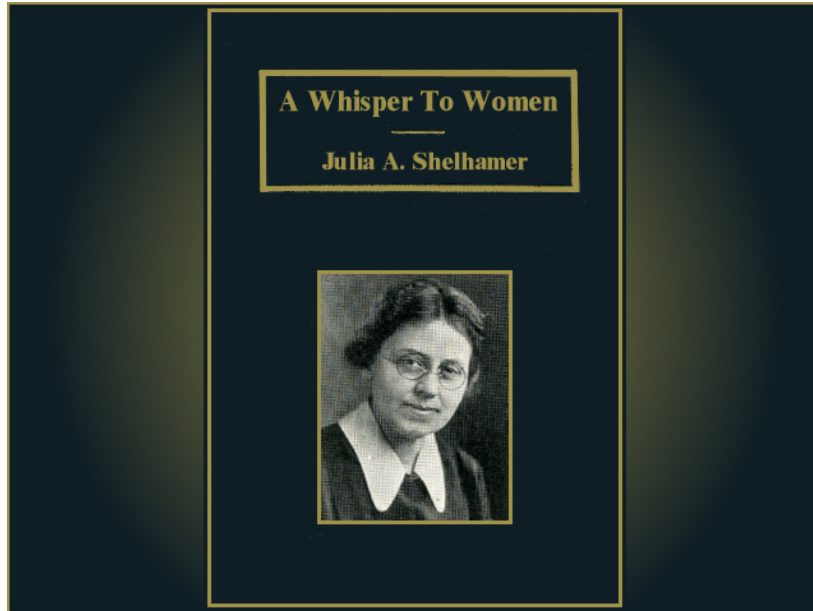


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**A WHISPER TO WOMEN  
By Julia A. Shelhamer**



**Other Books By The Author:  
Secret Of A Happy Married Life  
Heart Talks To Girls  
A Missionary Tour Around The World  
Trials And Triumphs Of A Minister's Wife  
How To Be Healed  
A Message To Men  
Etc.**

**"Woman, why weepest thou?" -- Jesus Christ**

**Nazarene Publishing House  
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## **FOREWORD**

**This is in a peculiar sense a woman's age. Woman has come to her own in all departments of life. Her services and influence are mighty factors in molding moral standards in the church, society and the business world; and her teaching and example are flowing like a mighty stream through our educational world; while she fills with grace some of the highest positions of honor and responsibility in a world of philosophy, science and national politics.**

The modern woman no longer seeks to mold world thought by rocking the cradle; but rather seeks to place her own hand on the wheel of politics and more directly extend her power and influence. In this radical change of ideals from the humble fireside of quietude to the glaring lights of public notice, there have been and must be many dangers and perilous pitfalls. A gentle "whisper" at this time along the way may not be out of place but rather most vital and important.

The writer of this book, Mrs. Julia A. Shelhamer, is well fitted by experience, having traveled very extensively, to call attention to some matters of vital importance in the development of womanhood. Her tender, beautiful spirit burns with interest on every page, the intense throbs of her loving heart beat with holy emotion as she probes deeply into woman's weaknesses; the gleaming light of an intelligent knowledge of the question treated shines throughout this little volume. She has rightly named this book "A Whisper to Women."

This book will not only bless thousands of weary mothers but it will reflect a great blessing to their children, who in turn may bless coming generations. Careless, thoughtless young women may be saved from much worry and years of grief if they will listen to the gentle whisper of this good book.

Mrs. Shelhamer is too well known through her many writings to need a word of introduction or commendation. She has traveled much, lectured to thousands on the information contained in this volume. A careful Study of the question at issue, together with her previous training has added much to the interest in the effort to assist her sister in the better way.

John W. Goodwin,  
General Superintendent  
Of The Church Of The Nazarene

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## INTRODUCTION

The need of a book in the field which this volume presumes to enter is obvious. The avenues of approach may be various, e.g., the historical resume so comprehensively done by Ferrero and others; the reminiscent confessions of those unfortunates who have been poisoned by the ravages of an overmastering desire, or by the cunning subtlety of sin's insidious wormings into the soul's virtues; the warning may be broadcasted by the gentle words of a modest one who sallies forth from her family hearthstone where love and purity crown and characterize father, mother, son and daughter, to point the less thoughtful to a happier way, yes by her words, but transcendently more by the purity of her own transparent womanhood and motherhood. The authoress of this neat volume has thus charmingly projected herself among her sister companions to articulate by "line" and life the enduring charm and sweetness of what is comprehended in that word "woman."

The brevity of the chapters suggests that they may be read during the few moments between the succeeding tasks of a busy day; and the easy style glistening with the recitation of intimate experiences from real life is designed to capture the mind and fascinate it in sustained interest, thereby affording the reader short bits of vacation from exhausting cares of a hum-drum day. Withal, the reader frequently is reminded that one who would culture the best character must mind the Word and love its Lord.

For any inducement that may arise in one to read these chapters from these few observations, I shall feel grateful, and shall pray that good seed may take root in good soil.

Paul R. Helsel,  
President Los Angeles Pacific College  
March, 1927

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#### THE IDEAL WOMAN By King Solomon

Who can find a virtuous woman? for her price is far above rubies. The heart of her husband doth safely trust in her, so that he shall have no need of spoil. She will do him good and not evil all the days of her life.

She seeketh wool, and flax, and worketh willingly with her hands. She is like the merchants' ships; she bringeth her food from afar. She riseth also while it is yet night, and giveth meat to her household, and a portion to her maidens. She considereth a field, and buyeth it: with the fruit of her hands she planteth a vineyard. She girdeth her loins with strength, and strengtheneth her arms. She perceiveth that her merchandise is good: her candle goeth not out by night. She layeth her hands to the spindle, and her hands hold the distaff.

She openeth her mouth with wisdom; and in her tongue is the law of kindness. She looketh well to the ways of her household, and eateth not the bread of idleness. Her children arise up, and call her blessed; her husband also, and he praiseth her. Many daughters have done virtuously, but thou excellest them all. Favour is deceitful, and beauty is vain: but a woman that feareth the Lord, she shall be praised, Give her of the fruit of her hands; and let her own works praise her in the gates. -- Prov. 31:10-31.

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#### 01 -- HOW TO ACQUIRE A PLEASING PERSONALITY

In order to hold any position of honor or trust, it is necessary to possess a certain degree of personal magnetism. By this I mean that peculiar power to draw or attract success. This is true in the commercial as well as the social world. One's personality has much to do with his accomplishments, therefore, the question of how to enhance that personality would cover a wide field of thought. Many volumes have been written on this subject. From nine books which we have recently read on psychology we have sifted the following seed thoughts which may be helpful to women who wish not only to hold the love of their husbands and children but also desire to exert a fine influence over the world and really accomplish something for others.

1. We wish first to speak of the voice. Though one may be cautious about what he says, yet the voice indicates how he says it and has a great deal to do with aiding one in building up a pleasing personality.

"There is a man I know," says one, "who employs a great number of persons in the course of a year, and yet he never sees the face of one of them. He sits behind curtains in his office and listens to the voice of the applicant for a position as he responds to the questions put by his representative. 'I believe in the human voice,' he says, 'it doesn't lie, as does the manner or the general facial expression. I don't care what a man says; indeed, I never listen to his words. What I want to hear is the sound of his voice, -- its intonation, its pitch. You can conceal your real character for a time by your actions. But in your voice God has written your true character infallibly. It never has betrayed me.'"

A good time to train the voice to be mellow and sweet is around home when talking to an enraged husband or some fault finding children.

The "wire-edge" of one's spirit is what gives that shrill, unpleasant voice. Suffering, if borne patiently, sweetens the voice. If you prefer not to wait for suffering, pray a great deal in connection with reading one or more chapters in the Bible. This is more scientific: than many may think. It is a nervous strain which raises the voice to that unpleasant high pitch, hence anything that relieves that strain sweetens the voice. A well informed physician once prescribed the following for a lady who suffered from most terrific nervous headaches. "Read one hour a day in the Bible." She tried it and was cured. There is often more than physical infirmity in our ailments. There is the spirit that is sick and needs doctoring. What can reach it? Ah, nothing material. It must be the consolation of God, which mellows the soul, softens the hard lines of the face, melts the expression into one of benign forgiveness of injuries and gives one a motherly, gracious feeling toward all sufferer's and offenders be they friend or foe.

2. A gracious manner is needful if one would acquire a pleasing personality. There are some people who do not cultivate this. They are disagreeable and do not seem to care. They like to be contrary and make people suffer. Such people we naturally avoid. Indeed, we take pains to do so. We recently let go a good

opportunity to buy some needed articles because the woman who offered them cheap was a contrary person and we felt it best to have no dealings with her. Too bad, she should thus fail on one vital point for she is a capable woman and could now be filling a fine position were she but pleasing in her manner. "The art of pleasing is the art of rising in the world." "We judge a person as we see him. He is his own walking advertisement." "Refinement and grace are the weapons of personal magnetism." In this day of hustle, bustle and scurry, less attention is being paid to manners than ever before. It is a care of "get out of my way." At the slightest provocation people lose their self control and give utterance to some hasty remark. If the golden rule were practiced universally, how different life would be! We would be greatly uplifted, the world would be made happy and it would cost us nothing but a little effort. If you wish friends and a legitimate degree of popularity, study to be agreeable and to cultivate good manners, not when with company in social functions only but in your every day life.

"A man may have a bad reputation; you may think his views are all wrong, his principles bad, but while you are in his presence his eloquent manner will make you think he cannot be as bad as you have heard him pictured. Many people went to hear the late Bob Ingersoll speak who did not believe in his philosophy, who were utterly opposed to everything he said, yet in spite of this, they spent money to hear him, and came out thinking that perhaps he might be right in some things after all. While they did not believe in him, they had been conquered by his matchless oratory and exquisite charm of manner."

"Politeness is the cheapest and often the best capital in the world," said Edward C. Simmons, a self-made millionaire. "It pays a large interest and costs nothing."

Nothing so interferes with a woman's physical well being as frequent fits of anger and irritation. Nothing facilitates the transaction of business so much as politeness and nothing oils the screeching machinery of home-life so much as this charm of manner. A French author says on this subject: "We suggest to hundreds of thousands of active young and middle aged men, who rush about the streets, jostling each other, often quarreling, nearly always in an antagonistic spirit, that they give a trial to actual politeness. The next time a man runs into you or steps on your feet or appears to crowd you when you are probably crowding him, just try an experiment. Instead of rebuking him in some slangy way, express your regret at having crowded him, and assume that the fault is yours. You will be surprised to see the expression of his face change and to learn that the habit of politeness is most catching." As a rule it is just as easy to please as not to do so. Those whom you do please will be your boosters and you will never know when you may need a boost. You will find this a mighty good philosophy. "I will never do anything that cannot do me any good but may do me harm."

3. Now just imagine you are to travel abroad and mingle with the highest society, both on the sea voyage and in the various kingdoms: that you will want at

that time to don your best manners and set yourself forth as possessing the most charming personality: that to your company a prize is offered to the one who has the most grace of manner. Beautiful features or clothes will not count but only a gracious and most polite demeanor. What would you do? Why of course you would begin preparations for taking lessons at once. In order to carry the beautiful smile that you would need you would probably get a half dozen mottoes, "Smile," and put one up in every room of your home as a reminder.

You would borrow all the books on etiquette you could find and study them after the family was asleep at night. Then for want of a better subject you might possibly pick out your husband as a target upon which to practice your politeness. It would be in gentle tones, such, for instance as, "My dear, would it disturb you in the least were I to play the piano while you are reading tonight? If it would, now do not be afraid to say so."

"Husband, can you forgive me? I really forgot that you had asked me to make a cherry pie for dinner. If you will not hold it against me I'll be sure to make it tomorrow night." Then without presenting any of the unpleasant happenings of the day you would sally forth into the kitchen with your best smile, humming a little tune. Suppose about the time you are browning the flour for gravy and it is just ready for the water, a cry arises from all the children at once. Sharp words and tones greet your ears as though a quarrel were in progress. Well, instead of yelling, "Shut your mouths, you young ones. If you don't stop your yelling I'll come in there and whip the hide off you," you would hold your equilibrium, remembering that you are to be the star that sets the example for charming manners in a few months and so, accidentally your eyes catch sight of the "Smile" you have placed over the kitchen stove and, promptly setting your gravy aside you rush into the presence of the little ones perfectly charged with a peculiar divine magnetism which emanates from your eyes, voice, and radiant smile; and you say something like this. "Oh, ho, ho, what a big to do! Now let's all see if we can't laugh that loud. All together!" Then, acting the part of a lawyer you hear both sides of the trouble (if they cannot be persuaded to drop the matter without a legal settlement) and quietly you play the part of judge; then with as little talk and fuss as possible get the children separated and their minds diverted.

When all are seated at the table you do not as a rule, lead the conversation. Your husband will appreciate you more if you are quiet, for he is tired of talk and wants perfect solitude. Then again, "Distance lends enchantment," and "Familiarity breeds contempt." Imagine you are just in your courting days and be that same modest little flower you were then. Your tones will all be subdued. You will use a superfluity of such expressions as "please," "thank you," "pardon me," and the like. Another reason why you do not lead the conversation is because you want to hear your beloved husband tell the news and if he is an ordinary man you can't get it from him by asking. Men's minds don't work that way. You will have to use a little strategy to get him into the mood of talking. If the children are noisy, he will not speak unless by way of reproof. Many otherwise happy homes are made miserable

by spoiled children. Teach them to behave at the table. It will require a little time, but let them know that it is not their prerogative to talk much there, but to let others have the opportunity. If husband comes home some evening in a fault-finding mood, merely thank him, in as gracious a manner as you can command, for his suggestions, assuring him that you will endeavor to profit thereby. Say nothing by way of retaliation. This is an interesting game and a hard one but you are to win the prize on that voyage for a pleasing personality and you can afford to bear and forbear, and wear your very best manners every day. It will not soil them or wear them out as it would a Sunday dress but rather, the more they are worn, the better they look.

Now after a few days of this self control and smiling, to your amazement you will discover that there is a peculiar beauty about you that you did not know you possessed. A self respect will develop which in itself will give you a dignity and a carriage that enhances your appearance. Your home will brighten for you will feel that in order to keep up with your inner feelings it must look a little better. It will be easier to arise early in the morning. Your work will be a pleasure and not a drudge and you will find that it is done with more method than formerly. A mother once asked her little son who had been awkward and uncouth, why he was becoming so polite. His answer was, "Oh, Miss \_\_\_\_\_ [the teacher] acts so pretty and goes around so pretty that it makes us feel pretty inside and we just go around pretty too."

Your one aim is to possess a charming manner. The only thing that can hinder you in the acquisition of this goal is your own mind which must be humble, ready to learn from the servants, your children or even your own husband. If you say, "O, I can't do it, there's no use talking, get husband converted first," then I am sure, my dear, you cannot make it. But let us all decide on this trip, shall we? At least let us prepare for it and I would suggest that you set today down in your diary as the time you began to play this most interesting of all games.

Right here I want to give you a little secret; you need not play this game alone for a great, big hearted, cheerful Friend will help you if you ask Him, for we read, "He giveth more grace." "God resisteth the proud but giveth grace unto the humble."

\* \* \* \* \*

## 02 -- HOW TO SECURE A HUSBAND

"The Lord grant you that ye may find rest each of you in the house of her husband." Ruth 1:9.

These words were spoken by Naomi to her widowed daughters-in-law but express the divine wish of a loving God. There is nothing gained in marrying when Providence has not planned it. On the other hand, it is sad to see a young woman's



life dwindle out into abject loneliness because of a failure to find the mate and charming little home God planned for her.

We here desire to give some suggestions to that class of girls whose misfortune it is to walk life's pathway alone.

Consider first whether or not you are in divine order in being alone. In other words, has God planned your life to be single? Perhaps He loves you too well to let you do as most women do. He may have a special work for you to perform for Him and the betterment of humanity. If Frances E. Willard had been married she probably would not have accomplished the great work God gave her to do. On our trip abroad we saw that she was the only woman whose profile or likeness is in one of the world's greatest museums.

If indeed you have been chosen for a special work, begin it at once. Put your whole soul into it and decide that you will do your very best and be grateful that you have been chosen above others.

If, however, you are not called to lead a single life and yet have been unsuccessful in securing the hope of a home of your own, allow a few suggestions.

You will doubtless notice that many of the young ladies who are especially attractive are not what could be called pretty girls, and yet there is something about them that appeals. Consider that "something" and see where you may be lacking and can improve.

1. Seek to correct all your faults. There may be some of which you are not aware. Get some confidential friend to help you in this by suggesting on what lines you may improve. Some girls have unconscious little habits that are obnoxious to people. Some are careless about their teeth, breath or their appearance though most girls spend really too much time on the latter,

2. Don't be sensitive. I know one beautiful, talented girl who is so sensitive and jealous that if her sister is invited to a social function without her, she feels it keenly and people know it. This does not recommend her. Jealousy hinders many a girl from her best in the world of love. I have known widows who were lonely, and had no home except with their grown children. They were well preserved and able to make some elderly man's life happy but no man wanted them because they were so miserably jealous. One woman lived with her daughter and son-in-law who was a respected minister of the gospel. He often desired to take his wife along when he was to hold a quarterly meeting for two or three days at some distant point. They had no children to be thus neglected and the minister's wife was a great help in the services, but she dared not leave, as her mother was so jealous she pouted and made life miserable for all when she was not invited to go along.

**We know another beautiful, elderly woman, capable and refined who would make a lovely companion for some widower, but no one wants her for this reason. She lives with her unmarried son who is the pastor of a certain church. That church is not prospering and it is partly because she is so jealous that she will not permit him to accept invitations to dine with his parishioners without her.**

**A girl should never marry a man, however, who before marriage gives her any cause for jealousy, for it will likely be worse after marriage. It will take more than religion to make you happy in a home where you have reason to be jealous. Better remain single.**

**3. Be cheerful. Cultivate this habit until it is a part of you. There is more in this than in expensive and becoming clothes to make a woman attractive.**

**4. Avoid everything masculine. The sex instinct is strongest between opposites. Men do not usually take to masculine women, so psychology states. They want a true feminine character. One author on this subject advises women who would be attractive to avoid masculine manners, a masculine voice, masculine habits such as smoking, using obscene or vulgar language, and last but not least, masculine attire. A loud, brassy, bossy woman lacks true feminine grace and will be studiously avoided by men.**

**5. Be modest. No woman is attractive who has lost her modesty. That is of priceless value. If you desire to win a good man of course you will not dress so as to expose your person. You are, I trust too cultured for that. Is it the part of a lady, a pure minded girl, to allow men to see her garters, her underwear, her knees and all that is contained under her arms? Is it possible for a girl to be strictly virtuous in mind and heart who is content to allow men to thus view her person? If you knew how true men despise such women and the remarks they make about them you would sometimes be ashamed of your sex.**

**6. Do not be too independent. It is the nature of man to protect weak woman. God has given him superior strength and ability along many lines and it is his glory to manifest this ability to shield from danger the defenseless. Nothing appeals to his dignity quite like this. For this reason, when woman becomes too independent and masculine she fails to attract. This is why some business women do not succeed in marrying.**

**7. Fit yourself for a home maker. Perhaps your training has been one-sided, for while you are talented in music and art your ambitions may not run along the line of managing a home and caring for little ones. it is said that when a certain young man went to talk with his lady friend's father, the following conversation took place.**

**"You wish to marry my daughter; can you cook, sew, wash and iron, darn, nurse children, shop...?"**

The young man gave a puzzled laugh; "Why ask me if I can do these things?" he said. "Because," said the elderly man, "my daughter can't." 8. Obedience to God is the surest and best way to secure a husband. The finest matches are made in heaven and the only way to insure having such an one is to live near to the heart of God. A worldly life may lead you into the realms of high society where admirers are plenty, but you will not be satisfied in later years with your choice. "All is not gold that glitters." Better walk life's pathway with the lowly Nazarene and let Him choose for you.

A young woman while in college was a devoted Christian. Later she secured a position in a city where she lost divine grace and became worldly minded. While in school her face was lit' up with a heavenly light, now it had a different expression. She accepted the company of a worldly young man and for one or more years was away from God. Later, during a revival meeting she was brought back to her heavenly Father. She is now a devoted Christian. Her worldly companions are all dropped including her fiance and her heart is once more satisfied.

But she has lost a blessing by her wanderings, that is irrecoverable. A fine life companion which perhaps God had planned for her may now belong to another more worthy than she. Her instability has lost her many other friends and her career in sin has marred her beauty so that she is not now so attractive as before. I am sorry for such girls for the glorious life-plan that should have been theirs had they remained true has been marred. The most important time to live a godly, consistent life is in the days of one's youth while the choices are being made for life. Oh, how I wish every dear girl knew this and would yield her heart entirely to the Savior in the days of her innocence.

Suppose, my readers, you have made the mistake mentioned in this section. What shall you do?

There is hope if you live close to God and never waver. Confide in him your heart thoughts and disappointments. He certainly does love you and will do His best for you if you will do your best for Him.

A girl recently called at our home in trouble. Her story was about as follows: "I was once a Christian and felt called to China as a missionary, I lost divine grace and as a result started going with an unsaved young man. I was at this time about to graduate as a nurse. He behaved very properly and only a few times said something out of the way, but afterward apologized. Once I was offered wine but refused. He gave me Coca Cola. I drank it and knew nothing afterward. I did not fully regain consciousness until the next morning when I found myself in my room lying upon the bed with my clothes on. I now have a two-months-old baby girl but nowhere to take her. I came to California to avoid the disgrace. I am not strong enough to finish my training in the hospital, but will be glad to work as Bridget without wages just to get a home for my baby and me. I feel that God has forgiven

me for wandering away from Him but I can't forgive myself." There is more than one way to get a good husband but a very important way is to remain true to God.

Perhaps my dear reader, you belong to that class of women who are not sought by men because of deformity or some other abnormal condition. Look not upon life as a failure for "Thy Maker is thy husband" and will plan for thee. Some of the physically unfit have achieved great fame and have become very useful members of society. I had a dear little friend who was a hunchback. To the surprise of all she felt called to India and went as a missionary, when lo! and behold, she was more respected by the heathen than any of her co-workers, for they thought because of her deformity she must be a god and worshipped her. Finally Rev. O. Good, a missionary, married her. God gave them a number of fine children and their lives were very happy.

As all signs fail in dry weather so sometimes every effort to reach one's ambition is fruitless. Let us see if there is not some authority on this subject we might consult. Suppose we try to find King David on the phone. He always seemed to have help for every emergency. Let us call him and see what he will say. "Hello, King David, we desire information on how to advise young women whose lives are lonely for want of a mate. What would you suggest?" Ah, here it is, "Commit thy way unto the Lord, trust also in him and he shall bring it to pass."

\* \* \* \* \*

### **03 -- THE KIND OF WOMEN MEN ADMIRE**

Ever since the verdict, "Thy desire shall be to thy husband," it has been natural for Eve's daughters to wish to know just what men think of them. This is not necessarily a foolish or vain desire though it may be carried too far when it becomes inordinate affection or carnal bondage of spirit. St. Paul says that a married woman seeks to please her husband. It is right[ that she should do this as long as she may please God at the same time; but in matters of conscience she should always take the safe side and place God first.

Men's tastes differ with those of women in the selection of an ideal woman, hence we are giving only the opinion of men upon the subject of "The Kind of Worsen Men Admire."

**1. BEAUTY.** Men admire feminine beauty, especially when it is attended by certain other qualities. The following quotations from various men will portray a man's idea better than we could express it.

"Facial beauty is only skin deep. A beautiful form, a graceful figure, graceful movements, and a kind heart are the strongest charms in the perfection of female beauty."

To encourage some who may need it, may we say, parenthetically here that any woman may increase her beauty not only of figure and movements, but also her complexion by correct eating, a daily cool shower, or sponge bath and physical culture exercises.

One very popular author says, "While men admire beauty, yet they dislike anything false, hence artificial means to them seem like falsehoods which lead to dislike and distrust. Artificial beauty is but an imitation and a counterfeit, and fails to satisfy." One author says, "A beautiful woman needs no diamonds nor satins; her face outshines diamonds and her form is beautiful in calico."

While a beautiful face is a wonderful asset to a woman, yet there are certain other qualities which are extremely attractive.

The question, "What sort of a girl are you looking for?" or "What attracted you to the girl who is now your wife?" was once sent to each of a large number of men of fine character and reputation.

Varied and interesting were the answers. Here is one from a young clerk.

"Pretty? Not necessarily but good looking, if you can catch the distinction. Poise and charm and grace would perhaps fit her better. I'm not asking for adoration but I want her to marry me for nothing but love. And she must come to me fresh and sweet; I don't want the scrap-heap of other men's affections. I'm still looking for her, confident that some day I'll find her."

2. RESERVE. A popular author on this subject discloses the fact that men all agree on one thing, i.e., they admire modesty and purity. He says, "Men love reserve and discretion in women much more than they admire some of the more modern of womanly (?) characteristics. Falsehood, cigarettes, gambling and masculinity are poor foundations on which to build family ties."

A business man gives a bit of experience here which will serve to illustrate. We take this from Mrs. Boutwell's book to girls. He says, "You remember the old golf links up at school. Well it was right there I fell for Hazel. I hadn't thought about her in that way before. I knew I was happy to be with her, but I thought she was just an ordinary girl until that night. We strolled out to the golf links, and I had been rather 'officious,' as she said, trying to hold her hand several times.

"When we reached the links we sat down under a tree and I tried to put my arm around her. Then she turned on me and this is what she said: 'Dick, it's awfully hard for a girl to come through all these things and reach the man she's going to marry absolutely untouched. But that's what I'm trying to do. I believe he's somewhere in the world and I want to save everything for him?'

**"She said a whole lot more, but before she was through, I had made up my mind that if I could possibly attain to her ideals, I was going to be that man. I didn't know there were girls like her loose in the world."**

**3. INTELLIGENCE.** In order to preside over a home, rear a family, and assist a husband in his decisions, a woman must be intelligent. An active mind therefore makes a woman attractive. Some women have been deprived of the advantages of a fine education. These need not despair. An hour a day put into study will soon brighten one up on almost any subject. If a book be placed where it can readily be picked up at odds and ends of time, much can be accomplished. Novels and story papers do not increase the size of the brain. They weaken the fiber and render the mind less capable of memorizing. Anyone can learn at least one fact a day from some course of study and thus improve the mind, and as a consequence the appearance; for intellectuality brightens the eye and quickens the step.

Would you like to have one more answer to the question, "What kind of a girl are you looking for?" This time it is from a business man who wrote, "I want a girl who understands. I don't care if she's as homely as a crow, without a single accomplishment, if she has the beautiful womanly art of sympathy. If she can meet me in all situations with understanding in her heart, I'll be satisfied. When I'm tired and depressed, when I'm hot on the trail of a new business quest, when a big ideal stirs and uplifts me, I want to be able to turn to my wife and find her understanding. There are women like that I know, because my mother was one.

**4. CIGARETTE SMOKING.** A brilliant young man who was conversant with the opinions of all kinds of men said to us recently that he was convinced that men as a whole do not admire a woman who smokes. Some of them associate with them for a while and even urge them to smoke, but it is from a wrong motive. The girls they truly love are those who do not smoke.

Mr. Frederick H. Martens, author of a late and most popular book on etiquette, says: "Any girl who runs the risk of wounding her mother's feelings and losing the respect Of her boy friends, should think twice before taking up smoking, merely to be in style or the fashion. Even where these objections do not apply, the danger to health remains." He goes on to say: "It may be said for the benefit of all ladies who regard smoking as 'smart,' or 'chic,' that the National Federation of Women's Clubs does not countenance smoking in women's clubs. This in itself is a sufficient indication of the attitude of the best representative body of feminine opinion (even though it be not fashionable opinion) in the United States, and should have weight with those who may feel inclined to justify the lady's cigarette on grounds of smart metropolitan and suburban practice."

**5. RELIGION.** It is an acknowledged fact that modesty, purity, and all other graces that adorn a perfect woman are connected with religion. One author says, "Men who love home and the companionship of their wives, love truth, honor and honesty. It is this higher moral development that naturally leads them to admire

women of moral and religious natures. It is therefore not strange that immoral men love moral and church-loving wives. Man naturally admires the qualities which tend to the correct government of the home. Men want good and pure children, and it is natural to select women who insure domestic contentment and happiness. A bad man, of course, does not deserve a good wife, yet he will do his utmost to get one."

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#### **04 -- WHEN NATURAL BEAUTY IS LACKING**

Psychology tells us that some very attractive women are homely. Cleopatra was an example; though her character was such that we should prefer not to mention her here. I once had a chum who was an orphan and was blind in one eye, but who was the most attractive young lady in the community. Some of the more fortunate girls envied her because she had more suitors than they. One girl began to wish that she too might become blind so the boys would like her.

I would like to put hope and cheer into the many dear hearts that are discouraged over their looks, and to this end we are telling what makes homely women attractive. The blind girl was not attractive because she was blind as I foolishly thought when with her, but there were certain elements in her disposition that made her the most popular girl in her class.

1. She was a real Christian; very earnest and sincere. She was so enthused with her new found joy of forgiveness of sins that it put a sparkle into her one eye and gave her an air of confidence and of assurance.

2. She was distinctly feminine -- a real woman and not a half man as many girls are now days. That is one great reason the boys all liked her. Anything that is bold, loud, or coarse in voice or manner is not appreciated by men.

3. Our popular little girl was always busy for others. In the church services she did all she could to make things a success. She never refused to do anything she was asked to do along this line. She sang, led in prayer, testified and did personal work, though she knew she could not do it so well as some.

4. She was not envious. Many girls would have moped and sighed and cried had they had her poverty and disadvantages. They would have shrunk out of sight and envied more fortunate girls and thus cultivated a spirit of pessimism and jealousy. But she kept the victory and served her Lord and pushed ahead to improve her talents for God. She was a born leader and all the young people clung to and revolved around her.

5. She was cheerful and never complained to me of her sad lot. She so rose above herself that she seemed unconscious of her misfortune and rested wholly upon her heavenly Father for protection, hence was as happy and free as a lark.

**6. She had good health. This in itself is a fortune. It is an asset. It is no longer popular for a girl to be a semi-invalid. No, the girls who are the most attractive are those who know how to take care of their health, to diet and to exercise.**

**I once knew another girl who was exceptionally lacking in good looks. She was not pretty but had the honor of being one of the most attractive girls in her class. I have tried to study her characteristics for your sakes that I might tell you why she was so popular. Her complexion was sallow, her features homely, and her hands looked old and wrinkled, yet she did not seem to be ashamed to exist as some are, whose appearance is far better. She made her own clothes and sometimes they fit poorly and were of exceedingly cheap material and yet every girl seemed to envy her for what, I don't know only that she was such a favorite. An analysis of her characteristics I give below.**

**1. She was very sincere and open hearted. A very energetic little body, always ready to help everyone in anyway she could. She too was no shirker when it came to doing her little best to assist her pastor in church work.**

**2. She improved her talents, consequently was a musician, a singer and a Sunday school worker. God distributes His blessings and does not give them all to one person. The women whose lot it is to be plain faced are usually the ones who are the most useful members of society and it often happens that girls who in youth were lacking in beauty, improved in looks as they grew older, while those more beautiful in early life degenerated in appearance.**

**We are not responsible for our features, our height, deformities, etc., but we are responsible for our character. Let us dedicate our all to God and let Him use us as He intended we should be used when He gave us an existence.**

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## **05 -- HOW TO MANAGE A HUSBAND**

**This subject is presented with all due respect to every man whose honor it is to be called a husband. Real husbands do not need managing but there are some homes where love and heaven do not rule and where things would not go right if there were not a diplomat in the family in the person of a wife.**

**We shall take for a foundation for thought\*the biblical account of three women who succeeded in managing their husbands.**

- 1. The first one did so by leading him astray.**
- 2. The second one, by control of her tongue.**



### **3. The third one, by letting God manage him for her.**

**1. The first woman was Eve, that beautiful creature known to Adam as his wife. It is very sad that she should have led her husband in the wrong direction, a direction that man has continued to follow ever since. And as a result of thus managing him, Eve's daughters have had the task of continuing to manage their husbands ever since.**

**2. Perhaps one of the most striking examples of a diplomatic wife is found in 2 Kings 4:8-37. There was a woman in Shunem who with her husband entertained Elisha. You remember how their little son died of a sun stroke. His father had not been notified of the lad's death though he knew he was sick. She laid the little corpse in the prophet's chamber, as the influence of that holy man, though absent, somehow helped her faith. She felt if Elisha could but come, her son would live; but her husband did not have such faith and would perhaps discourage hers if he knew she entertained such a fanatical notion.**

**How to manage to get the man of God in the presence of her little stiff, cold, baby boy without her husband's knowledge was the great question. And this is what she did. Instead of informing him of the child's death, she let him remain in blissful ignorance of the fact so he would not quit work and come home, for she knew that should he come, he would at once call in the undertaker and the neighbors and, on account of the awful heat of that climate, plan a quick burial. All this commotion and mourning would ruin her faith. St. Paul says, "Hast thou faith, have it to thyself, before God."**

**So she stepped to the door and with as cheerful a voice as she could command, "called unto her husband and said, 'Send me, I pray thee, one of the young men and one of the asses, that I may run to the man of God and come again!' And he said, 'Wherefore wilt thou go to him today ? It is neither new moon nor Sabbath.'" Her answer was only four words, "It shall be well." Nothing more was said but the servant came and accompanied her on her journey. Elisha immediately returned with them and restored the child to life.**

**Dear troubled one, you whose Christian life is cramped by an unbelieving husband, continue to exercise your child-like faith though you may have to protect it from exposure to his unbelief. Also learn the lesson of complete tongue control, so that like this mother you will be a woman of few words.**

**I have a friend who uses this means of securing her desire. Her husband has a fearful temper, flies into a rage and curses her over trivial affairs, He is so in league with the devil that he seems to be able to open the pit and let the fumes of brimstone fill the house. Once after such a domestic storm, he was so conscience stricken by seeing his wife take everything so sweetly that he melted into tears and humbly apologized.**

Another wife finds it difficult to secure money for clothing so she manages her husband thus. She goes to him for cash for a new garment. Being denied her request, she waits patiently until her husband takes a fit of anger and treats her with cruel disrespect, "which (often) being interpreted" means a choking or a beating.. This she accepts with the meekness of a lamb brought to the slaughter.

He leaves the house feeling like a whipped dog. All he can see is her sweet, patient face. Though he is not superstitious it haunts him like a ghost. How he longs to apologize, but his pride will not permit it! His conscience however insists that he do something, so he decides that he is willing to spend any amount of money to bring about a reconciliation and to prove his real love. Presently he remembers what it was she wanted, so off to the store he goes and procures a really much more expensive article than the one she had hoped to have. Opening the door he enters and without a word, lays a package in her lap. Of course she hugs and kisses him and forgives it all--but it is just her way of managing her husband and he does not know it. Sin is rather hard on a man's pocket book but then this is a free country.

3. The next example we shall give of a wife's diplomatic ability is that of the beautiful Queen Esther. You remember her relatives, the Jews, were to be destroyed. She had married a semi-heathen king who cared neither for her religion nor her people, and had ordered their destruction. More than this she dared not enter into his presence unless he sent for her.

Helpless and weak, she knew not what to do to manage her capricious husband but she knew God, so proclaimed a fast. As a result she and her people fasted and prayed for three days. Though the date of slaughter had been set, the Lord changed the mind of the king and the nation was saved, and all because she let God manage her husband for her.

A dear friend of the writer's said that at one time her unsaved husband planned that they should all move to a cattle ranch. This meant that their only boy would be deprived of school and church privileges. She dared not oppose the project though it broke her heart to think of her only little son growing up in ignorance among nefarious associates. But she knew enough not to oppose and when the plan was presented, as a glowing money-making proposition she always acted pleased and answered, "Yes, that probably would be a financial success," or "That may be the best thing to do," and never for once expressed her feelings. Her husband brought home a lot of little calves and she had the task of cooking their feed and otherwise helping care for them. These, he intended to take to the cattle ranch later on.

All this time she was secretly talking to God about the plan. One day when her husband was in a good humor and they two were alone, she gently approached the subject and expressed her convictions adding that their dear little boy would have no school to attend. (She dared not mention church.) He listened in silence

then said, "Well, I never had no education myself and he don't need none neither. Let him work hard like I've done."

She saw she could not manage her husband so asked the Lord to do it, and never brought up the subject again. Time went on, but for some unseen reason this man gave up the idea.

Years afterward he often said regretfully, "I wonder why I didn't go. That was a big money making proposition. I can't understand why I gave it up." And he never dreamed that it was all because his wife, unable to manage him, had let God manage him for her.

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## 06 -- HOW TO RETAIN A HUSBAND'S LOVE

Men are constituted much the same as women, hence the rules which apply to one would do if reversed. The reasons why there is conjugal felicity in some homes is because the wife has learned the following secrets of holding her husband's love.

1. A consideration for his feelings. A man though strong and masculine is sometimes more sensitive than he appears. He has learned in his efforts to be manly to conquer his sensitiveness and does not like to show it, but a wife is safe in considering a husband's feelings just as she would like to have hers considered. We all have faults. No one is infallible. We should be a help to each other in correcting those faults. In my girlhood home it was a mutual understanding that we were to constantly play the pleasant game of correcting one another's mistakes in English. We never took offense but were anxious to become polished along that line. Our corrections were always given with pleasantness and courtesy, so did not hurt.

Now, a mistake wives sometimes make is to consider that husbands have no feelings and therefore any little suggestion is thrown at him ruthlessly, without any sense of delicacy or propriety. His feelings in the matter are not considered. To say that a woman has not had proper training at home or that she is bold and naturally impulsive, does not excuse her. She seemed to know how to behave during the days of courtship.

A bride once harshly reproved her husband for a fault. She felt that he needed all she said and could stand it because he was so big and strong and dignified. He took it meekly and said little, but his heart was cut to the quick. After he had gone down town, her heart was sad. Slipping quietly into her room, she knelt by her bed for prayer. On opening the Bible, she read these words which were a rebuke to her severity: "So that contrariwise, ye ought rather to forgive him and comfort him, lest perhaps such an one should be swallowed up with overmuch

sorrow; wherefore I beseech you that ye would confirm your love toward him... Lest Satan should get an advantage of us for we are not ignorant of his devices." 2 Cor. 2:7, 8-11. Then it dawned upon her that he should be treated, with as much courtesy when she reproved him as she would wish to be treated.

When love is stabbed a little every once in a while, it finally bleeds to death. Then the tempter enters with these suggestions: "I don't see why I married her anyway when I had so many other good opportunities." As he starts to work the evil one will whisper, "What is the use of toiling so hard for a woman who does not show her appreciation? She is not the only woman in the world." Many divorces are the result.

2. The next suggestion for holding a husband's love is to make home attractive. Home is a man's castle, his stronghold against the world and sin. Here he may retire from business cares and from evil surroundings. Make it then all it can be made for his comfort and his salvation. Let it have an air of coziness, of serenity, of purity, and of Christianity. Keep it clean and be methodical, always endeavoring to have the meals on time. Let the walls be adorned with such pictures as will produce restfulness. Educational pictures and mottoes of Scripture texts are preferable to such pictures and statues as are seen in many homes, viz; nude or immodestly attired women, Cupid and scenes which suggest evil.

3. If you would hold your husband's love keep yourself tidy. The author of "Personal Magnetism" says, "Probably the biggest mistake a woman can make is to keep herself untidy. There is a big difference between a face free from scowls, hair nicely arranged, an attractive dress, and a pleasant smile which are what the man sees in his courtship days; and the way she usually keeps herself after marriage. You will find that the one who holds her husband's affections is the one who takes the same interest in her appearance after marriage as before, and who retains her modesty."

4. Do not act as though you wished to force your husband to continue his love and devotion. It will not work. He should most certainly be the true gallant lover he was when first married, but if he is not, hold your tongue and your temper. Force him by kindness just as you did during your courting days.

Perhaps your husband was once like a certain young fellow who while courting, said to his lady love, who had stepped on something he wanted:

"Darling, will you please lift your little tootsie footsie?"

Sometime after marriage he again had occasion to make the same request but this time it was, "Lift your hoof."

One woman I know was so disgusted with her husband who, though once a devoted lover, was now unkind and insinuating, that she said to me, "I don't see

why God does not take him away; I wish he'd die, I surely do. Why does God spare him and take so many good men out of the world?"

Such a thought should never be entertained. You have married your husband and must make the best of it. Be true to him, be kind to him. You may possibly win him to Jesus by so doing. When your heart becomes so full it nearly breaks with anguish, go to your room and weep it out before the Lord. Tell Him all about it. Pray until you feel relieved. It is certain that your heavenly Father will undertake your case and bring joy to you if you can succeed in doing two things, viz; hold your tongue when tried, and do all your weeping on your knees in prayer.

Never entertain a thought of leaving your husband except in a case where your life is in danger from his cruelty or disease. My dear little sister, remember that though you may now be in a furnace of fire as were the three Hebrew children, yet God who delivered them will also deliver you.

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## 07 -- PEACH BLUSH MODESTY

Now sisters, suppose we get as close together as we can and ask someone to close all the doors, for I want to speak very plainly on a subject that I believe will interest you,

Kindly see that no man enters this assembly. I was once in a meeting for women only when a man came in and hid, dressed in women's clothes, so anxious was he to hear the gospel to the women!! If a woman will kindly stand at each door and be sure no one enters but women I shall be thankful. It will take an eagle eye to do this however for the Lord only knows which are which these days.

My subject is a very beautiful one, "Peach Blush Modesty." Peaches have a white, downy fuzz on the outside which softens the glow of their rosy cheeks. When that fuzz is removed there is no longer that modest blush but a strong, straight color which lacks the charm it once possessed. Woman in her pure, heavenly state is like a blushing peach. She is clothed in spirit with that soft, white garment of modesty which serves to enhance her beauty. If she happens to lose that modesty by bold actions or improper attire, she lacks that strange power to attract and to bless others God intended her to have. She may still attract but only as one beast does another. She has lost her divine covering and the respect that belongs to her.

We see many such women in our transcontinental tours. They have nothing to offer but bold brazen limbs and bosoms and a few other samples of nudity which they faithfully keep on display. Now they sally forth to sell themselves to the highest bidder. Their method is to expose their charms to the sight of the conductor and passengers of a railroad coach until some experienced traveling man who never saw a woman before (?) hence is perfectly excusable for allowing his

innocent vision to wander, turns his fat neck and almost bursts his bleared eye balls staring at her. An engagement is made and she gets her sleeper free that night or rather at a price too high for any woman to pay.

Now, ladies, it is bad enough for harlots like those to peddle their wares and advertise themselves, but really, my dear sisters, are you willing to be classed with them ? How can we tell the difference when you, too, have about the same indications of immodesty?

When the peach fuzz is removed from the peach it can never be replaced, the peach forever must carry that bold luster and so it is with woman; once the peach blush modesty is removed by exposing her person to the public it, perhaps, will never be replaced.

The art of blushing is becoming a lost one. God spoke through the prophet Jeremiah concerning the women of this age, and said, "Were they ashamed when they had committed abomination? Nay they were not at all ashamed, neither could they blush; therefore they shall fall among them that fall." Jer. 6:15.

Woman ceases to have a grip upon men when she thus ceases to hold her dignity. Men admire a blushing maiden if she be pure and innocent, but it is difficult to find even high school girls these days who are innocent enough to blush. The following are the things that have ruined modesty:

1. **APING MEN.** A masculine woman ignores modesty and detests blushing. She struts about like a peacock. She swaggers, takes long strides, smokes, crosses her legs and cuts her hair like the men. Her feminine garb is exchanged for a mannish one. Man does not admire her. He is rather disgusted for she is but a mere counterfeit, while he is the genuine article. Why do not men respect women as formerly? A dear old lady fainted on the street car recently because no man gave her a seat. I chided myself then for not having given her mine. When I related this circumstance to husband, a minister who was with him spoke up and explained why men do not offer women Seats as they once did. He said it is because woman is so masculine they can't respect her. A high school boy sat in a street car by his mother who whispered, "Son, there are several ladies standing, would you not like to give one of them your seat?" Looking around, and not seeing any woman he really thought looked feminine enough to demand his respect, he was quiet a moment then answered, "Well, I certainly won't give up my seat to a woman who bobs her hair. If the women want to be men, let them take the whole ticket and stand up." Presently an elderly lady with long hair entered. Up jumped the lad and stood gallantly while she sat down. If women knew how men rate them for aping them, they certainly would be more original and more feminine.

2. The next reason why blushing is almost obsolete is because woman dresses as she does. She has no conscience about exposing her form to public view. In bathing suits she promenades the beaches, sits in the sand and in boats

with men and laughs and talks boldly. Her skirts are too short, her neck is too low. No pure woman is willing that any man outside her family should see her as void of clothes as many women go in public.

When men sit across the aisle from some women on a street car they see without any effort bare legs (covered only by chiffon hose), garters, teddy bears or bloomers and often bare knees. If they do not see more it is not to the credit of the brazen possessor of the bold legs but rather to the credit of the onlooker who turns his head and cranes his neck until the cords ache to keep his eyes virtuous. There are a few pure men, but it is not to the credit of the average woman that they are so. The daughters of Eve are leading men astray. Woman has it in her to tempt the best of men and does her "dead level" best to do it. Are you one of them? Let us resolve now, ladies, that when we leave this assembly, we leave it to bless and not to curse men; to protect and shield, rather than to throw temptation in their way. The pastor of one of Los Angeles' leading churches said that man is weak and needs the help of woman to be good: but instead of getting her assistance, he is cursed and pushed down by her. She should protect and shield him from impure thoughts, but instead, she flings her charms unasked right before his eyes everywhere he goes; and throws temptation in his way as though determined to make him fall if she can. Reader, are you of this class of women? Are you training your daughter to do this nefarious work by dressing her in such a way as to expose her knees, arms, neck and form? Let us live so that we may meet every man at the Judgment feeling perfectly clear in declaring our innocence on this line.

**3. UNDUE FAMILIARITY.** This is the third reason why blushing is so rare among women. To many girls, flirting seems but innocent fun. A good time means to them indulging in undue familiarities. These cannot help but ruin peach blush modesty. Shall we explain? To allow a young man to caress one to whom he is not engaged is to wrong both him and her. Any girl who allows such liberties is doing her friend a positive injustice. It hurts her by rubbing off her beautiful modesty. It hurts him by making him more unfit to face the world, and by robbing him of that particular mental keenness that makes new enterprises and original planning possible. Besides this his will is weakened and his innocence marred. He will never be the man he would have been had you not lured him on and allowed liberties for this is a sin man never fully recovers from though he becomes a Christian.

Mrs. Elizabeth Boutwell, in her beautiful book, "When Your Knight Comes Riding," says, "I am thinking of a high school boy I knew. He was particularly attracted to a girl who was making clean living hard for him. After an evening of that sort of amusement, he would go home to face the inevitable struggle. Many a night he rose from his bed, switched on the light and read the night through, rather than face his thoughts. Oh, it's unfair, and the woman holds the weapon in this case. Think of all the efforts and plans and prayers that have gone into the making of that young man for a clean, fine life, and a careless girl makes these principles totter just because she wants a little fun. How fine it would have been if that girl

could have come to him in his imaginings, typifying all that was pure and lovely in womanhood, holding him up to his high standards of manhood."

Again this author says, "If you really want the man to care, make him keep his hands off you."

"A young man and a girl were sitting side by side on a rustic bench in the soft moonlight shadow of a rose vine. He had known the girl for just a few weeks, and as yet had no thought of marriage, but this evening he had been rather persistent in his determination to put his arm around her. Finally she very quietly told him her ideals, what the keeping of them meant to her, and what she thought friendship between a man and a woman ought to be. Before she had finished, he said abruptly:

"I wish you'd quit."

"Why?" she asked a little hurt.

"Because, I'll be wanting to marry you in a minute," he answered.

We are told that the girl a man is allowed to kiss is not the one he wants; that the girl he is not permitted to kiss is the one he most fondly desires.

A clean record is worth millions and should not be bartered for a moment's pleasure. A fine young man who held a high position once wrote a description of the sort of a girl he wanted to marry. He said, "She must be high principled, and untouched by other men. That I believe is the primary attraction when a man is looking for a girl to marry. I am not asking more of her than I am willing to give myself, and I know the price we both must pay to be able to meet that requirement. A clean man demands purity of heart and mind in the girl he wants to marry."

King Solomon, who was well acquainted with women, said, "Who can find a virtuous woman for her price is far above rubies."

You will never regret it if THE FIRST KISS be saved for the one to whom you are to be engaged. You are to be like the first unfolding of a white rose just plucked from the dewy garden, fresh and sweet, and not like a wilted one that has been handled and soiled by others. Imagine the pleasure it will give you to be able to say with lips of innocence to the person God appointed for you, "You are the first man who ever kissed me."

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"Ring-a-ling-a-ling," went the telephone. It was a sweet voice that called, the voice of an author. "Say," said she, "when you write that chapter on 'That Other Man,' put in this little incident."

A nice girl married at seventeen, too young to know what real love meant. She did not at that age know how to choose a husband, hence the one she took had many serious faults. A fine Christian man came and boarded with them. He was quiet and reserved, and in contrast with the man of the house made a fine appearance. Young Mrs. \_\_\_\_\_ could not help noticing this and soon found her mind dwelling upon the situation. Nothing was said and no looks exchanged; he probably knew nothing of her feelings, but to her it was a serious temptation which she found herself fighting constantly. Every time she was attacked with those thoughts she prayed for deliverance and finally it was given. Now this might have ended seriously had not the thought been crushed in its incipency. O that all might know how to check evil desire as did this true bride of tender years!

We at one time had in our home a sixteen year old girl whom we took to an evangelistic service held in Cleveland, O. The crowd was great and the service inspiring. She had never been to such a place before, as her environments had been of the low order. She was so taken with the singing, the heavenly spirit of the place and the clean, holy appearance of the young evangelist that she became foolishly enamored of him and entirely lost her heart. This was all on her part for he knew nothing of her infatuation for him and would not have been affected if he had.

Such foolish emotions may be avoided by resisting the first encroachment and going to God for assistance.

It is natural to seek sympathy. When a woman cannot secure that which rightfully belongs to her from her husband, Satan usually provides temptation. Either he suggests retaliation and hard feelings which may end in divorce, or he plans to bring about an acquaintance, which will supply the needed sympathy. This may be in the person of a gentleman who, from the kindness of his heart, offers assistance. He has no thought of sin but is perfectly honorable. However this benign spirit and holy demeanor present such a pleasing contrast with the spirit of her unkind husband, that if she is not on her guard, her heart will wander.

I have a friend, who told me this story in substance: "My husband is a minister, has always been good to me. Some time ago there came to us for advice a poor woman in great distress of mind, over her trials incident to widowhood. We took her in and did all we could for her. My husband gave her money and tried to help her in getting her business affairs arranged. I thought nothing of it but was only too glad we could help her for she seemed to be a good woman and really needed assistance.

"But since then, an infatuation has arisen on her part and though she does not now need our help, she still hangs around and throws out temptation to my

husband. Her weakness has appealed to his strength and he does not now seem disposed to resist her approaches and while I have no reason to think that they have gone into crime, yet it is there, in spirit and has almost wrecked my home."

There are times when all women need assistance of some kind from members of the stronger sex. It is all right to accept such assistance but let us as true women, be perfectly honorable, not only in act but in spirit, so clean and pure that God himself can not find a thought, or a motive, or a desire that He can not endorse. Only such characters are prepared for heaven. Right here let us explain that evil thoughts flit through the air, sent like poisoned arrows from hell. We sense them, but as long as one keeps up a holy resistance and refuses to accept them as his own, he is clear.

While it is no worse for a woman to flirt than it is for a man, yet the sin in either case is so heinous that the Bible speaks of it in the most denunciatory terms. Infidelity in the marriage relation is a crime next to murder. Solomon likens it to a fire, that burns one, leaving an everlasting scar of reproach. David almost wept his eyes out because he thus sinned, and though he was forgiven yet the sword never departed from his house.

It is well to occasionally call one's self aside for a little private conference and ask a few such questions as these:

1. "Do I ever act in such a way as to indicate to my conscience that I am not as true to my husband as I could wish him to be to me?

2. Have I acted when under temptation as I feel that Jesus Christ would act were He in my place?

3. Do I always avoid throwing temptation in the way of men by way of immodest attire, look and manner? Am I as conscientious in this respect as I would like to have every other woman be when in the presence of my husband or son?

4. Do I ever, when phoning to a man, drop a word I would omit were my husband listening?

You may think these questions too close; yet they are but the spirit of the gospel and should be asked by both husbands and wives.

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## **09 -- THAT OTHER WOMAN**

"But how shall I treat her? I can't bear the sight of her. A woman who has caused me as much sorrow as she, should be treated like a dog! I hate the sight of her! O what shall I do?"

**These are the thoughts that harass the minds of that unfortunate class of women whose lot has been cast with a meal if not a genuine polygamist.**

**There is scarcely any sorrow comparable to that which such wives endure. It is their lot to die by inches and to pine away in grief, as long as love exists. However, when that dies, a certain freedom, of spirit returns. The wife has become hardened to her troubles and an independence of spirit possesses her which gives her a little relief. It is well if to drown her turmoil of feelings, she does not take the course her husband has pursued, feeling that she has the same right to find her affinity outside the home.**

**Many sorrowful wives have unbosomed their woes to us. O how we wish we might help them! For the sake of such we give the following thoughts:**

**1. Consider the cause of your woe, and by a certain mental attitude, place yourself in a position where God will begin at once to work for your deliverance. Such a mental attitude is suggested by the following questions, which on your knees before God you may ask yourself:**

**2. Am I the kind of a woman I ought to be? Have I ever set a wrong example to my husband, not in great sins but in minor details?**

**A young married man had convictions against certain minor things that in themselves were not exactly sins but as he felt, slight hindrances to growth in grace. His bride did not approve of what she considered his super conscientiousness and asked advice as to how to treat the matter. One who had observed human nature advised her not to say a word against his convictions for, said she, if you cause him to violate his conscience on those small points, it will become easier for him later to violate his conscience on more vital ones.**

**3. It is the easiest thing in the world to justify self, but the safest thing is to take all the blame upon one's self that is possible. Now in the light of heaven, looking at things just as you will when you are dying, is there a thing in your past life that you wish had been otherwise in your relationship to John? It is evident that love has died or he would not do as he has done. Does he see anything in your heart or life that is in the least unChristlike? Have you ever spoken unkindly to him without making an apology? Does he have the utmost confidence in you as a true Christian? If he were desiring spiritual counsel, would he feel that your life could give it to him? Would your prayers satisfy him in a dying hour?**

**Will you pardon me, precious little sorrowful one, if I probe in a little deeper? You know this is just between you and me. If I were dealing with John it would sound far different. I would hold you up as the idol of his heart and deal only with his offense. He will never know of our talk together.**

**4. Shall we continue our heart examination? All right, here it is. Ask yourself this: "I wonder if I had been a better wife to John if he would now be a better husband to me ? While his sin is a thousand times worse than my minor faults, yet it may be had I been more patient, more affectionate and more devoted to Christ, he might be a different man."**

**I have known men to become so discouraged over the fact that they had no cheerful home life, that they sought other places to spend the evening. It is a true woman's pleasure to make home just as comfortable and attractive as possible. I do not mean expensive, but neat, clean, and cheerful. When a man comes home in the evening tired and disgusted with something that has gone wrong with his business, it is God's plan that he should find a haven of rest at home by his own fireside and in the heart of a cheerful wife. Don't let him come home and find things cheerless and untidy, with the sitting room littered up and the hearth unswept, and the evening meal not on time. We wish we could impress upon women the absolute necessity of keeping up their end of the work. Of course if John is indolent and lazy, and lets his wife make the living, besides keeping house and raising babies, we shall not condemn her whatever she does.**

**If she is like a friend of ours who has to keep boarders to help make a living and then when the board money comes in, is not allowed to handle it even for groceries until it is dealt out by her husband, "the lord of creation," why then of course, that's a different story (and by the way he is a professing Christian).**

**Now since you, little afflicted wife, have taken all the blame upon yourself that you conscientiously can, you have placed yourself in a position where your heavenly Father will undertake your case, for He is always on the side of the one who abnegates self.**

**5. In the next place, never speak hastily to John regarding his heart wanderings. The less said the better. If you express confidence in him it will cut him deeper than anything else you can say. Your kind, sweet, patient spirit will be a source of constant conviction to him.**

**If he ever makes any concessions or apologizes for anything, show him that you are most ready to forgive. Some men who are suffering under the load of a guilty conscience would apologize if they felt assured that they would be thus pardoned without any upbraiding word added.**

**Does your husband know that if he does apologize it will be heralded abroad? Does he have confidence in you as able to keep a secret? Does he feel he could unbosom his whole soul to you and rest assured it would go no farther? I know a man who dares not confide any thing to his wife for she talks too much. This in itself places a barrier between them and prevents sweetest fellowship.**

6. And may we go farther? Have you ever tried to tempt another by the way you acted, or dressed, or spoke, or laughed; by the spirit you manifested or by the look of your eyes? Not that you, for a moment ever thought of outward sin, but possibly you went just a trifle too far to tempt in spirit just to see what you could do.

If in your girlhood days you have been thus guilty, consider how easy it was to thus err, and let this soften your ire toward that other woman. If you have always been true and pure, you have a double claim upon God to protect you now and help you out of your difficulty.

7. Now as to the other woman, let us consider, first that if you wish to stop a wrong affinity, you will have to be divinely led, for dispositions are different. If the woman is more or less conscientious, and has been drawn away unawares, just a kind word of admonition will likely set her right. If a friend could speak to her about it instead of you, it would be more effectual.

If, however, her affections are clear gone and she is an adept at sin, no amount of talking will help, but will rather hinder and may drive her closer to your husband.

One of the most beautiful illustrations of how to treat the other woman came under my observation recently. A minister's wife's chum fell into temptation, being wooed away from her moorings by the minister himself. She was innocent at first, for being a young convert she looked up to this man with great awe and respect. He called upon her at her home to pray with her and finally his visits became more frequent when he took time to study the Bible with her. As her husband was unsaved, and her heart was hungry for Christian fellowship, she appreciated the calls of the minister. The snare was being set for her unwary feet and finally her eyes were opened to the character of the man who was her spiritual adviser. The villain accomplished his purpose and she was left a helpless, hopeless victim of his beastly nature. His visits continued. All this time her husband was out of town, and now an operation was necessary to cover the crime.

During her sickness this minister's wife came to see her and prayed with her, as an angel from heaven. She had had a like experience before and knew the weakness of her ministerial husband. By some unknown means she had acquired sufficient grace to bear up under such tragical experiences and now was as sweet as heaven. Her attitude toward her chum never changed. This weakened the nerve of the fallen woman, who more than once reiterated to me the superb kindness of her friend who appeared to her like an angel. Our unfortunate woman at last confessed her sin to her chum, and broke down and wept so loudly she could be heard quite a distance. Instead of upbraiding her, the minister's wife knelt by her side and putting her cheek against hers, wept with her. At the present time the penitent woman hates as a demon her seducer, but worships as an angel that wife of his.

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## **10 -- HOW I ESCAPED**

**We herewith give the interesting experience of a conscientious mother in Israel whose name we withhold. "Only that another might be helped to find his way through a similar temptation, could I speak of anything so absolutely between myself and God; even if my name is not to be connected with it.**

**"It was at a gospel mission in the city of Blank where we first met Brother L., learned something of his history and became acquainted with his family. He had been saved some five years, but had much still to learn. He was a quiet, thoughtful, earnest man, intensely interested in the salvation of souls.**

**"His wife had been raised a strict Catholic, had been converted, but much of the past still clung to her, and hindered her growth in grace, and she needed mothering and encouragement. My heart went out to her, for she was failing in health. My husband (who had never been converted) had been trying in a half-hearted way to find salvation, thought a great deal of Brother L., for he had won his confidence in trying to help him, and he was always glad to have him in our home.**

**"Unconsciously I am always studying character, and as I studied this man, I saw a soul deeply saved, sincere, reflective, considerate, and honest to the very core; with so truly humble a spirit, that there was a wonderful transparency about him and in his every movement I saw God. Later on he moved north and to our astonishment we heard that he had been drawn in with a man who had gone far into the absurdities of self-exaltation.**

**"But I said, 'No, Brother L. is an honest soul, and a true child of God, and it must not be, and I laid hold on God in desperate prayer, for his deliverance and would not be denied. God did deliver the man, and later on he came and told us about it, with deep humble gratitude to God. And as you may know there was a sacred fellowship; for we could but rejoice with him and praise God for His gracious intervention.**

**"At that time I had come in contact with very few, who had found that upper pathway (Job 28:7) where in every department of life God was put first, with all that hallowed blessedness that follows as a result. And you know when you meet with a soul, who has caught the same beatific vision that you have, be it man or woman, there is a fellowship in the Spirit, deep, sweet, and pure as the angels in heaven; and for the time being all else sinks into oblivion.**

**"It was so in this instance, and husband seemed profited and encouraged in these interviews and prayers together, for he was really hungering after God. My grateful appreciation of his interest in my unsaved husband for whom I had prayed**

so long alone, and seeing God so wonderfully manifested in the man, engendered an unusual appreciation for his true worth which was perfectly right.

"Sometime later he took his consumptive wife into higher altitudes and we did not hear from him for a long time. Husband missed his encouraging visits, and would often say with a sigh, I wonder how Brother L. is getting along with his sick wife. I, too, missed those seasons of prayer and fellowship in the Spirit, and found myself thinking a great deal about the man battling with sickness and poverty far away from old friends; and I just felt sorry for him instead of praying for the grace sufficient to help him through triumphantly as I should have done.

"The first intimations of the workings of my humanity, as I saw it in looking back under the illumination of the Holy Spirit were:

"First, a weak human sympathy, supplanting that heroic divine sympathy which endures as seeing him who is invisible, and takes the victory for those under trial.

"Second, the longing for that fellowship in the Spirit., and letting the mind dwell more upon the channel than the source.

"Third, by a peculiar eagerness of desire to see the man.

"Fourth, an intense insubmissive yearning to hear from him.

"Fifth, by a slight, strange, inward tremor at hearing his name mentioned.

"These were the steps I had unconsciously taken, before I realized what it had meant. And I assure you I was shocked, and well I might have been; for I was treading on dangerous ground: the very quicksands into which many a soul has sunk to rise no more (Ps. 94:18).

"I took my stand against that thing at once, and cried out to God, that it go no further, pleading the merits of the atonement, and the cleansing of the thoughts of my heart, and trusted my Savior to stand between and soon all was quiet and peaceful (Phil. 4:7).

"Some months afterward Brother L. in passing through the city came for a brief call between trains, and told us of the final glorious triumph in the last few weeks before his wife's departure, adding gravely, 'It is a wonderful thing to really get through to heaven.'

"His face was wonderfully illuminated with reflected glory as he quietly and humbly spoke of the gracious dealings of God, and the fellowship in the Spirit was deep and sweet -- as pure as it will be among the saints in heaven. We wept with him to the train, and bade him goodbye, and as we returned to the house, a great

longing for the continuation of such soul fellowship almost overwhelmed me. But my heart said, 'No, not here, not here. It will be like that over there, but no, not here.' And with one long, quivering sigh, that seemed to come from the subterranean channels of my soul, I cast Brother L. with that sudden rush of temptation of desire for that wonderful fellowship, far out on the Ocean of God, and soon he was lost to my view.

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## 11 -- THE JEALOUS WIFE

One of the saddest things that can arise in the home is suspicion, or jealousy. There is nothing complimentary that can be said of this passion. Love is not dependent upon jealousy for an existence and is far better off without it. Many broken hearted wives have poured a sample of their sorrow into our ears and it is with a soul beating with a desire to save other hearts from this sorrow that we pen these words.

Many a dear buoyant girl has, like a birdling, flown from the home nest, care-free and happy only to fall into the cage of despair after a few months of married life when we find her a broken-winged little creature fluttering against the bars of fate almost ready to expire. There is only one hopeful thought connected with this and that is that though the injured one was once heedless of God's call and careless regarding eternal things, this sorrow brings her to a sense of need and helplessness which throws her upon God's mercy. Listen, hear her pleading between her sobs, "O, Lord, have mercy, have mercy." He is the compassionate Father who loveth to comfort and the little broken hearted wife at last finds herself in the arms of Him who said, "As one whom his mother comforteth, so will I comfort you." Many a woman has thus become a follower of Jesus. Would that she had yielded to Him earlier in life when it might have been done without this great sorrow, but since she did not, thank God for the disappointment.

Jealousy causes thousands of women to suffer untold agonies. It is sad indeed when there is cause for jealousy, however, much of it is not at all needful. It is the result of imagination or of jumping at conclusions. Happy is the wife who can hold her tongue at such times until the truth is known, for to accuse an innocent one of guilt is a serious thing and does not increase love.

You may have read of the young bride of the New York millionaire. She was riding in her beautiful car one day when she accidentally discovered her husband walking up a side street with a strange woman. Quickly she ordered her chauffeur to turn and follow slowly to see where the couple were going. They watched until they saw them enter a certain building. The fluttering hearted bride took a pencil and noted the address. That night at the dinner table her husband was hurried and pressed in spirit.



"My dear," said she gently, "what is the trouble?" "Oh," said he, "I have an engagement to speak at a Wall St. club next week and I must practice down town tonight." Controlling her feelings the best she could for she did not believe him, she said sweetly: "And what is your subject?"

"The Blessedness of an Ideal Home."

"That's a very beautiful subject," said she gently and added nothing more.

Knowing the hour of his appointment she ordered her chauffeur to take her to that number. Entering the building which was full of offices, she heard her husband's voice in a center room. Calling for the porter she asked if there was any way one might look into that room from the floor above.

"Yes'um," he answered. Placing a twenty dollar gold piece in his hand she asked him to show her how to proceed. After moving a lot of furniture, he showed her an opening in the floor. Now was her time, for she was sure that a woman was down there with her husband. Yes, there she was, he was sitting by her at a desk. They were talking, really now she had caught them but what could they be saying? She bent low to hear.

"No, you're not saying that right, Mr. \_\_\_\_\_. Put more expression in that," said the woman sharply. Meekly he took her suggestions, practicing his speech over and over as she poured on the criticisms.

Satisfied and relieved to find that her husband was only taking an elocution lesson preparatory to his addressing the club the following week, the millionaire wife slipped quietly into her car and sped away, happy that she had not precipitated trouble by expressing suspicion.

How many of our fears and suspicions would thus flee away if we but knew all things! But since we do not know, it is safe to believe in others until they are proven guilty. Faith begets fidelity and enhances love. Under pressure and suspicion it is wise to hold still and wait. If one has not sufficient grace to do this, before speaking, she should let this thought inspire her, "To hastily express myself now will lessen my husband's love for me and thereby lessen mine for him. It will moreover cause friction which may result in something more serious."

"If -- and it is quite possible -- your husband has a former 'sweetheart,' a girl whose name has been mentioned with his, and she forms a part of your social group, the most foolish thing you can do is to treat her with coldness. If -- which may also happen she takes every opportunity to draw your husband's attention to herself, do not be so unwise as to pay attention to it. Do not take your husband's former 'sweetheart' seriously and go so far as to take your husband to task for something of which he may be innocent. There is always the possibility that his interest may be aroused, and he may take her seriously too, if he sees that you do."

**Endeavor to conquer jealousy, which is the greatest enemy of your effort to build up a strong, beautiful character. Personal charm is marred more by this passion than perhaps any other one thing.**

**"Jealousy is cruel as the grave; the coals thereof are coals of fire, which hath a most vehement flame." Cant. 8:6.**

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## **12 -- HOW TO PERPETUATE THE HONEYMOON**

**Our mail carrier was on his vacation.' A new one taking his place, brought one letter instead of our usual large bundle of mail. He apologized for it when I answered, "It's only one but it's a good one, it's from my sweetheart." Then inwardly chiding myself for being so bold to a strange man, I blushingly explained that the letter was from my husband, that we had been married over twenty years, but our honeymoon was not yet over.**

**"What?" said he in astonishment, "how do you do it, how do you do it?" Not wishing to talk longer to a stranger I attempted to drop the subject and let him go, but he was intent on knowing, so I hurriedly explained, "Why the way we do it is to always be ready to apologize for every little thing that may have caused offense." There were many other things that should have been mentioned but this one seemed the most important. The others follow.**

### **The Wife's Part**

**There are two parties responsible for a felicitous honeymoon, the husband and the wife. If one fails the other cannot make up the deficiency. So it will be necessary to deal with both sides of the question. First we shall consider the wife's part of the responsibility.**

**1. Psychology tells us that as a rule, women are more cheerful than men. If this be true, it is their duty to fill the home with sunshine and cheer, and show their love in their own feminine way. One writer likens woman to a chirping bird, and says that sedate men love cheerful women, as they are their opposites. We have seen more than one beautiful woman who had a most charming personality ruining her looks by going about sad and despondent. Smiles help anyone's appearance.**

**2. There are times when both husband and wife should study to avert conditions that might cause friction. They must be able to bear and forbear, to forecast approaching storms. For instance it is one of those gloomy days when things all seem to go wrong. Husband comes home cross. He seems fretful and worried and does not feel well. He complains at things that he usually would not notice about the house. Instead of flinging back at him, the true wife studies the**

situation calmly and surmises that her husband has had some disappointments -- that things have gone wrong with him some way, and it is her time to show her best traits of character. She extends sympathy and quietly seeks to relieve his feelings. She appears not to notice his unkindness but sweetly passes over his small offenses. She gets the family seated at dinner as quickly and as quietly as possible when she emanates smiles and sunshine and seeks to avert any unpleasant conversation. She never refers to any unfortunate happening of the day and does not mention any subject in which her husband is not interested, knowing that the clatter of unnecessary words grates upon a tired man's nerves.

It is not long until he says to himself that his home is a haven of rest and he glances at his wife and mentally asserts, "She's an angel."

3. In order to perpetuate the honeymoon a wife must avoid all nagging and fault-finding. Married people are together that they may be helpers to each other and this of course sometimes means sacrifice. May we here give a man's view of this subject as found in "Sex Life and Home Problems," by Anderson?

"Do not nag and find fault with each other if you desire to keep the love-light burning. A man hurrying to get to his work caught his coat on a nail and tore it badly. When he asked his wife to please mend it, she snapped out, 'Just like you! Why are you so careless? Give me your coat. Seems as though you think a woman can drop everything and wait on you.' She sewed up the rent, pressed it nicely, and tossed it to him with an air of, 'Take it and go.' He thanked her and went to a hard day's work with somewhat of a heavy heart.

"Another man tore his coat in the same way. His wife said, 'Accidents are liable to happen: give me your coat, husband. I can't do such work very good, but you sit down here and I'll do the best I can.' So they sat down and talked while she sewed. Soon it was done, and she said, 'There you are; it isn't very good, but it is the best I can do in such a hurry.' They exchanged tender looks, and he was gone. This man thought, 'God bless my wife,' as he rushed out to meet a cold-hearted world, and he felt strengthened. His wife is his tower of strength. The wife watched him go and thought, 'God bless dear husband in his unequal struggle with a selfish world,' and began her day's work with pleasant thoughts. Trouble was averted, and the ties of love, confidence, and co-operation were strengthened in that home."

4. All the fundamental rules of etiquette which were so heavily banked on before marriage must still be observed. Volumes might be needed to explain them all, but the most condensed form is found in 1 Corinthians, the thirteenth chapter, which is the finest dissertation on good manners ever written.

### **The Husband's Part**

Blue Monday has arrived. Wife is nervous and almost cross. Everything troubles her. Her work worries her and she seems pressed. At such times husband

**makes it a rule to act the part of a knight, to come to her relief in offering assistance, expressing appreciation, or absenting himself when it is for her happiness. If he finds that he has been in any way responsible for her depression of spirits, he resolves that it shall not happen again. By acting the part of a lover he brings sunshine and smiles back to her face and she says to herself, "He is the most gallant man in the world my adorable husband !"**

**Again we quote from Anderson.**

**"When a man takes a young woman away from her parental home he assumes grave responsibilities, not only from the standpoint of those left behind, but from the standpoint of the woman herself, for she has risked her future, her body, and almost her soul in the keeping of the man she loves. Upon him depends, more largely than he perhaps suspects, whether her path will be strewn with flowers or with thorns.**

**"Above all, do not be dictatorial in the family circle; for nothing else (except lewdness) will so chill the holy warmth of love as for either husband or wife to presume to be 'boss.' Let your wife understand how your business is going, and do not ignore her advice, for in many cases it will be found to be nearly correct. How she comes to a conclusion so quickly, no one seems to understand, unless she does so intuitively. While we men are still figuring and comparing, she arrives at the answer. Her counsel is valuable.**

**"It is her right to govern and direct domestically in the home. In fact, it is her province, her natural field of labor. You would not expect her to come to your shop and give orders as to how you should do this or that; and you should remember this when you are tempted to dictate in the management of the house.**

**"When she 'fixes up' the home in a new way, or prepares a new dish, with perhaps the sole object of pleasing you, do not ignore nor criticize the result, nor suggest improvements unless requested to do so; for in many a home such actions have taken off the keen edge of love to please.**

**"In her young days she may be inexperienced in the economical buying of household necessities, but your taking a considerate attitude and giving liberal praise when expedient, will make her bend every effort to develop, and with proper encouragement she will likely prove to be an apt pupil. Many husbands, I fear, do not realize how happy the wife is made when her efforts to please, to economize, to make the home surroundings pleasant, are duly appreciated.**

**"Do not make her your legalized slave. Have regard for her feelings always. That which God designed to make your home a paradise will, if reverted, make it a vestibule of Gehenna itself.**

**"The wife's health must be taken into careful consideration; for upon it, naturally speaking, hang all the comforts and blessings of the home life. She is built upon a different plan from man, and, when she is in a delicate condition, things that appear ridiculous to you may weigh heavily upon her, you must therefore be considerate and treat her with the tenderest care, sympathy, and love.**

**"Do not plan to use your whole time in the shop, but plan for an occasional vacation day or week. A man one time said to me, a few days after he had laid his wife away on the hillside, that if he only had her back again he would treat her much differently, would help dress the boys perhaps, and take her to the country one month out of every year, away from the rattle and noise of commercial life, and the treadmill of the household's endless work. His thoughts were good, but they occurred to him too late."**

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### **13 -- THE VALUE OF CONFESSION**

**There are many things that enter into our lives that we do not appreciate and one of these is the duty of confession and apology. But so long as we err we place ourselves under the necessity of correcting that error by a verbal renunciation of that act. We are all human and cannot boast of perfection of judgment even though the heart may be holy; hence are liable to say something that afterward we see would have been better unsaid. In order then to keep the favor of God and the unity of the Spirit it is our duty at such times to apologize, taking all the blame upon ourselves without insinuating that the other party was also to blame.**

**This is the only way to preserve the honeymoon and continue friendship with others. "A wise man changeth his mind seven times but a fool never."**

**A person who never apologizes is either mentally deficient or spiritually so. if you wish to have no influence over others, bolster yourself up with pride and never apologize. We once knew a woman who, though she erred exceedingly in dealing with the little ones under her care, never asked forgiveness, and as a result lost her influence over them. A school teacher who makes many mistakes in teaching, feels it beneath her dignity to acknowledge it. She is constantly sinking in the estimation of her pupils, not because she errs in judgment, for all do that, but simply because as one of her pupils says, "She stands up for herself."**

**A wonderful example of true humility is found in the life of Mr. Talmage, father of the late T. DeWitt Talmage. In the course of the day he had been unnecessarily severe in reproofing one of his children. His conscience was disturbed and he felt it his duty to apologize, but would not do so privately as the offense had been committed in the presence of the family.**

That night when all had gathered for evening prayer, Mr. Talmage stated that he had a confession to make; that he had been mistaken in his judgment of the child and humbly apologized for having reproofed him too severely. Then they all knelt in prayer, each child feeling that the religion father professed was the genuine kind.

Such a lesson in true humility, the family never forgot and Mr. Talmage's act at this time has stood as colossal monument to his memory.

When King David was being driven by Absalom from the throne, and was wandering up the hillside sorrowing, an enemy came along and cursed him. "Shall I kill him?" asked a servant of David. His humble answer was, "Let him curse, because the Lord hath said unto him, Curse David... Let him alone and let him curse for the Lord hath bidden him. It may be that the Lord will look on mine affliction and that the Lord will requite me good for his cursing this day." 2 Sam. 16:11-12.

Thus meekly did the king accept injury as from the Lord, knowing that "he that humbleth himself shall be exalted."

There is a way to keep God on your side and that is to take the humble attitude, for as Solomon said, "By humility and the fear of the Lord are riches and honor and life."

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## 14 -- WHY SOME WOMEN AGE YOUNG

It is natural and right to want to ward off old age, for in man's fallen condition, old age means infirmity. There are some people who at the age of seventy are younger in appearance than others at fifty or less. This is due to several causes, some of which we shall consider here, particularly those which pertain to women. Old age is brought about by

1. Youthful Marriages. To marry young, often sets the hour glass of life ahead many years. To assume the responsibilities of married life is no joke. It brings on old age too soon for, the indoor life, the heart throbs of care if not jealousy and revenge, then perhaps motherhood and all else combined, crowd out youthful, carefree years which belong to every girl.

We quote the following from Dorothy Dix's question box:

"Dear Miss Dix -- I am a girl of 17 and am going to be married soon. What should I wear? A wedding veil or not?"

"Answer: A fool's cap is the only proper headgear for any girl of 17 to wear when she gets married. Don't do it, my dear, because if you marry at 17 you are

virtually sure to ruin your life. You haven't one chance in a hundred of being happy. If you could read my mail for a single day you would draw back from the edge of the precipice over which you were about to fall to be mangled on the rocks below. For you would read dozens of letters written by women of 25 or 26 who say that they were married when they were 17 and now they find that they are tired of their husbands and have fallen in love with someone else, or that they have two or three little babies and that they have never had any pleasure or gay carefree girl times and that they are so miserable they wish they were dead. Wait until you are old enough to know what kind of a husband you want and to assume the responsibilities of matrimony before you marry.!

2. Worry. A second reason why some women age young is because of worry. I once asked a colored woman why her race did not show age as do the white people. Her answer was that she thought it was because her people did not worry yet they have a great deal more to worry about than we. There is scarcely a wrinkle in the face of an aged Negro, and his hair does not become gray young. A very black colored man answered my query thus: "The white folks worry: the black race do not worry, and that's the majority of it."

There is only one true way to refrain from worry and that is to rely upon God. Does He not say, "Casting all your care upon him for he careth for you"? Go alone in your room and upon bended knee talk with your heavenly Father every time cares press in. Do not allow them to corrode in your heart. Pray through!

Your God loveth and careth for you. If you are in the habit of frowning and wrinkles are forming as a result, it will help if you put up a little motto such as "Smile," or "Look Pleasant," in your room, also in the kitchen.

3. Overwork is another cause of old age. In order to prolong life and youth, decide here and now that you will endeavor not to overdo again. There is a way out. If you cannot see that way ask the One who revealed the hidden spring of water to Hagar, to show you how to make your work easier.

"O, I never pray about such trifles as that," says one. Well, if not you have not yet learned the blessedness of sweet communion with your Lord. "Even the very hairs of your head are all numbered." This means that the minutest details of your life are precious to Him. If "your body is the temple of the Holy Ghost," as the Bible states, then when you injure that body you wrong not only yourself, and your family but also God, besides showing ingratitude for the life and health He has given. In order to save work, consider the following suggestions:

A. Employ all the labor saving devices you can in your home.

B. Hire a few hours work done each week if necessary.

**C. Teach the children to work. This will try your patience at first and be quite annoying, but you owe it to them and to yourself later on. They will respect you more if you do not spoil them by waiting on them too much. Let the children all be taught to sew on their own buttons, to iron their own clothes and do everything else about the house. Boys and girls alike, need not only this knowledge, but this experience as well.**

**4. Justice. Many women age too soon because they have paved the way for it, hence justice has decreed it. Her wheels turn slowly but surely.**

**I know a pretty girl who was very disobedient and broke her mother's heart. Later, she married. Only a few months have rolled by now, but already old age has set in, and she is pale and wan. The reason is that she added years to her mother's looks before she married. One way to insure youth and beauty is to put both into your parents' lives as much as possible.**

**May we now give a few off hand suggestions as to how to do this. Instead of giving your gifts all to friends outside the home, make your best ones to your parents. The gift of your help and presence will be much appreciated. Buy mother dainty little articles, especially anything that will save labor. If she will use it, a portable bath spray would be fine. A cool or tepid shower each morning will put new life and vigor into her weary body, besides adding roses to her cheeks.**

**Help her plan each day so that she will have time for rest and improvement. Try to make her life just as happy as you will want yours to be when you are her age.**

**Some young married women have the habit of letting mother keep the babies while they go out. This is hardly fair. Mother has been at home so long to rear children that now she should be free. Put yourself in her place and do not expect her to do things for you without pay, simply because she is mother, and has always served you gratis.**

**I heard of an old lady one time who was always expected to stay at home and care for the children, the pigs, chickens, ducks, and cows, while her daughter and husband went out. Fourth of July the young family all went, including the children, to town, but left her to see to everything about the farm. After they had gone and she had washed a big lot of dishes, milk pails, etc., swilled the hogs, fed the chickens, gathered the eggs, and cleaned up the house, in general, she sat down and began to think, "What's the use of my being a slave like this? This is the Fourth of July, a beautiful day. Others are going to town; why can't I?" So saying, she slipped into her best muslin dress, put on her old bonnet and with parasol in hand stood out by the road side waiting for some kind neighbor to give her a ride to town. Finally an old gentleman came along and picked her up. She sat by his side chatting, and confiding to him the story of her sad, old days, and explaining why she was there. No one knows all that was said between them that day, but a little**



later they drove by the parson's home and for a very good reason. Dear old mother whose heart was just pining for love, met the right one that day and two lives were made happy together.

Many young women have the habit of dolling themselves up, taking "facials" and the like, at beauty parlors, but letting dear old mother get along the best way she can. If you, my dear reader, wish to have a youthful old age, instead of using all your time and money upon yourself, give mother some home treatments such as you take from your beauty specialist. Give her some "facials" and shampoos. Rub some of the wrinkles out of her dear, care worn face and see how happy she will be.

She may have been so economical and conscientious in the past that she has not spent a cent on such things for herself but has saved that hard earned money that you might be clothed and educated. Now that you are old enough to pay her back, see that she is rejuvenated in health and in appearance.

Plan vacations for her as well as for yourself. Take her with you joy riding and see that she has time to walk out every day.

It is a fine plan for several members of the family to take the "daily dozen" exercises at the same time as it is more inspirational. These should not be neglected by anyone. While conducting a revival meeting in a coast city, I was entertained at the home of a dear woman who had aged much younger than necessary. Consequently she was stiff, heavy and too large about the hips. I induced her to take physical culture exercises with me. She attempted it but was so rigid in her joints that she could not bend far. It was only a few days, however, before she became limber and showed signs of getting younger instead of older. She was so happy to learn that old age could be retarded. Youth depends upon agility and agility depends upon exercise. Mother may not see the use of such exercises after a hard day's work but if you take them with her she will soon be surprised to see how much better she feels and looks.

A warm bath each evening will greatly aid not only one's appearance, but in warding off disease, but many old people neglect this. So encourage mother by heating the water for her bath, relieving her of work so she may give herself the attention she desires. Attempt to do to her as you will want to be done by when declining years make you inert, weary, and forgetful.

Many elderly ladies have stooped shoulders. Guard" your own shoulders, daughters, by attempting to cure mother's. Let her lie face down while you give her a spinal adjustment in your own way. Rub and punch until the ache is all gone from her shoulders.

Some young women leave their discarded clothing for mother to wear. This may be all right at times, but mother should not be a substitute for a rag bag. See that she has proper clothing that fits well. She has sewed for you many a time until

late at night and she needs a little help now in getting her clothing planned and made. Insist on her having all the care and love that you will wish you had given her after she is in the cemetery.

This may seem strange beauty advice but I think you will find it will work. The Bible says, "Whatsoever a (woman) soweth that shall (she) also reap." Gal. 6:7.

5. Last but not least, some women age young because they have not learned the secret of perpetual youth, i.e., to gaze into the beautiful face of Christ every morning before the world is up, and thus to imbibe and reflect His beauty. This gives one a clean, heavenly look, and erases hard lines of deception, avarice, jealousy, pride, foolishness, impurity, and impatience. To gaze by prayer into the face of Christ gives joy and peace unspeakable. It puts a new luster into the eyes, causing them at the same time to carry a soft, forgiving expression. It gives the countenance a sweet benignity that cannot be aped or borrowed.

"But," many dear women ask, "how can I find time to thus pray? My work is so heavy I just barely get through by night as it is."

There is one sure way and that is to arise early in the morning while the babies are asleep when no one is present but you and your heavenly Lover to talk things over together.

The Israelites went out early in the morning to gather manna which means "what is it?" for they did not understand what it was that had fallen from heaven. Our friends wonder, "What is it keeps you going night and day, well and able to accomplish so much?" It is "what is it" that does it. It is the early, heavenly manna. Just a bit of personal experience: I used to drudge through every day's work disappointed because I could not get time for prayer until I learned this secret. I find now the greatest joy in getting up long before the world is awake to commune with my Savior.

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## 15 -- THE UNWELCOME BABY

Dear afflicted little sister, would you mind wiping those tears away until we can have a little chat ? Your trouble is very different from that of some of our friends who do so long and pray for posterity, and now because another dear little one is coming you cannot be reconciled.

Would you be willing to trade places with those of your friends who would give all they have for your prospects? Tell me, dear, which one of your children do you wish you did not have? Were the death angel to visit your home tonight and demand one child, which one would you willingly offer him?

In olden times it was a disgrace to be childless, and a man was permitted to secure another wife if his first one failed to become a mother. When we were visiting in India, the natives were very much pleased with one of our young missionary couples because of the prompt arrival of a bouncing baby boy. Another couple who were really more experienced in the work, were more or less despised by the natives because the stork did not fly their way for three years after marriage.

King David said, "Lo children are an heritage of the Lord."

I know a woman who, rather than be mother of a large family, has frequent "operations." With hair bobbed, lips painted, and clothes which only partly cover her form, she sallies forth to enjoy her "freedom." Shall we consider the cost of this freedom? (We are not dealing now with the inconsideration of the husband whose liberty of conscience allows her thus to so frequently get into bondage.)

Her body is weakened and health impaired. It requires years to fully recover from such an illness, and even then one is liable to be weakened for life. The mind becomes morose: life takes on a gloomy aspect. Less smiles and less youthful exuberance fill the home. An abortion brings on old age more quickly than do a number of child-births, and when such an illness is planned, it becomes a wilful sin against God and cannot help but carry its own curse. As a result, it affects the soul. Many women from high society have died confessing that they were going into eternity unprepared and that they were going to the Judgment charged with murder. One little woman died a horrible death saying demons had come for her.

If properly trained children are a great blessing; they are little sunbeams. They drive away loneliness, and provide a pleasing occupation for the mother. St. Paul speaking of a certain class of women says, "And withal they learn to be idle, wandering about from house to house, and not only idle but tattlers also and busy bodies, speaking things which they ought not. I will therefore that the younger women marry, bear children, guide the house, give none occasion to the adversary to speak reproachfully."

Children are a blessing in giving the parents something for which to live. They draw us nearer to Christ in our efforts to be more childlike toward Him. They teach us to have the same attitude toward the junior part of the world that Jesus had when He, with his arms full of babies, softened the spirit of His disciples, by tenderly saying, "Suffer little children to come unto me and forbid them not for of such is the kingdom of heaven."

There are myriads of little ones in heaven and none in hell. Miss Marietta Davis, a contemporary of the Rev. John Wesley, in the year 1818, seemed to die, and lay supposedly a corpse for nine days. When she opened her eyes she said she had been to heaven and described her visit to the glory land. Among other things she told of the wondrous world of babies, and said that one great celestial apartment was filled with little ones who had never come to consciousness in this

world, whose baby spirits had been sent hither by abortions. Each was held in a nest of downy love in the arms of its particular guardian angel, whose tender care was reciprocated by smiles from the little ones. There seems to be promotion in heaven and Miss Davis said that when sufficiently developed these babes were placed in a higher realm.

In heaven each saint knows what he did not know on earth, is conscious of the heart thoughts of another and can read his mind. My dear sisters, would you like to be admitted through the gate of heaven some day by a little one who would recognize you as her mother and her murderer, while upon earth?

Each babe sent into your home brings its guardian angel.

Now when a babe is welcomed that guardian angel is also welcomed into your heart and home. When the child is murdered, that angel is insulted and leaves one in darkness of despair.

If for any reason you do not feel physically able to bear the strain of motherhood, my dear, take it to the Lord in prayer. There is a special promise for you. "He shall carry the lambs in his arms and shall gently lead those that are with young." It is best to submit willingly to the inevitable. It may be God has a special blessing to be gained through the solitude and suffering to follow. Much prayer will reveal this to you.

When, as a mother the writer was tied down to the solitude and loneliness incident to such a life, with husband away much of the time, she learned the lesson of securing honey from the rock, sweet from bitter, light from darkness, when lo! and behold, the avenue of writing was opened and thus her desire for companionship was in part satisfied by the opportunity of communing with the outside world by her pen.

The more disappointed one feels over her situation the greater blessing will be hers provided that sadness drive her into a life of self-abnegation, full consecration to God and a life of holy communion with her Maker.

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## 16 -- BIRTH CONTROL

This is a subject that interests nearly every woman. Letters from weary, overburdened mothers are sent to us asking, "Is it wrong to regulate the size of the family?" In connection with this subject there are two things which are generally conceded to be wrong, viz., voluntary abortion which is murder, and contraceptive methods which are injurious to the health. There is only one exception in the case of abortion, i.e., when a mother's life is at stake.

The question to be decided here then, merely relates to the moral quality of the act of preventing conception. The Bible tells of God's displeasure at one for employing a method of prevention which by physicians is considered a cause of paralysis. Our discussion then is not on the subject of abortion or of harmful contraceptives, but rather to consider whether or not it is right to use simple, harmless methods of prevention. We wish to give opinions of writers on various sides of this subject and then let the reader decide for herself.

Advocates of both sides of the question seem to agree thus far. First, that willful abortion is a crime. Second, that people who are physically unfit, including insane, feeble minded, epileptic, syphilitic, and tubercular, commit a crime against the coming generation by bringing little ones into the world. Third, that countless mothers are old and invalided at thirty-five, because of too many children when they ought to be in the prime of life. Here are letters from a few mothers which may be of interest to our readers:

No. 1. "I do not care whether I live or die, and have several times contemplated suicide. I married nine years ago, and of that time, half has been spent in pregnancy. I have five living children, and had a premature birth and a miscarriage besides. My baby is ten months old and I am already three months pregnant. My health is ruined. I had always been made to believe it is a sin to interfere with nature, and so have prayed daily since my last baby that it might be the last one. We live in the country and are poor, so all the work and sewing, etc., rests on me, and it is much more than I can do. I am only 33, so have many years ahead of me yet for bearing little ones, but if I don't find a remedy of some sort I will not survive, or will be forced to put an end to it some way."

No. 2. "It is on my mind day and night, for fear of too many children. I want to know how to break the chains of bondage and set myself free and live a free life. I am 25 years old. I married a farmer boy when I was 17. I have had four living children, and one abortion. We are the poorest of the poor, can hardly feed and clothe the ones we have. My health was perfect when I was married, but I have constantly carried and nursed babies, until I am almost insane. My health has run down until I am a nervous wreck. I have always to work so hard -- not able to hire one penny's worth of help. I picked cotton all last fall, and my two-month-old baby lay in a little wagon and cried itself to sleep. I did a man's work and I can't get relief. I can't hold on long. Will I have to plod along and finally fall by the wayside like countless thousands have done, and leave a bunch of puny children here to suffer? Why is this message kept from the poor? Why can't a woman be free? I realize I am a slave -- under bondage. I earnestly pray for you to set me free."

No. 3. "I am the mother of nineteen children, baby twenty months old. I am forty-three years old, and I had rather die than give birth to another child. The doctor does not give me any information." This letter may sound unbelievable, but the records show that it is true.

**"And in a desperate effort to right matters what do they resort to? Abortion! From reliable sources it has been estimated that anywhere from one hundred thousand to two million abortions are brought about each year in the United States." In 1913, 15,000 women died from conditions caused by child-birth. 7,000 of these succumbed to child-bed fever."**

**I have just come from the bedside of a patient little woman, a mother of four children. She has been in bed for six years. She has a baby who is thirteen months old!!! Her spine is hardening joint by joint, and she is not long for this world. When I took the baby in my arms, she said, "We ought not to have had him, I know, but..."**

**We know another mother who had not walked for 20 years, and yet she was compelled to bring into the world a baby.**

#### **View No. 1.**

**One side of this question is presented in the following manner: Some teach that not only is abortion murder, but that prevention also is such. Some advocate that it is woman's duty to bear as many children as it is possible, for God said, "Be fruitful and multiply."**

**A certain church, it is alleged, will not accept a woman as a member until she promises to bear children.**

#### **View No. 2.**

**Dr. Katharine C. Bushnell, M.D., of Oakland, California, writes: "Our hearts are wrung with pity for the over-burdened wife of the workingman, and for the parents who face desperate poverty and a flock of children at the same time. But birth-control will never abolish such evils; only the Spirit-inspired teaching of positive purity, through self-control will meet the need."**

**A dear, saintly mother who was the spiritual adviser of her community said, when asked her opinion of birth control: "O, it is wrong, it is wrong, to bring children into the world who cannot be properly nourished and cared for." Her idea was that husbands should cultivate more self-mastery and consideration for their wives.**

#### **View No. 3.**

**"Can we make a good, healthy citizenry of dreaded, unwanted babies, born indiscriminately in poverty?" asks Constance B. Heck, in the Physical Culture.**

**"The woman who stooped on her hands and knees in a pitiful effort to scrub the dirty floor, reflected the colorless aspect of the walls and shabby, broken furniture. She was flabby with large pendulous breasts that swayed with the**

movements of her brush. Her hair hung untidily in dull wisps over her perspiring forehead. She might have been forty, she might have been fifty, it did not matter, she was old -- old with an age not born of " years.

"There was an expression of dumb misery on her face and ever so often she paused in her work to press water-wrinkled hands to her side as if the contact might serve to lessen the spasm of pain.

"That was Martha Olsezweski, the woman who had brought twelve children into the world within the last fourteen years and who was again facing the knowledge that yet another one was on its way. Twelve children, eight dead, one a cripple and the others, with the exception of the oldest, frail and undeveloped.

"MOTHERHOOD! It had been so long since she had experienced the word in its fullest meaning that it was like a vague memory to her now. She only knew that once a year her unwilling lips were forced to confess, 'I'm that way agin'.' For Martha Olsezweski had passed from the dignity of complete womanhood to a drudging female, too tired to lift her work-scarred hands in defense of her right as a human being -- the right to conserve the health and happiness of herself and progeny.

"Only Ilka, the oldest daughter, sensed the tragedy of her mother's life and voiced a rebellion against what her mother called "the Lord's will."

"If it's the Lord's will for you to nearly kill yourself having and caring for babies, why don't He send food and clothes along with 'em? Maybe more of 'em would live then. Oh, Maw, why can't you have a few and have 'em good? This way it's killing you and killing them. Surely, babies should come only to willing arms.'

"To which poor Martha responded: 'If it wasn't that I know as God knows what's good for me, sure I'd feel like laying down and never, never gettin' up.'

"And the time was not far distant when Martha's tired body did not have to respond to the demands of her little world. She died when her thirteenth child was born. Death was kinder to her than life had ever been. Death gave her the long, long rest which she desired.

"But though her life was far more tragic than her death, Martha may not have suffered in vain if what she endured can be used as a means to save countless other women the same agony of body and spirit. For Martha is a pathetic example of what women must continue to bear so long as contraceptive information is withheld from them."

This writer goes on to say, "This knowledge which will help them to avoid having more children than they can care for properly, is a part of modern science

even though congress in 1873 made it unlawful to impart information as to how conception might be controlled.

"And until it becomes legal for contraceptive knowledge to be given to those who need it, these unhappy women, citizens of the country whose Declaration of Independence speaks of the endowment of unalienable rights of life, liberty and the pursuit of happiness, whose Constitution was for the purpose of establishing justice -- domestic tranquility -- the blessings of liberty to ourselves and our posterity -- these women must continue to suffer and die in order to give their country more crippled, frail and feeble-minded children."

Abortion is interfering with life after it is created. Contraceptive information controls the inception of life. The two are in no way synonymous. Dr. Hirsch said recently, "He who would combat abortion and at the same time combat contraceptive measures may be likened to the person who would fight contagious diseases and forbid disinfection, for contraceptive measures are important weapons in the fight against abortions."

Another book, "Sex Advice to Women," by Dr. Robt. B. Armitage, M. D., speaks on this subject in the following words:

"It is my sincerest and deepest conviction that we could accomplish incomparably more if only a small part of the energy and money now spent on philanthropic efforts were expended in teaching the women, the married women of the poor, how to limit the number of their children. It would work a wonderful reform in the lives of the poor and our slums would be metamorphosed in ten years."

The author of "Safe Counsel" says that every child should have the right to be well born. Men are very careful to produce the best breeds of cows, horses, plants, etc., and limit the number, that the finest may be had. This writer asks, "Why be less careful about the production of human beings?" He states that there should be laws to prevent certain classes from becoming parents, viz., the feeble minded, the epileptic, the insane, the syphilitic, etc.

View No. 4.

The gospel of Jesus Christ is the finest of all cures. St. Paul said, "Let the husband render unto the wife due benevolence."

But for those dear women whose husbands are not Christians, there must be some relief, either of a human or of a divine nature. We were standing talking with a lady who had just approached with the question of birth control, when a little woman stepped up and joined the conversation, adding exuberantly that God could answer prayer, for said she, "I prayed and the Lord undertook for me."



Such faith is wonderful, but it is not given alike to all. What then is the cure? We answer in words of the Bible: "Let every (woman) be fully persuaded in her own mind." Ask counsel of Him who has said, "If any of you lack wisdom, let him ask of God who giveth to all men liberally and upbraideth not, and it shall be given him, but let him ask in faith."

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## 17 -- MAKING CHILDBIRTH EASY

There are two necessary requisites to easy childbirth, viz., strength and agility. The Indian women had both, and never thought of going to bed for such a trifling illness. "Back to nature," in diet and outdoor life seems to be the great secret.

Mrs. Mille Gade Corson, the first mother to swim the English Channel, found that her intensive training for that wonderful feat, fitted her in an ideal manner for easy child birth. She says, "I want to emphasize this point -- as soon as Clemington Corson and I became engaged, I intensified my program of training for motherhood. I didn't know how soon I would be called upon to face the 'supreme Ordeal,' but I was determined to be ready in every sense of the word when the time came.

"In the first place I put myself on a most rigid diet, which included the best milk obtainable, fresh vegetables, particularly spinach, lettuce, raw cabbage, tomatoes, and onions, fruits, cereals, and coarse grain breads. Then I increased my exercises and my hours in the open, swam every day, summer and winter, and walked miles in each twenty-four hours.

"My exercises, up to the time of my marriage and for the period thereafter until I knew I would become a mother, were many, including much handball and rope skipping. These, with swimming and walking, if practiced religiously will bring about as splendid results as any woman could ask. However, a few words of advice and caution. Think of your efforts every instant you are exercising. Put your mind into your muscles and tense them as if you meant business. There is little to be gained in going through exercises in a jerky or listless manner; merely making perfunctory motions while your mind is on something else. Also, if possible, exercise outdoors, or in a room with windows open. And take a bath and a rub-down when your exercises are concluded.

"If, at any time, my stomach misbehaved, I skipped a meal or two. I swam every day. And I walked every day, many miles. Also, I performed my customarily household duties, but avoided lifting heavy things, or reaching Jar above my head. The diet of my preparatory days I continued, but increased the quantity of fresh vegetables.

**"My first child was born a trifle less than four years ago. He was absolutely sound and weighed eight and one-half pounds. I was ill so little that it Scarcely mattered. I recovered my full strength and stamina very quickly. Sonny thrived, never was ill a day. Today he weighs fifty-four pounds; not fat, but honest muscle and bone.**

**"Understand, also, there were no half way measures in my training, though I gave my children every care and ministered to their every need. Mine was a 100 percent effort. And, in everything I did, I was backed by my husband. In fact, through all the latter months of my period of preparation, we occupied separate quarters -- living like intimate neighbors instead of as man and wife. We followed this plan that I might conserve my vitality to the fullest.**

**"My victory is all the argument necessary to prove that the course I followed was the correct one; that my twenty-seven years of body building were worth while."**

**Mrs. Eliza Taylor Ransom, M.D., a lecturer at Boston University Medical School, says, "A baby is the right of all of us women who are wives. Only as we claim our right will we attain the full measure of happiness which we should expect from life."**

**She was facing forty when her first baby was born, but came through safely because she adhered to the rules of hygiene and physical culture, using coarse bread, and exercising daily. She taught classes in the Boston Medical School up to the day before her baby came. Her advice to women is to take long walks in the open air, eat green vegetables, whole wheat bread, and no pork of any kind.**

**Dr. Milo Hastings says:**

**"About two years ago I published an article in which I gave an account of a special diet which I arranged for my wife during the months previous to the birth of her first baby, and which eliminated for her the period of embarrassing seclusion generally considered inevitable at such times.**

**"The principle by which this result was secured is based upon the fact that when a woman is overweight, that is, carrying some fat, especially about the waistline, this fat can be removed during the latter half of the period of pregnancy to the mutual advantage of mother and child. The effect will be less crowding and stretching of organs and tissues, less digestive trouble, and above all less conspicuousness.**

**"These effects must be attained on a diet that provides ample growth elements, protein, vitamins and minerals, but is low in mere fat forming elements. Such a diet should contain from two. to three quarts of milk per day, from which the cream may be removed, and about two eggs a day. No" meat should be Used. Sugar**

and white flour products are to be strictly avoided, and bread and cereals greatly reduced, but bran used sufficiently to prevent constipation.

"Leafy-vegetables and oranges, or tomatoes are to be used, and such other fruits and vegetables as are needed to complete the quantity of food required, which will depend on the individual case and is to be judged by carefully observing the girth of the waist and the amount of fat present. The object to be attained, where fat is present, being its gradual reduction as the growth of new life replaces it, which means that the body weight and the abdominal girth need increase very little, until perhaps the very last few weeks."

A lady physician advises the drinking of a glass of water every hour during the day. Of course it would work possibly as well to take more at a time if the fourteen or sixteen glasses be used during the day.

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## **18 -- WHEN THE DOCTOR FAILS**

The time of extremity comes to all when the family physician shakes his head and says there is no more he can do. It is then when beyond the reach of human aid, we naturally stretch out our feeble arms for the Divine, the supernatural. We feel this book would not be complete until we have put in a message of love to every sick, afflicted daughter of Eve, to inform you that there is a God in Israel who hears and answers prayer. There are a few facts regarding divine healing we wish to state here for the encouragement of the sick.

God often plunges people into suffering for their own good. David said, "Before I was afflicted I went astray but now have I kept thy word." This does not prove that God plans that one should never be relieved. He says, "Call upon me in the day of trouble. I will deliver thee and thou shalt glorify me."

1. How to pray one's self out of trouble is a lesson all should learn. To go alone, close the door and kneel before the Lord with simplicity and heartfelt need is the first step.

2. Talk your trouble out to Him audibly as though to a human friend in the most child-like fashion.

3. Confess to him all your sins and shortcomings and promise that by His grace you will live a Christian life. If there are apologies you owe to others, make them, for in so doing, you are meeting one condition of divine healing. "Confess your faults one to another and pray one for another that ye may be healed."

4. If the answer is delayed, or you receive only a partial healing, do not give up but pray clear through about it every day until you are well. This very effort at

prayer will so develop your spiritual nature and your faith that you will become a conqueror on this line-one who can pray for the sick and see them healed.

Divine healing is (according to most teachers on the subject) for every person. There are some who do not believe this. They speak of Job and of Paul's "thorn in the flesh," and of invalids who have glorified God more by their sickness than by their health. I am not prepared to say what is God's will in your case but am sure that God always answers prayer, either in giving healing or giving something better, divine grace, or heaven. If you feel divinely led to be sick and remain so until death claims you, very well, but there is certainly no harm in presenting your case to the Lord.

We are inclined to lay the blame for a failure to be healed not so much at the feet of our compassionate Lord as at the feet of our own shortcomings. We know a person who is an invalid, and who seems to think that God does not want to heal. Perhaps He does not, but I firmly believe that some humble apologies to various friends would give the faith that would completely heal in this case.

5. Faith is necessary to divine healing. Jesus said, "If thou canst believe, all things are possible to him that believeth."

We were reading yesterday a passage that we wish to pass on to you. "O woman great is thy faith, be it unto thee, even as thou wilt." Matt. 15:28. imagine yourself a little child, ignorant, innocent, unassuming, and full of confidence in your mother. Live in that attitude constantly to your Lord, taking every little distressing matter to him. This will enable you to develop such a habit of sweet, close communion with Christ as you have never before experienced.

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## 19 -- WHY THOSE TEARS?

"Woman, why weepest thou?" -- Jesus Christ.

"There's a little empty cradle  
Shoes and stockings on the floor,  
But the little feet that pressed them,  
We shall hear, ah, never more.  
Gone with all the bright spring flowers,  
Gathered from our home away  
But the little bud now blooms  
In a Garden far away.

"We shall meet her in the morning  
When the day of life is o'er,  
We shall meet our little flower,

**Over on the other Shore."**

**The entry into this world of little lives is a great mystery, so much so that with David we exclaim, "I am fearfully and wonderfully made," and just why those precious darlings should go out so prematurely is a deeper, a darker mystery.**

**There are some reasons apparent why God takes our little ones. The first is for their good. It is the only way He can get some of them to heaven. The Bible states that He takes them "from the evil to come." Another reason is for our own good, to make us more gentle, forgiving, and tender-hearted; to take away the bitter words, the harsh tones, the backbiting tendencies, and all that is not angelic in our nature. One old writer says that God has two ways of eradicating sin. The first is through faith in the atonement of Jesus; the second is through suffering. Do you remember the time the Holy Spirit called you and you either refused or just drifted and neglected your soul? Had you yielded at that time it would have prevented much suffering that has followed. But God in mercy is trying every available means to save you. What grace cannot do, suffering may accomplish.**

**When we hear a parent scolding his children, or yelling at them in a severe tone; slapping them around, or whipping them when angry, I unconsciously pray, "Lord, if it be thy will, please take one of these babies to heaven, so that parent will be saved from anger and mellowed in spirit." We fear many a child has been injured for life by cruel, thoughtless, or hasty punishment or by a strong hand, prompted by anger.**

**"If we knew the baby fingers  
Pressed against the window pane,  
Would be cold and stiff tomorrow,  
Never trouble us again;  
Would the bright eyes of our darling  
Catch the frown upon our brow,  
Would the prints of rosy fingers,  
Vex us then as they do now?  
Ah, those little ice cold fingers  
How, they point our memory back,  
To the hasty words and actions,  
Strewn along our backward track,  
How those little hands remind us  
As in snowy grace they lie,  
Not to scatter thorns, but roses,  
For our reaping by and by.  
Then scatter seeds of kindness,  
For our reaping by and by."**

The third motive God may have in taking our babes from us is that they may draw us unto Him. When work, or worry, or finances, or worldly mindedness, makes us forget, these departing cherubs cause us to remember God.

A gentleman in New York City told his story as follows: "I have been a drunkard. One day I was literally lying in the gutter intoxicated when a gentleman came along and said, 'If you would see your boy alive, hurry!' I hastened to the hospital where they had taken him. A great wagon had gone over him and he was dying. When I came into the room, he caught me by my hand and his fingers were only long enough to go around three of mine. He pulled me down upon my knees, and holding on to me with his fingers that were nearly stiff in death, he said, 'Father, I will never let go of you. You must meet me in heaven.' And do you know, sir, he died with his fingers around mine. The doctor came, bent back his fingers, and released my hand. It was this hand," and holding it up above his head, he said, "It kept pulling and pulling, and pulling, until at last I became a Christian."

A worldly minded mother had a sweet little darling who became a Christian and gave the clearest evidence of conversion, though but six years of age.

At once she went to her mother and said, "Ma, now, won't you give your heart to Him?" The mother said, "I hope I shall some time, dear Mary." The little girl said, "Do it now, ma and urged the mother, with all her childish earnestness, to give herself to the Savior then. Finding she could not prevail in that way, she sought to secure a promise from her mother, feeling sure she would do what she promised; so time after time she would say, "Promise me, ma." The reply was, "I do not like to promise you, Mary, for fear I shall not fulfil."

For nearly six years, the request was urged when finally the child became ill. Several times the parents came to the bedside and said, "You are dying, now, dear Mary."

But she answered, "No, ma, I can't die till you promise me." Still her mother was not willing. She intended to give her heart to Jesus sometime, but was unwilling to do it "now."

Mary grew worse and finally had uttered her last word on earth. Her mother was never again to hear that earnest entreaty, "Promise me, ma."

But the little one's spirit lingered, as if it were detained by the angel sent to lead the mother to Jesus.

The weeping mother stood watching the countenance of the dying child, who seemed to say, by her look, "Ma, promise me, and let me go to Jesus."

There was a great struggle in her heart as she said to herself, "Why do I not promise this child? I mean to give my heart to God, why not now? If I do not promise her now I never can."

The Holy Spirit inclined her heart to yield. She roused her dying child and said: "Mary, I will give my heart to Jesus."

This was the last bolt to be drawn; her heart was now open, and Christ entered at once, and she felt the joy and peace of sins forgiven.

"Mary," said she, "I have given my heart to Jesus, and he is my Savior now?"

A peaceful smile lit up the child's face and no longer able to speak, she raised her little pale hand, and pointing upward, seemed to say, "Ma, we shall meet up there."

\* \* \* \* \*

## 20 -- HOW TO GROW YOUNG AT SIXTY

Mr. Benjamin Keyser who is 104 years old, has excellent health which he attributes to his habit of walking three to five miles per day.

August Hechscher, the philanthropist-multimillionaire of New York, was a cripple at the age of fifty, but now at the age of twenty-seven is but a youth in vigor and vitality.

His health was broken; he was filled with gout and rheumatism. He changed his mode of living. Arose rather early in the morning and took a shower bath, then spent thirty minutes exercising and literally pounding the rheumatic parts. For breakfast he partook of nothing but fruit, then instead of riding in his wonderful ear, he walked to his office. Now his mind is as agile as it was at forty. His hands do not tremble and he can stand heat and cold better than some younger men who do not eat and exercise as he does.

Would you like to know how to grow young at sixty? Listen to Mrs. Albertina Liederman, mother of the famous physical culturist, tell how she performed this wonderful feat.

"I have learned how to turn back the calendar. I have learned that it is not so much the accumulated years that count as the way one feels and the fit condition of one's body.

"It was not until I was sixty years old that I thought seriously of exercise for myself as a means of keeping young and fit. I did not want to grow old, yet when I

looked into my mirror on my sixty-first birthday I realized that I looked every day of my age.

"I had not been well for some time, suffering from nervousness and neuralgia, so when my son suggested that I take up a series of daily exercises I readily consented thinking it would improve my health.

"Today, just one year later from the time I began, my health is not only perfect but I have succeeded in making myself younger, in improving my figure, making my flesh firm and hard, my muscles strong and supple. I have as much vim and vitality now as I had thirty years ago. I began then as I do today by waking at seven o'clock in the morning. Before getting out of the bed I stretch my entire body thoroughly, not forgetting to twist and turn my spine.

"Then, before a wide-open window, I go through my exercises. I begin with leg exercises, my arms stretched over my head. Next I bend to each side as far as I can, then backward, then forward -- all the time keeping my legs stiff. In this last exercise I bend until my nose touches my knees.

"The next thing I do is to rise up and down on my toes fifty times in intervals of ten counts, resting between each ten counts. I do this exercise on one leg at a time."

She exercises her neck by twisting and turning her head from side to side. For strengthening the arms she uses the swimming motion. She adds:

"I do the split as an exercise for strengthening my thighs. After that I squat on one leg pushing the other leg straight out sideways.

"Before I take a cold shower I go through the motion of jumping rope at least thirty-five times.

"In my opinion nothing is so good for developing the chest as deep breathing. I make a practice of walking every morning inhaling the fresh air through my nose, filling my lungs with it before letting it out in a gust. I practice breathing through the entire walk.

"I believe that diet also plays an important part in keeping one young and healthy. I have been a vegetarian for over thirty-five years but I did not begin to derive real benefit from what I ate until I learned to exercise properly.

"Because I have received so much good from the way I have been living I felt that what I have done for myself might prove an inspiration to other women my age who need to hear just such a story as mine in order to make them take heart and follow my example."



\* \* \* \* \*

## 21 -- FAMOUS BEAUTIES

The elegant appearance of humanity has been so materially marred by sin in our ancestors that really handsome men and beautiful women are comparatively few. It might therefore be a pleasure to our readers to gaze upon a few of the most beautiful women of history.

Marie Antoinette, Queen of France, was distinguished by her personal charms. Not only was she made popular by her appearance but by her ascension to the throne at a very early age as queen of one of the most influential countries of all Europe. She gave herself up to a life of pleasure. Her every earthly desire seemed to be gratified, yet she was unhappy. As time rolled on, her locks turned prematurely gray from sorrow and during the last hours of her young life, she was led by an angry yelling mob to the guillotine.

Josephine, wife of Napoleon was one of the world's beauties, but how fleeting was her joy! Her fine appearance could not give her lasting pleasure nor hold her husband's love, and she died of a broken heart.

Cleopatra, queen of Egypt though not really beautiful, was a charming woman whose attractive personality held potentates under her sway. She lived, not for others but for self, and her life was given to flirting; yet her joy was as fleeting as a morning cloud. She died in despair by inducing a viper which she held, hid in a bouquet of flowers, to sting her as she pressed it to her bosom.

Mary, Queen of Scots, was the acknowledged superb beauty of her time, which fact disturbed the jealousy of England's Virgin Queen. A minister from Mary's court was asked by Queen Elizabeth, "Which is the prettier queen Mary or I?" Now Elizabeth was not a beauty and the minister, pressed for a tactful answer finally said, "You are both very beautiful queens."

"No, but tell me, now," insisted Elizabeth, "which is prettier, Mary or I?"

"Well," said the courtly gentleman, cautiously, "Elizabeth, is the most beautiful queen of England and Mary of Scotland."

"That's not what I want to know," said Elizabeth, "tell me now which is prettier, Mary or I."

"Well of course, Mary is considered by the world, as a very beautiful woman," said the ambassador, "but How tall is she?" broke in the jealous queen. "She is about two inches shorter than you."

**"Well then, she's too short!" ejaculated Elizabeth. Carrying the reputation of the world's most beautiful woman, was Mary's talent which if rightly improved and consecrated to God might have won thousands to Christ. Robertson, the historian says, "All contemporary authors agree in ascribing to Mary the utmost beauty of countenance and elegance of shape of which the human form is capable. No one ever beheld her without admiration. Yet it was this very thing that proved one of the causes of her ruin.**

**"Ah, what a life were this, gay ladies, could it only last forever," said John Knox, the Scottish reformer, when visiting her court and brilliant crowd.**

**This was a timely warning. It was only a few years before the beautiful young queen was bending beneath the executioner's axe to suffer her dainty head to be severed from her shoulders, thus closing her hopeful career in shame and sorrow.**

**The name of Lady Hamilton, "The Beauty," will be familiar to all who have read the Life of Lord Nelson. His unhappy connection with her casts a shade on his character, and was the cause of the chief blot which rests upon his fame, in the execution of Caracciolo at Naples. Lady Hamilton was distinguished above almost every woman of her age for personal beauty. A poetical writer, when sketching her character, thus speaks:**

**"I've seen thy bust in many lands;  
I've seen the stranger pause with lifted hands  
In deep mute admiration -- while his eye  
Dwelt sparkling on its peerless symmetry.  
I've seen the poet's, painter's, sculptor's gaze  
Speak with rapt glance, the eloquence of praise."**

**Her accomplishments were scarcely inferior to her beauty. "She was skilled," says her biographer, "in music and painting. She had exquisite taste, and her features could express every emotion by turn." By her fascinating manners she soon acquired a great influence over Nelson, and her friendship was eagerly sought by crowds of aspirants for court favor. The world lay at her feet, and nothing seemed to forebode that what she was following was but as the mirage. The only occasion on which Beckford of Fonthill threw open his splendid mansion to company was when Lady Hamilton, along with Lord Nelson, visited it. All that the wealth of the princely owner could furnish was provided to give splendor to the scene. The grounds were illuminated by lamps and torches, and the interior of the apartments was a blaze of jewelry and gold and silver. "Spiced wine," says the Gentleman's Magazine of the day, "and confectionery in golden baskets were handed round to the company." A numerous party was assembled, and Lady Hamilton shone the envy of them all. Attired in a rich costume, with a golden urn in her hands, she recited some verses which the company was far too polite not rapturously to applaud, spoken as they were by one who had such influence over the hero of the hour.**

Thirteen years after the banquet at Fonthill had taken place, a lady, buying some meat for her dog at a butcher's stall in Calais, was thus accosted by the butcher's wife:

"Ah, madame! you seem a benevolent lady; and upstairs there is a poor English woman, who would be glad of the smallest piece of meat which you are buying for your dog."

"Who was the grateful recipient of such humble alms? Alas! Lady Hamilton, the beauty! After the death of Lord Nelson, deserted by those who fawned upon her in prosperity, she gradually became impoverished, and died in a wretched lodging in Calais. Her property consisted only of a few pawnbrokers' duplicates. Her body was put into a common deal box, without any inscription. A pall was made by the hand of charity, out of an old silk gown belonging to the deceased, stitched upon a white curtain; and over the praised of statesmen, warriors, poets and artists, the funeral service was read by an Irish officer on half-pay. 'Her remains He buried,' says Rae Wilson, the traveler, 'in the ditch of Calais.' By others the spot of her interment is said now to be used as a common wood yard, nothing indicating where her ashes repose."

One of the most famous beauties of her time was a niece of William Pitt, the favorite minister of George III. This dazzling character, Lady Hester Stanhope was not only attractive but blest with much greater opportunities than most women. "She was flattered by royalty and made a theme for the illustration of poetry, painting and sculpture. Sated, however with worldly greatness, she retired to the solitudes of the East, and there attempted to establish her reputation as Queen of the Desert. But her lofty visions all faded and in the evening of life, forsaken by her friends and burdened with pecuniary difficulties, the once youthful beauty thus confessed how she had proved the vanity of life."

Her biographer states that when interviewed, "She began to cry and to wring her hands, presenting a most melancholy picture of despair." "Look on me," said she, "what a lesson I am against vanity! Look at this arm, all skin and bone, so thin that you may see through it. It was once, without exaggeration, so rounded that you could not pinch the skin up. My neck was once so fair, that a pearl necklace scarcely showed on it; and men -- men who were no fools--would say to me; you have a neck of which you may really be proud! You are one of Nature's favorites, and may be excused for admiring that beautiful skin. What would they say if they could behold me now, with my teeth M1 gone, and long lines on my face?"

"In this mournful strain," continues her biographer, "she went on. Everything around her presenting so affecting a picture, that unable to restrain my emotions, I burst into tears." Such were the heart-rending confessions of a famous beauty.

The minister, Rev. Thomson who conducted the funeral of Lady Stanhope said, "What a death! Without a European attendant, without a friend, male or female -- alone on the top of this bleak mountain, her lamp of life grew dimmer and more dim until it went out in hopeless, rayless night. Such was the end of the once gay and brilliant niece of Pitt, presiding in the salons of the master spirit of Europe, and familiar with the intrigues of kings and cabinets. Alas! she must have drained to the dregs, many a bitter cup. Let those who are tempted to revolt against society and war with God and man, sit on the fragments of this broken tomb."

Among those who have been leaders of the fashions of the world was a young man by the name of George Brummel. He began his life of fashion at the age of sixteen. He was handsome and refined, possessing a delicate vein of satire and a spirit of affectation blended with quaint humor. Besides this he was a general favorite and quickly became so popular that even royalty itself smiled upon him.

"At the age of twenty-one he succeeded to property of the value of one hundred and fifty thousand, principally in ready money. Being now master of his own time, he resolved to devote himself wholly to a life of fashion."

Good taste regarding dress was his idol and a refined taste in matters of fashion was the goal for which he sought to be distinguished. He succeeded so well in this purpose that the tailors regulated their fashions by his judgment. His dressing room was such an attraction to men of fashion that even the Prince Regent himself would occasionally visit it for an hour or so to "watch the mysterious grace with which he discharged the duties of the toilet." It is said that "as Watt was celebrated in the world of science for the invention of the steam-engine, so was Brummel in the world of fashion for the invention of starched neckcloths."

On account of his intimacy with the Prince Regent, Brummel was admitted to the highest royal circles.

"A nobleman would think himself honored by having his arm during a stroll down St. James' Street, and a duchess would tremble at his decision, as to what would stamp her unfashionable or otherwise."

His pretensions to extraordinary refinement were remarkable. He studiously avoided anything that could be termed vulgar. When asked what would be a fair allowance for dress for a young man, he answered that four thousand dollars a year might do with strict economy. When asked if he liked vegetables he paused for recollection, then said that he believed he had once eaten a pea.

This was the leader of fashion in the height of his glory. But was he happy? Ah, no. Proud and vain, he imagined that his success would continue unbroken, but he was soon to discover that all was "vanity." Leaving the fashionable idlers of St. James' street we shall turn our attention to a little town in France. An old man in

ragged clothes is tottering feebly along the street. So odd looking is he that children mock and jeer at him. There is an appearance of lost culture and broken down aristocracy about him that causes us to remember the leader of fashion. Yes, it is really he.

His biographer says that he became embarrassed by his extravagance and had to flee to the continent where he was deserted by hollow friends. For some time he pursued his former course but was at last arrested for debt, and the gay butterfly of fashion found himself in a squalid jail. This so took hold of him that he burst into a flood of tears. Friends released him but he would not turn from vanity. Though at the point of financial distress he still retained his extravagance and it was with difficulty that he was persuaded that the purchase of a bottle of fashionable blacking which cost over a dollar, was less needful than the common necessities of life.

Forsaken and forgotten by his friends and admirers he became largely dependent upon the kindness of a grocer from the lower ranks of society at which Brummel had so often sneered. "He who had affected such fastidiousness in his culinary tastes was glad to obtain a meal at a tradesman's board, and he too who had said that it was possible for a man to dress on four thousand dollars a year with strict economy, was indebted to a compassionate tailor for mending the holes in his garments, at which time, for lack of change of raiment, he was obliged to remain in bed until his clothes were returned to him."

He was a "broken gentleman," who finally lost all self respect and became a complete sloven. Unable to obtain credit, he begged from a shop, articles which he needed. His mind weakened by his misfortunes, and in his lonely room he would have spells of presiding at an imaginary party. His attendant humored him and would assist in his effort at entertaining by announcing the arrival of some distinguished personage. At this the poor old man would arise and "salute the empty air with ceremonious politeness; then, as if aware of his fallen position, his eyes would fill with childish tears. At ten o'clock the carriages of his imaginary visitors were announced and the farce was at an end."

"Such was Beau Brummel in his fall. Further misfortunes, however were yet to come. Brummel's reason having partially failed, he was conducted to a madhouse." He who: had so neglected his soul in health and prosperity found himself now entirely without peace with his Maker. He had perhaps once thought that like the thief on the cross he might obtain pardon in a dying hour but alas, this plan did not work for it was too late.

An English clergyman called upon him near his death and tried to "touch some chord of religion to which his mind might vibrate," but it was all in vain. He says, "Never did I come in contact with such an exhibition of vanity and thoughtlessness."

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## **22 -- REDUCING FOR HEALTH AND BEAUTY**

No matter how old a woman becomes, she need not lose her girlish figure or have a double chin, provided she is willing to spend five minutes a day on physical culture, and instead of "living to eat" is willing to "eat to live." A diet that will keep one at a normal weight is much more healthful than a starch, fat and sugar diet, and may be partaken of freely when one has arrived at the desired weight.

We herewith give the interesting experience of a wife who had degenerated into a fat, weak, discouraged woman at an early age. She was listless, ambitionless, old in her feelings and appearance. A sudden financial loss made it necessary to dismiss the housemaid and as a consequence, the home and the children were unkempt and the husband discouraged. Love was waning. Now came the remedy, i.e., physical culture, for reducing, but her husband declared she could not stick to it, as he knew her weakness. This aroused her will and a determination to show him she could -- and she did. Day by day her weak, wobbly will became stronger until she found it possible to stick to her program of diet and exercise. She says:

"Was this program which has wrought such a change in me a difficult one? Not at all; no program is difficult in itself; the difficulty lies in sticking to a given line of action. Here is the daily regime to which I subjected myself.

"I rose at six. For three-quarters of an hour I cared for my body. I drank about a quart of hot water while I did my exercises. These were simple -- only one of them being designed especially to reduce fat.

"1. Stretch the muscles of the stomach. Do this by pulling the muscles in and out as far you can pull twenty times.' I find it satisfactory to drink a small quantity of water before this exercise; it tends to cleanse the stomach thoroughly.

"2. Stretch the muscles of the neck, particularly those in the front. I do this by consciously pulling the muscles around the thorax up and apparently inward.

"3. Stretch the muscles of the spine. Pull the head first to the right front till you feel the muscles down in the back respond; do this ten times. Then pull the head the other way ten times.

"4. Stretch the leg and abdomen muscles. I do this by clasping my hands together under first one knee, then the other, throwing the Weight of the body about equally on each leg and pulling up on the knee under which the hands are' clasped. Do the exercise five times under each knee.

"5. A general exercise to keep the trunk lithe. Throw both arms above the head till the fingers touch. Stretch the arms as far as possible, hold the muscles of

the body as rigid as possible. Then on tip toe reach up as far as you can. Then slowly reach forward and down as far as you can. Then reach to one side, then the other, and finally reach backward and down as far as you can. Do this ten times each morning.

"6. An exercise to reduce the hips and abdomen. Lie down on the floor. Stretch one leg as far downward as you can. At the same time, crook the knee of the other and hold the leg as close to the body as possible. Alternate the exercise for forty stretches as quickly and definitely as possible.

"Out of five hundred exercises, these are the ones I chose to use. With the exception of the last one, I still do them each morning.

"I have since been told that the diet list is unnecessary, that any one may reduce his size by the simple expedient of eating less of everything; but for the benefit of those who prefer a diet list I shall include the following menus of foods which I ate during my training:

#### **Breakfast**

Orange juice  
One shredded wheat biscuit (dry)  
One poached egg without butter

#### **Lunch**

1/2 glass of water  
One shredded wheat biscuit  
A piece of cheese or a few nuts  
A tomato or an apple

#### **Dinner**

1/2 glass of water  
One small service of lean beef  
String beans  
One slice dark bread without butter or one shredded wheat biscuit.

"The list may be varied with a dish similar to any one of those mentioned. Beef, for instance, may be lean lamb or chicken; lettuce may be substituted for tomatoes, etc."

Such a program will give pep and ambition by restoring health and beauty. She continues:

**"I weigh 136 pounds; I feel better than I have ever known people could feel. But it's these by-products which are of most worth to me. I'm awake. I have developed decision, initiative, resourcefulness, alertness, ambition, sympathy. Having put those six months across, I shall always be the master of myself.**

**"I have picked up a long-forgotten ambition and in a humble way, I am realizing it. As yet, results are insignificant, but I'm growing; that's the main thing."**

**She closes by saying she has energy enough to manage her home, care for three children scientifically, teach part of the time in a university, write for periodicals and take outdoor sports and exercises, and last but not least there is love and harmony in her home. A man is bound to respect a wife who thus masters herself.**

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## **23 -- CONFIDENTIAL QUESTIONS AND ANSWERS**

**Some questions arise which might be answered here were the writer a physician or a trained nurse. I am neither, hence to attempt to answer some queries would be beyond my province, consequently, would not be in keeping with our sense of modesty and propriety. We shall confine our efforts then only to those questions that we feel it would be fitting for us as a soul-winner to handle.**

**Question 1. "My husband is so inconsiderate of my inner feelings. His mind is low and groveling and he has killed out all affection. I am not disposed to be obstinate when he is reasonable and kind but as it is, there is no harmony between us. What shall I do?"**

**Answer. I could not tell you the number of women who have presented this situation to us for adjustment. Indeed it is a difficult matter for a woman to settle, and yet, my faith in men in general is such that I believe that if the following suggestions are accepted, love, harmony, and happiness might, in most cases, be restored.**

**Such a situation often results from some hasty or angry remark which precipitates trouble. Courtesy is the one secret of a happy married life. Gene Stratton Porter says:**

**"There is nothing on earth that so grinds one as to be met with discourtesy and rudeness in daily life. I have watched for 50 years and I have found that the nasty little cancer that eats the deepest and hurts the worst in married life is lack of courtesy, just common everyday politeness in the way you address each other, in the way you eat your food, in the way you conduct yourself in the privacy of your bed chamber.**



**"Be gracious! More men and women have lost themselves to each other by being rough and careless and sickening each other concerning the little niceties of life, when merely to keep up things in the way they began would have saved the whole situation.**

**"At this moment, if I should be asked to name the biggest rock upon which matrimony stands, I would put my fingers on the thing that starts discontent and unhappiness, as lack of courtesy between men and wives, which very shortly culminates in disgust and disrespect."**

**One dear bride, the fourth wife of an elderly man, came to us with her tale of woe saying, that her husband was unreasonable and inconsiderate, and because she was physically unable to stand the strain she had become independent and denied him altogether. A divorce followed. Another frail little woman was such a slave that she is now dying of internal cancer.**

**Now there are two things every wife may do in case the husband is unreasonable. 1. Keep the spirit of Christ. Be kind and courteous. Let your magnanimity of soul be a quiet, constant rebuke to the over-bearing animal husband. Let no expression ever pass your lips for which you will later be sorry. If your husband is at all considerate, he will then listen to you. If you choose the proper method you may be able to persuade him to come to some agreement that will be satisfactory to both parties.**

**As to preparing for this agreement, it would be wise to place in his way any books written especially for men. Dr. Stall's on "What a Man Ought to Know," is fine as it shows the great advantage to a man's health, to his mentality, his success and promotion in business, his coming old age, all to be gained by leading a temperate life. Lofty ambitions cause the mere gratification of the senses to dwindle in comparison to the greater, the higher planes of pleasure.**

**There are some men, though not of the brilliant type, nor of the kind who would naturally make a wonderful success in life, who have risen far above their peers. People have wondered why they thus climbed. The reason was that they had covenanted that they would live on a higher plane socially than do others. Their frequent periods of self denial were responsible for their fine success.**

**Then there are others who for the sake of soul winning have covenanted to live a self-denying life, either continuously or a part of the time, that they might be blest with a special anointing from God. If such a covenant brings one to thus forego present gratification for the promise of a higher, a greater one, it is much easier to live the kind of a life one's conscience dictates, whatever that life may be.**

**Some feel that such a covenant brings protection, social distinction, financial success, or the granting of some special, inner heart desire. This is the only way some parents have been able to secure the salvation of their children. Such self-**

denial brings to some a marvellous spiritual uplift, and is often the cause of great revivals. It is a well known fact that all Scotland was moved by the mighty prayers of John Knox, but many do not know that those prayers were made potent by his self denial on this line. Let it be plainly understood that such a life should never be insisted upon by one party only. It must be the result of a mutual agreement or trouble will likely follow. It is not the prerogative of the wife to dictate on this subject, except in extreme cases.

2. The next step the wife may take is prayer. If her husband is unreasonable and is not ambitious for the best and highest in life; if he is not considerate of his wife's health nor of his own later on, when paralysis may cause him to reap what he has sown; if nothing will dissuade him from his course, let her resort to prevailing prayer. She must still be gentle, and Christlike but she may take her grievance to God. A single simple prayer may suffice. If it does not let her continue in prayer until an answer comes.

Precious sisters, let me urge you to pour out your complaint into the ears of the loving Savior. If the answer is delayed, do as did Queen Esther, fast and pray until God changes things.

When your husband becomes an ideal man he will be kind and considerate and will have pure and lofty ambitions. Your part then is to pray conviction upon him until God answers prayer. "Blessed is she that believed for there shall be a performance of those things which were told her of the Lord."

Question 2. "I am so tired and nervous. I fear I am losing my mind. Nobody seems to understand me, and I almost wonder at times if my family love me. Little duties seem like mountains and I am tempted to be cross and irritable at things I once laughed at, and easily ignored. What is the matter with me?"

Answer. You are nearing a nervous breakdown and must have rest. Nothing else will restore your youth and vitality. It may be you are tempted to feel that others will think you lazy if you care for your health. Let them think as they will. Better stop now than wait until you are in the insane asylum or a sanitarium. If possible take a warm bath each evening and retire early. Be sure to take a nap every afternoon. If need be muzzle the door bell and the telephone, lock the door and go to sleep. Let go of yourself and forget all the cares of home. Refuse to think or to worry. Never let anything keep you from your daily rest. If actresses must have it to keep fresh looking and young, you also need it. If athletes need it to keep them strong, certainly you, a little, weak, overworked woman, need it. Be content to let some work go. You can afford this better than you can to become prematurely old and infirm. If possible, take a vacation from home, if not, take special precaution to insist on your daily nap, and each day cast all your cares upon Him who careth for you, for it is often worry more than work that preys upon the nervous system.

This condition of nervousness is often due to one's age and if so it is imperative that rest be taken, and that a woman throw off work and worry, and

become less ambitious. One author says, "Your husband is acquainted with the laws of nature and as he promised on your wedding day 'to care for you in sickness and in health,' he will do his duty and not impose on you unnecessary burdens, but will help you through this critical period of your life, and will love you more strongly after this is over for your true womanly worth than he did before, because of your younger womanhood charms."

Question 3. "I have made the mistake of my life in marrying the wrong person. What shall I do?"

Answer. By all means do not allow your companion to know how you feel about it. If he decides that you are not the wife he should have, it will not improve his manners toward you nor increase his love for you. On the other hand, he will naturally try to decide whom he should have married and this may lead to mental or actual sin.

Decide to make the best of it. You are married now, and it may be, later on, you will find that you have just the right companion. At any rate, there is a promise that exactly fits your case, "All things work together for good to them that love God."

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THE END