# THE TIMES DAILY MAGAZINE PAGE

## Modern Home Will Be Insect and Dirt Proof, Furnishings Simple

Far Less Wood Will Be Used, Doors and Windows Set High and Sanitary Surfaces Will Be Everywhere in Building.

By MRS. CHRISTINE FREDERICK

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I HAVE no doubt that if any of us living now could be reincarnated and return and visit this old earth in the year 2000, we would hardly recognize the houses then existing. Just as we have in the past fifty years made such strides in sanitation and house construction, so the next century will see changes even more great.

The beginnings are seen even now. First, there will be far less wood used for the reasons that wood in itself will be scarcer, but chiefly because it has a fire risk and because as used today it is most unsanitary and work-making. The contrast between our ordinary rooms with their door-trim, window-trim, moldings and other dust-catching spaces was more noticeable when a house room and an institution room were compared.

In this most modern hospital room there were no trim, moldings or woodwork of any kind. The heavy doors set flush with the wall without any casing, leaving an unbroken, most restful wall space.

### Effect Is Restful.

The windows were treated the same way, and after the first strangeness wore away, one was bound to admit that the effect was restful and that from a sanitary 2point of view the room without wood was unequaled.

In the treatment of the floor the modern home is surely going to evolve toward a water-proof, insect-proof plastic covering. Such a floor will have a continuous baseboard without break or crack at the floor line, and we will then have no more insect pests or un-get-atable dirt corners. Such floors are now used in office buildings, in institutions, clubs, etc., and are gradually making their way into the newer houses with the result that there is less dust and less work in keeping them clean.

In this same hospital room was a closet, the floor of which was one foot higher than the floor of the room. This meant an almost dustless closet, with shoes, etc., off the floor and far less danger of dirt and dust being swept in at the door base.

### Will Be Dirt-Proof.

The walls of the room of the future will also be as dirt and insect-proof as possible. Paper and burlap materials will be unknown and their place taken by washable wall coverings of which there are even now some examples. Painted walls are capable of extremely decorative treatment, as we know from the Roman houses, and those of the middle ages, and paper will eventually be thus replaced.

We already are attaining the simple in furnishings, especially our more sensible window hangings. Perhaps the room of the future will see a still further development of the blind or screen so picturesquely used as a curtain will disappear.

If we, as homemakers, are to find for those cultural and social pleasures and duties which await us, we will as soon as possible, work for the home of the future, the home of sanitary surfaces, of freedom from ornament, of work, and dust.

## New Sermon on Old Text

Truth and Beauty of Familiar Scriptures Shown by Examples From Life.

By WINIFRED BLACK.

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"Cast thy bread upon the waters and after many days it shall return again unto you."

How he used to drone the lessons from the Scripture, the old-fashioned Sunday school superintendent, who taught me the Proverbs by main force and then gave me a little pink card with blue letters on it for learning them.

It was little I thought of the Proverbs in those days, stupid things they were to me and dull, and worse than that, they didn't sound true.

And the Beatitudes, how silly I thought them in my young conceit, promising the earth and the fullness thereof to the meek and lowly, and all that ever happened to the meek and lowly in my experience was being laughed at or made to stay after school for something that some one who was not at all meek and lowly did or tried to do.

But they sunk into my brain, somehow, the old Proverbs and the sweet Beatitudes, and now I find myself thinking not only how beautiful they are, but how beautiful it is that they are so absolutely and uncomprisingly true.

### "Plumes of Glory."

"Cast your bread upon the waters." Ah, far and far he cast it, the one who loved me when I was a little, foolish child, and now he lies in his narrow grave and in my hour of need and trouble comes one to me who ate gratefully of that bread, and says: "You are his child and it is my joy to help you."

If he could have known so long and long ago who it was who would eat the bread he cast upon the waters with such a careless and kindly generosity, how his great heart would have warmed.

"Cast your bread upon the waters." It was only a poor servant I was able to befriend once. I never thought and never wanted to think that she could ever repay me, but today, this very hour, that poor servant walked into the room where I sat and did for me a singular service which no one else in all the world, curiously enough, could have done.

I have a friend who just now needs her friends, and, oh, they are rallying around her in a way that makes the heart leap to see it. Men and women, the humble and those of high estate, rich friends and poor, but friends every one of them to the very last drop of blood in their loyal veins.

And the woman who needs them, just now, has nothing specially great about her. She is not in any way wonderful or unusual. But she has always been a true and loyal friend herself and sometimes those who knew her thought she made too much of friendship and its obligations.

For she would go anywhere at any time to serve seriously a real friend and her friends' sorrows she carried in her inmost heart and mourned with them in all sincerity.

Her friend's joy she wore as a plume of glory and laughed to see it curling in the sunshine of prosperity, and now all this comes back to her again in her hour of need.

### What We Sow.

And she, who would be poor and downcast and sick at heart, is rich and joyous and at peace with all the world, for her friends have gathered around her like an army of loyal sentinels, and she could not despair even if she wanted to.

I know a man who has fallen upon evil days, a good looking, agreeable chap who was always too busy with his own affairs to step across the street to help a friend.

He would run a mile to get away from what he called "a hard luck story."

And now that ill luck, if there is any such thing, has crossed the street to him and walks with lagging steps at his heels, no one is there to comfort him.

He kept the bread of his life locked up in his own cupboard, and now there is none floating anywhere upon the waters to return to him again.

How we do reap what we sow, and only what we sow.

He sowed the wind, a poor, misguided creature I once believed would be a man some day, and now he reaps, poor fellow, the wild whirlwind and reaps it in bitterness of heart alone.

"And the humble shall be exalted." I can see the choir leader this very minute beating time to the old hymn tune. "And the mighty shall be laid low." What a wheel it is this life we lead, up, around, down, up, around down, but always turning. It is we alone who try to think we stand still.

## ADVICE TO GIRLS

By Annie Laurie

Dear Annie Laurie—I'm a man twenty-two years of age, and I've been going with a girl for about five years. I admit I think enough of her as a girl friend, but such a thing as getting married has never entered my mind. Now she seems to be very much distressed about it, and I've gotten tired of it.

I have done everything I can to let her know that I don't care for her as a sweetheart, but yet she keeps writing to me and I don't care for it to go any further. What can I do to fix this up without hurting her feelings?

X. Y. Z.

Your situation is a very common one, and it seems to fit right in with a number of the letters I receive from girls. Ever so many of them write to me saying that they have been "going with a young man for six months and want to know how to win his love" and so on. It is a queer thing about many girls of today that they cannot make simple friendship the basis of their association with men. They want all or nothing.

As to your particular case, X. Y. Z., you apparently have done little to justify the girl's attitude. Have your letters always been purely friendly, or has there crept into them something that she might misinterpret as a declaration of love? If this has been the case, try not to let it happen in the future. Remember that she is waiting eagerly for any signs of love from you, so do not let a hint of it enter your conversation or your correspondence.

If you persist in your attitude of simple friendliness it cannot fail to make an impression upon her, even though she may be blinded temporarily by her own love for you.

Dear Annie Laurie: I am a schoolgirl of fourteen, and have been going with another girl the same age, but she has such a funny disposition she gets mad at nothing. She takes what I say in an entirely different way from that in which I meant it, but the odd thing is she is all right the next time I see her. Now it is awfully disagreeable, and I want to find some way to break her of this habit. She is "mad" now about nothing. Another thing, she always talks about boys, and when I tell her I don't like to, she calls me a prude. Please advise me what to do.

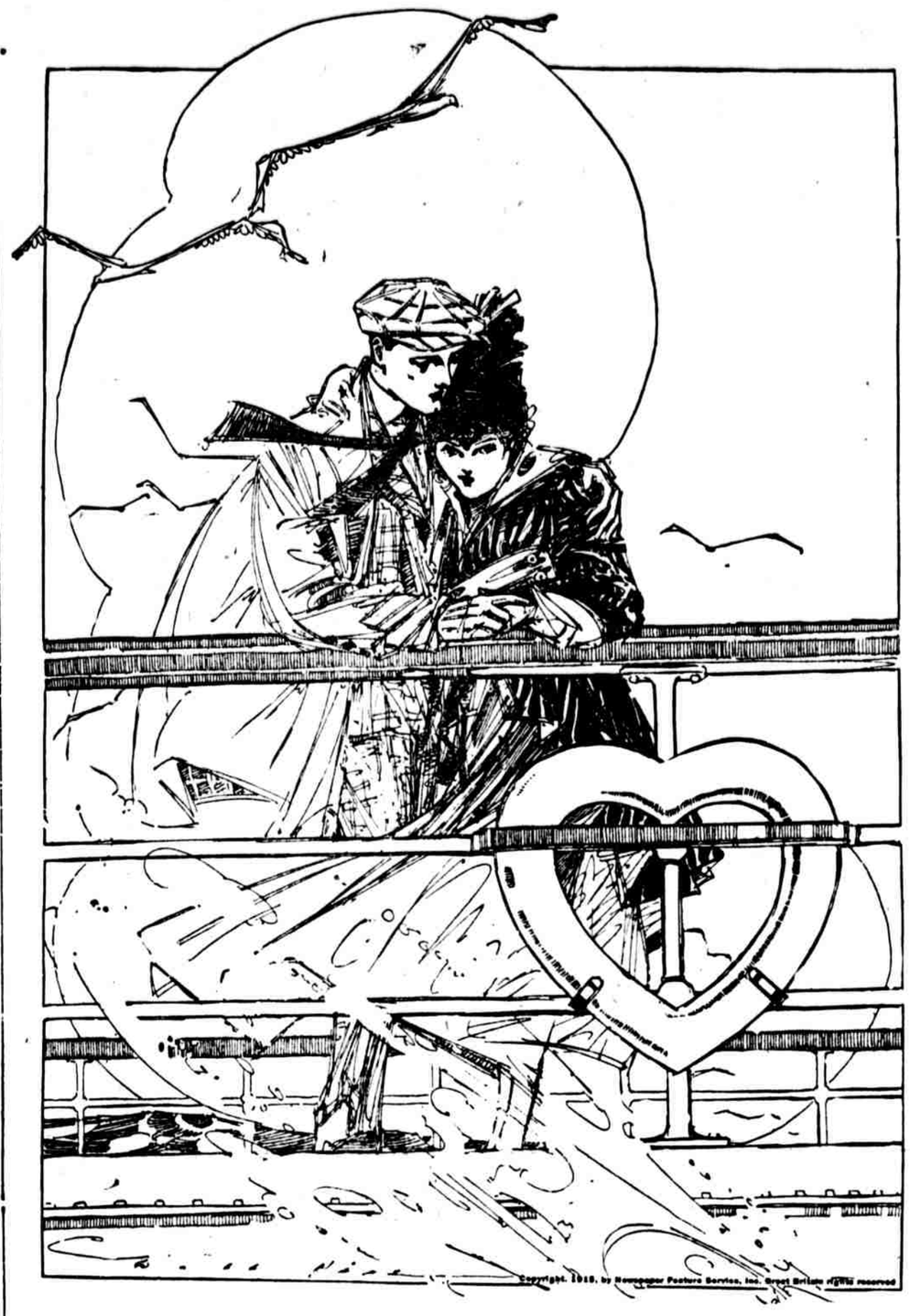
NANCY LEE.

Find another friend, Nancy Lee. There is no use going with people if they are not congenial, and since you do not seem to agree, I think you would do better by not associating with each other.

*Miss Laurie will welcome letters of inquiry on subjects of feminine interest from young women readers of this paper, and will reply to them in these columns. They should be addressed to her care, this office.*

## LIFE PRESERVERS

By Will Nies



Of course the life preserver that hangs on the boat's rail is not heart-shaped. This is only a draughtsman's liberty by way of hinting that the greatest life preserver to any one heart is ANOTHER heart. They think of things like this, these two, holding close in the windy stress of that open deck: Her heart is just as necessary to him as his to her. Without some such combination in restraint of trouble even very sensible persons sometimes get gloomy and peevish and wonder whether life is worth living at all. The moral is, GET a life preserver—or hold fast to the one you have.

In the hours of trouble, in moments of dismay, when life seas run high, reach out for it and know its reassuring help.

## Preparation For Vocational Instruction

Qualifications Required and Training Available in Special Courses—Need of Experience as a Factor.

SUMMER SCHOOL LETTER NO. 2.
(Prepared by Burea uof Education.)

SEVERAL distinct plans for the training of vocational teachers as they have been developed in different parts of the country are herein outlined.

The chief qualifications requisite for success in the teacher of vocational subjects are: (1) Character, personality; (2) mastery of the processes—the technic of the occupation for which the student is to be prepared, and (3) teaching ability, which includes some understanding of the laws of intellectual development and the learning and teaching processes, combined with skill in the actual imparting of knowledge and in the direction and guidance of the development of the individual.

(1) Apparently, the only way open to the individual to acquire character and personality is to be born with a reasonable endowment, as original equipment, and then to develop and perfect it by years of patient and strenuous self-discipline. An excellent way to demonstrate ability to lead, direct, and control others is successfully to control one's self and make the most of one's own opportunities.

### Serve As Wage Earner.

(2) It seems to be generally agreed that the only practicable way to obtain the second qualification—the necessary knowledge of the vocation—is to serve for a time as an actual wage-earner in it. This means entrance on the part of the individual at a fairly early age, the serving of a period of apprenticeship, followed by a period as finished worker or journeyman long enough to achieve actual success in the vocation. This program necessarily brings the individual to a minimum stage of maturity and involves the relinquishment of opportunities for development or training in other directions.

(3) The third of the essential elements—teaching ability—can be acquired efficiently in only two ways: (a) By years of actual teaching experience under competent and sympathetic supervision, or (b) by specific training.

Generally speaking, the efforts to prepare teachers may be classified conveniently into three groups, according to the status of candidates when admitted to the special classes provided: (1) Giving the professional point of view and the necessary training in principles and methods of teaching to men and women who are actually engaged as wage-earners in the occupations they propose to teach; (2) providing practical vocational experience (or the most satisfactory substitute) for those who have previously acquired (or who are at the same time acquiring) the necessary professional training; (3) the training of teachers in service.

### Professional Training.

Providing professional training: (1) evening courses for employed workers, two or three evenings each week, two to two and a half hours per evening, twenty to forty weeks during the winter, courses of one to three years in length; Pratt Institute, Brooklyn, N. Y.; Teachers College, New York, N. Y.; State Teachers College, Albany, N. Y.; Extension Division, University of Wisconsin, Milwaukee; also several cities in Massachusetts, under the direction of the State board of education.

Typical requirements for admission to these courses are: The candidate must be at least twenty-four years of age and not over forty; he must be able to show that he has had an all-round experience in his trade covering at least five years above apprenticeship; he must possess those personal qualifications deemed essential for success as a teacher, and a reasonable proficiency in the fundamentals of reading, writing and mathematics.

(2) Day courses for qualified candidates who are able to give their entire time for one school year or more: Carnegie Institute of Technology, Pittsburgh; Williamson Free School of Mechanical Trades, Williamson School, Pa.; Bradley Polytechnic Institute, Peoria, Ill.; and other institutions.

### Vocational Experience.

It must be evident that there is only one way in which to obtain "practical vocational experience," and that is through employment in a vocation for a length of time sufficient to give mastery of its technic, and insight into its social and educational meanings.

Several institutions have organized special courses designed to supplement and extend the limited experience in certain occupations that may have been gained in the industries. Among the institutions experimenting in this field are: Stout Institute, Menomonie, Wis.; Carnegie Institute of Technology, Pittsburgh; Bradley Polytechnic Institute, Peoria, Ill.

(1) Special conferences or institutes. The most prominent of these are the conferences organized and conducted by the State departments of public instruction in Massachusetts, New York, Indiana, and Wisconsin. In Wisconsin an annual conference is attended by superintendents, directors, and teachers from all parts of the Staate. New York State is divided into districts, and conferences are held in each district.

(2) Summer schools appear to be growing in importance and usefulness, and increasing attention is given to the needs of teachers and prospective teachers of vocational subjects.

### Two Objects Sought.

The student in vocational education should be able to distinguish at least two aims or objects that may be sought through attendance at a summer school: (1) Mastery of some detail, whether of theory or practice, which is small enough to be mastered in the time allowed; (2) acquisition of a point of view, which should enable one to grasp the significance of certain of the main features of the new education, and to direct one's further reading and study more effectively and intelligently.

(3) Correspondence courses. The extension director of the University of Wisconsin has recently announced correspondence courses in the manual arts and vocational education, the primary aim of which is "to enable those in teaching positions to extend their general knowledge of the subject matter and teaching methods, and to give them breadth of view through a study of the broader aspects of their professional work."

References to additional material follow:

"Training of Teachers for Vocational Education," Annual Report, Commissioner of Education, 1913, Vol. I; Same, in 1914 Report.

"The Preparation of Teachers and Supervisors for the Industrial Branches and Other Special Lines," L. J. Corbly, N. E. A. Proceedings, 1914.

"The Selection and Training of Teachers for State-Aided Industrial Schools for Boys and Men," Bulletin 9, February, 1914, National Society for the Promotion of Industrial Education.

Copies of a synopsis of Bulletin 19 may be obtained upon application to the Bureau of Education.

## Laughter Acts on Lips As Fresh Air Affects Health, Giving Them Good Color

By DR. LEONARD KEENE HIRSHBERG.

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THE heroine or hero of many stories is said to "bite the lip in chagrin" or "to control the rising emotions." Not only the authors, but many readers are convinced that these pretty phrases indicate basic, psychological passions. The investigations of Prof. Jules Le Bon, however, do not lend support to these views. His researches show that thin, fine lips are often associated by biting them.

Moreover, a study of the habit gives evidence that it is more often a feminine than a masculine trait. When present in men, it seems to accompany various other womanly attributes, such as blushing, supersensitiveness, high-strung emotionalism and want of power with regard to sustained endurance.

### Lip Biting Habit.

It has been suggested that the maiden coy and fancy free at times acquires the habit of biting the lips with the object of an increase or maintenance of their cherry redness. There seems to be nothing illogical in this. Indeed, confirmation of it is to be noted from two sources—frank admissions from more than one girl that the incentive was red lips, and the other fact that the lower lip is more accessible to the teeth and usually more distinctly scarlet in hue.

The cuticle of the lips is thinner and more transparent, but, nevertheless, firmer than the epidermis of the skin in general. Contrary to prevalent opinion, the lips are, notwithstanding their tenuous cuticle, by no means the most sensitive parts of the face.

Furthermore, the lower lip at its ruby and underlying portion, is less given to hyper-sensibilities than is the upper. The upper lip, in its turn, becomes more and more hyper-sensitive as you leave the mouth and progress with a feather or other light object toward the middle partition of the nostrils.

True enough, there are many individual exceptions to this, but the fact remains that studies upon numerous faces proves this to be the rule.

### Thick Lips Inherited.

The redness of the lips is due to the fact that the internal lining membrane of the mouth, palate, and cheeks—the "mucous membrane"—as it is named—rolls on out under the thin layer of epidermis, which extends inward to meet it from the skin.

Thick red lips are in a measure acquired by habit and environment, but for the most part are inherited, testified to by the thick lips of some Hungarians, Austrians, and Magyars generally. African negroes, as well as other races, are characterized by thick, voluptuous lips.

Laughter and good cheer tend to make rosy-red, rolling, broad lips. Like fresh air and sunlight outdoors, laughter benefits the lips directly through physiological impulses, and indirectly by the way of psychological effects.

To laugh is to grow fat as well around the lips as elsewhere, although there are many jolly persons who lack both fat and thick lips who yet have red lips by virtue of ruddy smiles and jovial temperaments.

## Answers To Health Questions

A. M. D.—What is the cause of cracking of the bones in the knees, ankles, wrists, and shoulders of a young person?

Cracking of the joints and bones generally indicates inactivity of the muscles and joints. To remedy such conditions, all kinds of active exercise should be indulged in, such as dancing, rowing, swimming, playing tennis, baseball, running, walking, and other forms of gymnastics. Massage, manipulation, and a small electric battery usually are additional aids.

Anxious—I am rather flat-chested. Please advise me.

Try massaging with olive oil, sweet oil, or cottonseed oil instead of cocoa butter. Massage each night and morning for ten minutes. Very deep breathing in the fresh air, lots of sunlight, and ten hours' sleep in the twenty-four will also help a great deal.

Z. X.—1. What can I do for hairs on my arms? 2. I am bothered with pimples under the skin.

Try the following powder carefully: Sodium sulphate, 1 dram; quicklime powder, 5 drams, crushed starch 5½ drams. Make some of the powder into a paste with distilled water and apply to the overgrowth of hair. Allow it to remain or for five or ten minutes, but test it at intervals and as soon as the hair can be easily removed wash it off quickly and massage quince seed jelly, six parts, and glycerine, one part, into the reddened spot for three minutes. 2. Take three drops of Fowler's arsenic solution three times a day after meals. Avoid all oily, hot, greasy, and highly seasoned foods, sweets, pastries, chocolates, cakes, and soups. As a face wash, instead of soap or cold cream, use the following: Glycerine, 1 ounce; sulphur, 1 dram; rose water, 8 ounces. At night and each morning apply the following to the pimples: Iodine of sulphur, ½ dram; simple cerats, 1 ounce.

G. B.—Kindly publish whether or not the enclosed advertisement will do what it recommends without harm to the skin—or without making the skin more wrinkled if once used and stopped.

I do not discuss advertised remedies.

O. E.—Kindly prescribe for an oily complexion. 2. I am bothered with freckles. How may I rid myself of them?

To obtain a good complexion it is necessary to have your bowels move regularly each day, like clockwork, get plenty of outdoor life and fresh air, take a daily bath, after which massage your face thoroughly with a good peroxide cream. It is likewise advisable that a coating of the cream be left on over night. Wipe your face off frequently with the following:

Pure glycerine, 1½ oz.; camphor water, 1 pint; boracic acid, 2 drams; oil of lily of the valley, 3 drops.

Avoid all oily, greasy, highly seasoned and rich foods, sweets, pastries, pepper, salts, tea, coffee, and liquors. Get plenty of sleep.

2. Salicylic acid used in the form of a plaster mull is very good. Most so-called freckle remedies contain mercury and may cause serious internal trouble if employed. In any case, no matter what is used, freckles usually return, and if the skin peels it is better to stop the use of all remedies, because more harm will be done than benefit. Use plain boracic acid powder twice a day on them.

K. E. P. M.—My hair is falling out. Will you please suggest a remedy? 2. What do you advise for freckles? 3. What will stop excessive perspiration of the head?

Massage the following into the scalp twice a day: Resorcin, 10 grains; balsam peru, ½ dram; sulphur lotl, 4 drams; castor oil, 14 drams; cocoa butter, 3 drams. 2. Salicylic acid used in the form of a plaster mull is very good. Most so-called freckle remedies contain mercury, and may cause serious internal trouble if employed. In any case, no matter what is used, freckles usually return, and if the skin peels it is better to stop the use of all remedies because more harm will be done than benefit. Use plain boracic acid powder twice a day. 3. This is the sign of good health, and it is advisable that you do not try to stop the perspiration.

J. J.—What can I do to prevent sickness from riding in street cars or dancing?

Car sickness may be remedied by swallowing a charcoal tablet when this sick feeling comes over you; get used to riding a short distance and sit near an open door or window, and it will not be long before you can ride quite a distance without becoming ill. As for dancing, do not dance in a close room; it should be well ventilated. Neither would I suggest dancing soon after eating.

L. S.—What can I do for an eruption of little red spots like pimples, which itch terribly?

Avoid all oily, hot, greasy, rich, highly seasoned, and starchy foods, sweets, pastries, chocolates, and sour things. Take three drops of Fowler's arsenic solution after meals three times a day. As a face wash, instead of soap or cold cream, use the following:

Glycerine ..... 1 ounce
Sulphur ..... 1 dram
Rose water ..... 8 ounces

At night and each morning apply the following to the pimples:

Iodine of sulphur..... ½ dram
Simple cerats..... 1 ounce

A. H.—I am very fond of diving, but have great trouble with the water getting in my ears. What do you suggest?

This is one of mother nature's warnings to avoid diving. If you do dive, grease the ears with vaselene and wear a rubber cap. Often cotton stuffed in the ears is sufficient protection.

### PERSONAL ADVICE.

Readers desiring a personal reply should remember:

1. To address inquiries to Dr. L. K. Hirshberg, care of The Washington Times.

2. To enclose a stamped and addressed envelope.

## Seen In The Shops

A MAN will find a small, keen-bladed knife in a convenient leather case an invaluable boon companion. Such a knife, with three sharp blades, set in a bone handle, costs $1, and it slips into a little gray suede case with a handy snap.

Fourteen-cent stockings do sound rather impossible, but they really prove quite practical for tennis or golf or any other place where the wearer is determined to have a good time unhampered by superfluous dressiness. The hose referred to are white, of course, and they wear exceptionally well.

Duller colors are creeping into the midsummer chromatic riot. Browns and tans and dove grays seem to forecast a winter of outwardly meek attire—which probably means unusually exotic lingerie. The color known as "tete de negre" last winter, though changed by this time to some other nom de guerre, will be popular, it is promised. A straw hat seen recently combined this shade with saucy black-eyed Susans as a trimming. The straw was a new and rather loose weave, and the entire effect entirely satisfying. The price is $15.

*(Information giving the names of shops which carry the articles referred to in these columns will be furnished on request. Kindly mention date of issue when possible, and address "The Shopper.")*

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