

Woman's Work :- Fashions :- Health Hints :- Household Topics

Leap Year

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By Nell Brinkley



O H, lovely snowman with twig-whiskers, now while the sun is shining on your frozen heart, before the cold blue shadows settle on your breast and your brief, soft hour is over, come, be my love! You I would rather have than any five and troublous beau. For I can love and

leave you. And still can always find you. And when you shrink and shrink, as you must do, and as all wise maids know—any man must also do when once we have him, why, then I swift can build another one and in another style!

And sure as swift as ever you vanish under the kiss of the sun, just that speedily can I forget you. For the snow falls white and often on the spots where stood snowmen! But oh, snowman, lean to my soft guitar and be my love—until the Spring!—NELL BRINKLEY.

Air We Breathe

Air has no color. In summer air is lighter than it is in winter. Older people breathe less than younger people. Most air contains water in the form of gas or vapor. Air, when compressed, has valuable curative properties. An open chimney is very good for helping to keep the air in a room fresh. The weight of air, at the level of the sea, is fifteen pounds to the square inch. It is a mistake to suppose that night air is dangerous to breathe; it is purer than that of day. Very nearly the whole of the air is composed of two gases only—nitrogen (four-fifths) and oxygen (nearly one-fifth). Air may be turned to a liquid, or even a solid, by the application of great pressure, together with an extremely low temperature. With each ascent of three miles and a half the density of the air is halved, and the steps shorten, through the condensing power of cold in high altitudes.

Duty Divinely Ordained and Cannot Be Escaped by Any

By ELLA WHEELER WILCOX.

(Copyright, 1916, Star Company.) A brilliant woman, a theological student, writes me: "It is a dreadful night we are passing through, is it not? We are more deeply interested in Theosophy than ever. The wonderful influence of this philosophy is indicative of its high source. It is most certainly marking the progressive thought of the day. In the constructive work that will follow this tearing down process of war, theosophy, whether known by that name or not, will have a great part to play, and the power of all those who seek to serve the great ones lies in close co-operation."

"Although societies and organizations may make mistakes and individuals may fail, the principles of the philosophy remain the noblest expressions of active life today. There will be serious trials for this country. Those who are to be greatly trusted must be greatly tested, and America is to be trusted with the birthing of the new race."

"If only the leading men in capital and labor could be touched with theosophical ideals and realize that it is not one class of society they are working, not capital, not labor, but a unified humanity, how the world would progress."

In a recent number of a theosophical magazine a most far-reaching and comprehensive article on duty appears, by Benoni B. Gattell. Here are some of the great living truths which theosophical minds are endeavoring to bring to the attention of the world today:

"The performance of the present duty, merely because it is a duty, without looking at the results, is the noblest and the only worship which will satisfy God. The duty may be mean and low and one despised by men, but if it is a duty it is divinely ordained. Of the result, the superior intelligence guiding the working of the world, take care of themselves."

"All a man has to do is to do his duty as best he can. Duties which affect the destinies of millions of men in the eye of the law are no more important than the duty of laboring in a side sewer, destroying vermin, or making glue or occupations in fertilizing work."

"Of work which runs into millions of dollars, the practicing of law, being a college professor or painting pictures, are more congenial occupations than being a sweatshop tailor or working in a sulphur mine, but they are no more noble; for all duties are given to open the way to freedom."

"Every duty is a sign to a man or woman; by the doing and knowing position of himself, in order to open the door to freedom and the way to other duties. The special gifts with which a man is endowed at birth he must utilize. Sometimes his development is enforced by grinding poverty."

"If men violate their duty and disregard it, they get only wrong others, but they set in motion causes and actions and courses which will inevitably come back to them. All diseases are the result of duty. Eating is a duty, but there is a duty also to observe the purpose of eating and the amount of attention to be given to it."

"He who pays more attention to eating than is proportionate in a well balanced life may escape the penalty in this life, to a certain extent, but he comes back

to earth with another body which has a tendency to disease."

Mr. Gattell proceeds to call our attention to the fact that there is no such thing as chance, no accident, and that nothing happens casually. Everything is the result of law. We have all lived since God Himself began to live and we have a past which is unthinkable in its antiquity.

"A duty is the effect of all a man has done or has left undone. 'A duty is crystallized Karma.' All duties, be they to spurn the temptation of cheating unknown persons, even in far countries, by one's adulterated food product, or be it to refrain from taking unwholesome interest, or who actually stands his watch as a policeman or to be ready for work as a shop clerk at the proper time or to risk his life as a fireman, physician or soldier, are duties a man owes to himself, though they usually consist in doing something for others."

Again Mr. Gattell places a living truth before his readers by saying that "a man cannot escape his duty by suicide. A suicide may apparently escape from conditions which seem intolerable, but he comes back into exactly the same condition in another life and has to bear an added burden. Duty may be postponed, it may be escaped, but only for a time. Each time the duty comes up it has the weight of all a man's past behind it."

"The postponement increases the weight of the past and the delay causes a disturbance in the invisible part of the universe and in the man himself, which, pressing and disturbing in ever widening circles, will bring on a pressure from ever wider regions and ever greater beings and vaster forces."

Whoever you are, pursuing these lines, some duty faces you, some duty which is unpleasant, difficult and distasteful. But remember, it is your duty, that it was divinely ordained, causes which you you, yourself, set in motion in other lives, and that by doing it faithfully and cheerfully can you come out into the path of freedom and power."

Advice to Lovelorn

By Beatrice Fairfax

What Are Your Feelings?

Dear Miss Fairfax: I am 21, and have been going out with a man about fourteen years older than I am. He is very nice, but he is too old for me, but he shows all respect towards me. LULU B.

It is possible that at 21 you are mature enough to find a man of 35 a thoroughly congenial companion. If your parents do not object you would be very foolish to listen to the unasked criticisms of your friends. Don't you know your own mind? If you are fond of this man and happy when in his society why should you discontinue seeing him?

A Dangerous Proceeding. Dear Miss Fairfax: I have a friend employed in an office, and who is going through the factory and put my name in a carton and I received a letter from a friend in Montana. Do you think there is any harm in corresponding with him? ANNA M.

Waste Emotion the Great Drawback of Modern Lives

By BEATRICE FAIRFAX.

"Broken hearts"—so called—are an actual insult to the intelligence. Of course, there really is no such thing as a broken heart, but the world is pathetically full of boys and girls (and even grown men and women) who imagine that since a lover has proven false, life has nothing to offer.

In the first place, to let the disloyalty or fickleness of any one man or woman mar your life is definitely to acknowledge yourself inferior to that man or woman since you are weak enough to depend upon him or her for your life and joy.

Even if a lover proves false, that does not mean that there is no such thing in this world as true love. One, two or even three unfortunate experiences offer no basis for generalities. Most of us get fairly nearly what we deserve, and whenever we actually merit loyalty and devotion we will get it.

So then you who think you have broken hearts, here are a few simple truths for you. First, your heart is only damaged and time will heal it. Second, devoting your entire attention to the wound will not accelerate its mending. If you think love has failed you, why honor the traitor with your undivided attention? Suppose you serenely turn your back upon unkind love and give your attention to work.

Waste emotion applies to any situation which is in itself unchangeable and on which you expend useless longing and desire. There is nothing practical about hitching your wagon to a star unless you have attainable goals in view on your way starward.

Suppose you yearn to travel and see the world. If you simply clamor and desire, unhelpfully and uselessly, for world tours which you know in your heart of hearts you never can realize, you are wasting yourself and are all too likely to neglect things near at hand that need and claim you.

But if you put aside each week 50 cents or a dollar, or whatever your means per-

mit, and determine that some day you will see as much of this beautiful world as your little puts within your reach, then your emotion is not a waste one. No emotion need be waste if you have brains enough and grit enough to turn it into a thing of constructive force. Even a so-called broken heart, as we have seen, may become the impetus in work.

Suppose you long to become a great opera singer and have absolutely not the voice with which to realize your desire. You can make all your life miserable because what you want is not in your power to attain, or you can bravely face facts and work out your salvation along lines of possibility.

There are in New York and in all big cities dozens and dozens of young people

who long to become moving picture actors or actresses and have no requisites for success in this line. Why be a poor bank clerk in spite of your equipment of "a head for figures," merely because in that head there buzzes a little bit of desire to become the pictured hero of millions? What practical value is there in dreaming about the thing you would like to do and can't when before you lies a world of opportunity along the line of your fitness to do things? All waste seems to me to be an attempt to beat nature at its own game. It smiles at you derisively and refuses to let you succeed. In nature there is no waste. And the energy you expend on a thing you cannot have is stolen from your potentiality to do other things. It actually takes away from your ability to be a successful salesman if you divert your interest in salesmanship to a vain desire to write wonderful poems. Not all of us are equipped for the things we long to do, and every im-

Not Hopeless

Who wants to avenge herself on a man for "breaking her heart" need worry much about the dent he has made in it. Important yearning we expend on what we cannot accomplish or attain takes just so much power from the job at hand. All of us have exactly the same problem and task to face. "Oh, fancies that might be!" Or, facts that are," says the poet. That expresses it tersely and well. We all have our dreams, but when they are only dreams we must be honest enough with ourselves to acknowledge that. Life is not a matter of picturing to yourself what might be splendid if only it were attainable. It is rather a matter of sifting and weighing and figuring out sanely what we can make of ourselves and of the means at our disposal, and then going ahead to accomplish, not what we merely desire, but what we have a fighting chance of attaining.

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