her own responsibility in this do- while Sammy O'Keefe in the front doormestic upheavel. The guests had arrived day looked the throng in the eye with when she reached the house. Tommy admirable truthfulness and swore that the happiness of others. Thomas! With Tommy was a white mus- there was no June Warner there, no tached, pink faced man. The runaway June Moore, no June anything. bride was surprised and puzzled at the the white mustached man occupied more considerably. of her thought. They were finishing dinner when Mrs. Villard was called away. dared them. The white mustached man was trying to induce June to smoke a cigarette. June but Ned Warner was perfectly callous as suddenly looked up and saw in the door- to whether or not he took any one's velours the dark, handsome face of Gil- his wife.

"Tut, tut, Orin!" came the sauve voice of the black Vandyked man. "I won't have this little runaway bride taught back way and so missed the searchers. had habita!"

June flushed and turned with some embarrassment to Mrs. Villard, who follow-

ed Biye into the doorway. after they had lounged into the billiard you saw before, and here's my son room and conservatory, but the white mustached man monopolized June. Every is the parior. The organ there, sir, is not time she tired to get away from him Tommy Thomas managed by some accident to throw them together again. June finally left the guests and went to her room. She had decided to go back to the termined, inspected the third floor. No

O'Keefe house of refuge. siege on the house of O'Keefe! Bit by Mrs. McPherson's third story window. bit, atom by atom, traces had been pick-

Marie no longer dared stick her nose out of the window lest some one should report her to Ned or to June's father and mother. But Ned's detectives finally got

One day a long, lean slinker with caaverous cheeks came up to Ned from Duck alley and looked up at the O'Keefe residence with solemn interest.

"That's the place," he said.
"Yes, it's the place." Ned Warner's

possible to real "Runaway June" each day, but also afterward to see moving pictures illustrating our story.

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Corporation.)

Corporation.

story window.

was jerked in immediately, and there was a hasty shuffle on the stairs leading up to the third floor, a shuffle made June looked at her a moment and then pulling the left one up to it. Also there

"What's the matter here, Sammy?" the appearance of Tommy in this place, but Widow O'Keefe herself asked, panting

"Come, search the house," she proudly

Some of them were for holding back, way between the portieres of heavy word or doubted it. He meant to find

By the circumstance of bringing home a genuine gourd to little Maggie Casey, June came home around by an extremely "Search the cellar, if you please!" mocked the Widow O'Keefe, leading the way. "Maybe you'll look in the kindly And here's the 'coal chute. Now Blye! Always Blye! He hovered about come on upstairs. Here's the hall that Sammy, a fine young boy still; and this hollow, as you can tell by lifting up the

The place was vacant. No one there. Ned Warner, puzzled and deresults. The Widow O'Keefe had gathered up all the clothes and belongings and Closer and closer had gathered the put them in a sheet and poked them into June Warner tripped lightly across the

curving banister.

neys," suggested the Widow O'Keefe to the searchers on the third floor. Ned Warner walked toward the ball Jone Warner started up to the third

(To Be Continued Monday.)

"This is the place," said stern John Moore, looking up at the narrow front of the O'Keefe residence, and, stalking out, he helped the others alight.

Sammy O'Keefe came to the door in answer to Ned's ring, and a much wrinkled face poked itself out of the second "Does June Warner live here?" asked

The head in the second story window

lids. Open all the doors and see.

street, let herself in at the Widow Closer and closer grew the toils until O'Keefe's front door and trotted briskly up the stairs. She swung round the "Maybe you'd like to look up the chim-

Advice to Lovelorn

Gifts for Wedding Attendants.

It is customary for the bride to give some gift to her attendants and for the groom to present some token to his.

Dear Miss Fairfax: About a year ago I met a young man four years my senior. Five months ago we had a quarrel. He showed his affections in every way. He took me home almost every night. He also took me to theaters and we exchanged presents. Not long ago he showed me a girl's picture; he said he was going to get married to her. Advise me what to do as I love him dearly. He is the only one I car for. ' Forget Him.

There is nothing you can do since the man you care for is engaged to another girl. Rest assured that time, which heals all things, will also heal your wound. Just make up your mind to the inevitable and don't try to interfere and prevent

#### Do You Know That

thimbieful will furnish enough plants for an acre of ground.

One out of every thousand married couples live, on an average, to celebrate their golden wedding.

Over seventy different kinds of wood are used in the manufacture of umbrella handles, canes and whips,

The word "massage" is derived from Greek word meaning to knead. The practice dates back to the earliest medical

A bride in Siberia, on entering her husband's house, must be prepared to show her skill in cooking. She is expected to give a dinner prepared with her own hands as a test of the education she has

Private Barat of the 187th Territorial regiment of the French army is known as the "human sieve." He was wounded on August 25 at Courhesseaux by the discharge of a German machine gun, and the surgeon who operated on him has already extracted from his left leg alone exactly forty-one bullets. And there are still more in his body.

On the outbreak of the war the Falk- HAY and land islands voted a gift to Great Britain of \$11,250, equivalent to \$5 per inhabitant.

Gambone is the yellow sap of a tree which grows in Siam, and raw sienna is the natural earth from Flenna; when burnt it becomes burnt slenns,

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Fancy peaches or prunes, ib. 7%c
10c cans peas for . 5c
10c cans baked beans for . 5c
10c buttle catsup for . 5c
No. 1 fancy mackerel, 2 for . 5c
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Creamery butter, ib. 35a
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Cream cheese, ib. 30a
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Cream cheese, ib. 30a
Creamery butter, ib. 35a
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Country butter, ib. 35a

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