

DAILY MAGAZINE PAGE FOR EVERYBODY

Tests of Human Nature Prove Us All Brothers

By Winifred Black

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Winifred Black

Just about the finest thing there is, and the more I see it the better I like to be human."

My friend looked as if the doctor didn't quite understand, but somehow I believe he did.

"I'm a crank about it," said the doctor. "Just crank enough to be always taking chances and having them come out just the way I hoped they would."

The doctor put his hand in his pocket and drew out a shiny nickel and a dull dime.

A Simple Experiment.

"This is one of my ways," he said. "I've tried it over fifty times in the last two weeks, and it's always fun for me."

"I'm down at the club late a good bit and there's seldom a night that some poor devil doesn't stop me and ask me for money for a night's lodging or for a meal, and sometimes for a drink."

"I keep a dime and a nickel in this particular pocket for this particular purpose."

"I always say the same thing to all the different people."

"You've struck me at a bad time, my friend; this is every cent I've got in the world myself—maybe that's the reason I'm willing to share it with you."

"I hold out my hand with the nickel and the dime in it and then I wait and see."

"And the man nine times out of ten takes the nickel and leaves me the dime. When he does that I give him the dime too, and wish him good luck—and we chat a minute or two together; he goes his way and I go mine, both of us the better for having met."

"The tenth time the man takes the dime and leaves me the nickel. Then I laugh and say, 'Well, old chap, you left me carfare, didn't you?' And usually the fellow has the grace to look ashamed of himself."

"And that isn't all. I have another scheme. It's a new one; all my friends said it was going to cost me a dollar a throw—but it hasn't cost me a cent that I didn't want it to—so far."

The doctor leaned back in his chair with a reminiscent chuckle.

All of Us Beggars.

"When I want really to test a man who asks me for money in the street I say, 'I've only got a dollar, and I can't afford to give you that; just step down to the corner and change it for me, will you, like a good chap, and I'll give you a quarter when you get back.'"

"I've done that thing seven times in the last three days, and the man has come back with the change every time. Do you blame me for believing in human nature after that?"

The doctor says it's because life is such an interesting affair.

Life and death and suffering and endurance and hope and courage and love and devotion—all these things he sees every day of his life—when he makes his rounds, so he says. Can you blame him for liking to think about it—sometimes?"

When we are very young we pray for beauty, and then we pray for love. Then we pray for success, and then we pray for happiness, and then we pray for money—what beggars we are and how we do try to wheedle all the change away from the generous hand—that gives so freely.

Youth, love, friendship, attainment, admiration, hope—we want them all—all—without giving back a particle of change.

I wonder sometimes if that is not why the generous hand draws back a little and we are left, with nothing, just because we were not thankful for part.

I'm glad the doctor told me his little story. I'm going to think about it a good deal.

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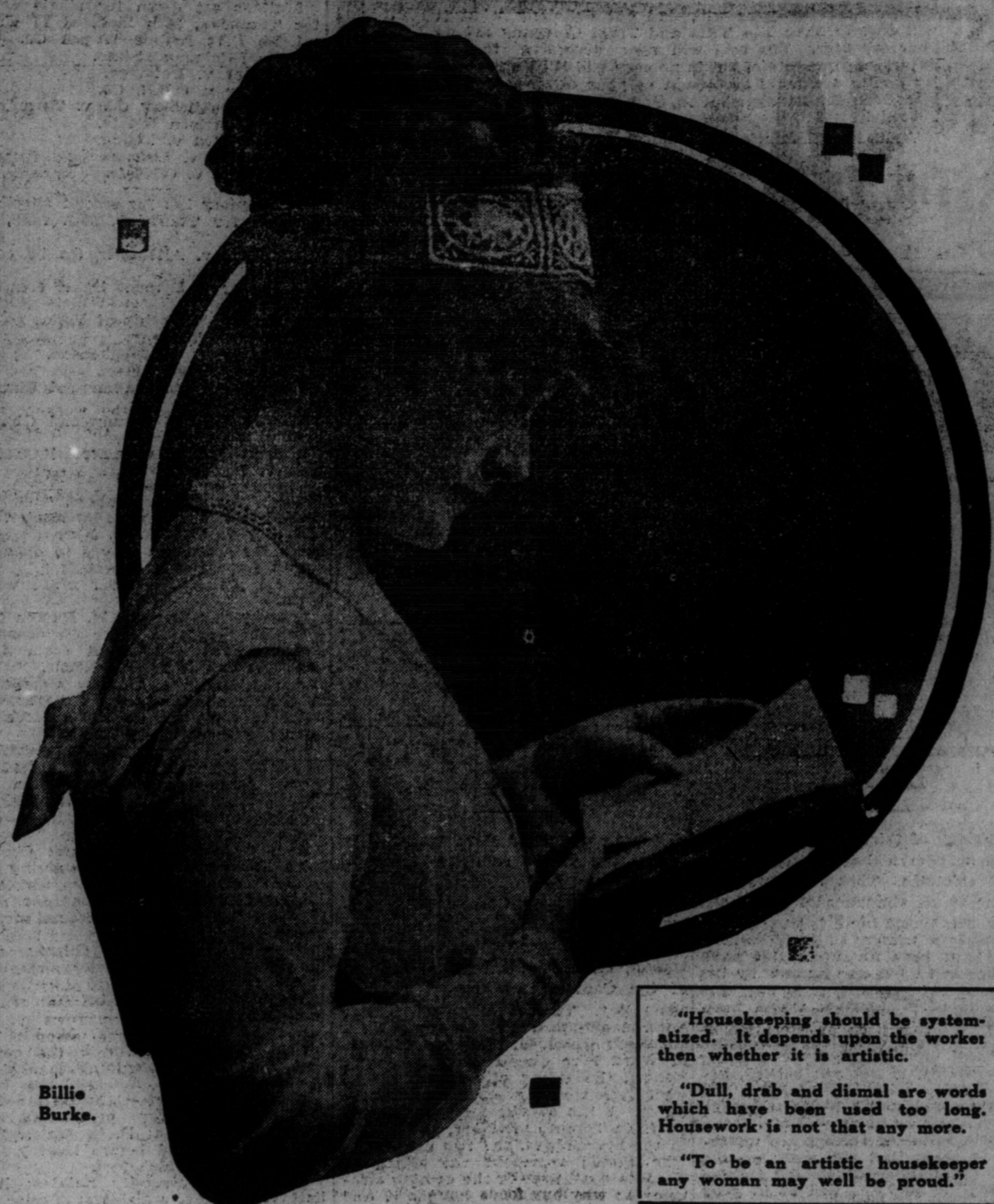
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MAKING HOUSEWORK A CAREER



Billie Burke.

"Home Worker Today an Artist" : : Billie Burke

By ELEANOR AMES

WHEN considering an artistic career, how about taking up housework? It offers splendid chances for the development of an artistic temperament. One can be quite as artistic in ironing a shirt waist as in playing a sonata, and there is wonderful opportunity for the expression of art in house cleaning.

At least that is what Billie Burke says, and if any one in the world ought to know it is that very charming young woman, because she has actually done it.

To be sure she made her artistic triumph as a houseworker right out on the stage with all the illusion of a theatrical setting, but she says she became "letter perfect" by long rehearsal in her own home. In other words, she has always "dabbled" in housework enough to know how to do every branch of it, and she is convinced it offers excellent artistic possibilities.

"All work is pretty much what we make it," she told me. "If we are interested in what we are doing and determined to make good, no work will be entirely drudgery. I have no patience with the woman who feels herself above doing housework if the occasion demands her doing it. I have found that such women are usually incapable of doing the very tasks they despise."

I am not denying there are lots of unpleasant things to be done in the daily routine of housework, but even they can be made to seem less dreardrill if one is really conscientious and knows how to work."

To begin with, I believe the woman who takes housework as a household look upon it as a part of her life, her career, so to speak, and should go at it with a determination to make a species of art out of it. "Haphazard" housekeeping is expensive and unpleasant.

"Housekeeping should be reduced to a system, and then it will be found comparatively easy. And the houseworker should take as much pride in accomplishing results as the artist does in painting a picture, or the actress in playing a difficult role."

Housework is a most useful, ancient and honorable calling. It depends upon the worker whether it is artistic. I believe in going to college to learn how to do housework. By that I mean I am thoroughly in sympathy with the domestic science schools. They are helping a lot of women to find careers.

"Dull, drab and dismal are words which have been associated with the work of a house too long. If the worker looks upon her life in that way won't you tell me how she expects her house to be bright and cheerful and happy as every home ought to be?"

"A smiling face, a happy heart and a clean dress are the first elements of an artistic housekeeping career. Willingness to learn, attention to details, neatness and perseverance will win recognition in whatever direction they are applied. They will make housework artistic, all other things being equal."

"I receive a lot of letters from matinee girls. One of them wrote me she felt so sorry to see me doing ironing and such tasks when I looked so sweet in a lovely white frock, just sitting around and waiting for a husband. I assure you, I thought it was perfectly lovely that I had secured a role where I could do something besides sit around and look like a lady. I took so much pride in that ironing. I tried each time to iron a little better. I hoped there would be some prize inner out in the audience who would go away and say: 'That is great. Billie Burke certainly can iron.' Because it is a splendid thing to be a fine ironer."

"And to be an artistic houseworker is something which any woman who has more bent for housekeeping than for anything else may well be proud to accomplish."

"Housekeeping should be systematized. It depends upon the worker then whether it is artistic."

"Dull, drab and dismal are words which have been used too long. Housework is not that any more."

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Secrets of Health and Happiness

Why You Should Eat Less In Summer Than Winter

By DR. LEONARD KEENE HIRSHBERG

A. B. M. A., M. D. (Johns Hopkins).

SMALL cheer and a great welcome make a merry feast. Swinish gluttony makes for a joyride through this earthly sphere.

More men die from food than from fighting, and many minds turn more to dinners than to tasks. There are more pot-bolling varieties abroad with flesh-hooks than there are hewers of wood and drawers of water.

Much cake is dough among mankind, because the feast of fat things is in the nature of physiological digestion, beyond the power of physical redemption. Their various cares in one great point combine, the business of their lives—that is to dine.

The vital mechanics—if such a term may be used—of the living creature requires the burning up, consumption and oxidation of a definite amount of food in a definite time.

The upshot of this is heat, energy and restoration of lost tissues, due to wear and tear, waste, injury and destruction.

Heat in the warm-blooded tissues is lost as quickly as it is produced. This, to be sure, is associated with the size, surface and surrounding temperature of the person or the animal's body.

Three times as much food must be available in cold weather than in the months from now until next winter, in order to carry out a definite amount of labor.

Therefore, such as have need of milk and not of strong meat, partake of the latter at great peril to health and fortune. When, to change the old saw, your tissues call for a stone and you give them bread, you elevate your blood pressure, strain your heart muscle and your kidneys, and go into a fair way of such an affliction as high blood pressure.

In cities, heated factories, well warmed-up industries, and in such weather as you meet from May until November, the human fabric obtains a large measure of warmth—otherwise received by eating heavily of food—from external sources of heat.

In such situations, gluttony—a condition common in all civilized life, due to the contrary notwithstanding—is a step toward an abbreviated career on this mundane globe.

Clothing, too, partakes of these misdemeanors. Indeed, it becomes particeps criminis. So does each little, meaningful motion.

Clothing, it must be held in thought, does little else than imprison heat in the body. It really makes the reservoir of the living tissues hold heat a bit longer, but otherwise would be of general interest. He will not undertake to prescribe or offer advice for individual cases. Where the subject is not of general interest, letters will be answered personally if a stamped and addressed envelope is enclosed. Address all inquiries to Dr. L. K. Hirschberg, care this office.

It would be folly to suggest a remedy for a "cough" without the tests for and exclusion of tuberculosis, heart, kidney and other disorders.

C. H.—Have soreness in and around the tendons and calves of legs. Have always been a very active worker and distance runner. Get up at 5 in morning.

Evidently you need more rest than you receive. A few weeks' vacation will help to recuperate you and eliminate the soreness.

H. D. M.—Have red, angry-looking pimples on back and chest, also once in a while on my face. What can I do?

Do not use soap when you wash, but cleanse your skin with a good cream and also with peroxide and tincture of benzoin. Take a Selditis powder every day and apply a lotion made of four teaspoonfuls of sulphur to four and one-half ounces of glycerine and one-half rosewater each night.

Dr. Hirschberg will answer questions for readers of this paper on medical, hygiene and sanitation subjects that are of general interest. He will not undertake to prescribe or offer advice for individual cases. Where the subject is not of general interest, letters will be answered personally if a stamped and addressed envelope is enclosed. Address all inquiries to Dr. L. K. Hirschberg, care this office.

Answers to Health Questions

Mrs. R.—Kindly give a remedy for a hard, heavy cough, following the grippe. It racks the system and causes headache.

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