

## Discontent Is Felt at All Ages, Belief

Blow of Disappointment Softened by Training, Jane States.

Feel free to comment on all problems which interest you. The best letters will be published.

DEAR JANE JORDAN—A recent letter from a young woman of 25, who, despite a fine husband and two children, found herself bored and restless prompts me to write this. For some time I have been playing with the notion that the age of 25 in a certain type of woman is one of spiritual impasse. When I was 21 I lived in a large club for women and had plenty of opportunity to observe girls. Many of them, when they reached 24 or 25, came down with a feeling of staleness, a restlessness that nothing seemed to satisfy, a feeling of what's-it-all-for-anyway? This is even though they had a good job, health, talent, beaux, lovely clothes and whatnot. Older women seemed to be too busy with everything from night classes to community dramatics to be at odds with themselves.

I thought then that restless 25 was due to the fact that the girls were not married and had no children. However, there have been a number of news stories about young women of that age who committed suicide because "life held nothing for them." Most of them were married. Twenty-five is a period of recapitulation and time of planning for serious life.

Having matured physically, women have a feeling of power which they want to use but don't know how. Not recognizing it they can't interpret it and so there's bound to be a feeling of frustration and restlessness urging for an unknown something. Those who cannot find an outlet for this urge are those who commit suicide. A psychiatrist might have saved them. Does all this sound like sense to you?

So long as I'm writing I may as well get this off my chest, too. Recently a book appeared with a title, "Be Glad You're Neurotic," followed by articles like Helen Welshimer's "So You're Neurotic." Congratulations! These writers are trying to make something desirable of neurosis. My understanding of a neurotic is that he lacks balance mentally and cannot cope with the problems of life. I don't know enough about it to spot the fallacy in these authors' writings, but I feel that their arguments are sophistry. I wish you'd devote a column to it, either debunking or upholding the authors, and set me right.

R. M. L.

ANSWER—Your letter is so well expressed that I regret the lack of space which prevents my using all of it. It may be that 25 is a sort of milestone in a woman's life, although I have no facts to prove it. I have not had the opportunity to observe a large group of young women except through their letters and as far as I know restlessness and discontent are not peculiar to any age.

Any woman who has failed to solve one of the major problems of life, such as love, occupation or social adjustment, suffers from a feeling of frustration at 25 or 35. The way a person reacts to disappointment depends more on the habits he established early in life than on his age. Some give up under pressure, whereas others are driven to find compensations. The problem of suicide is much more complicated.

If our readers could look back over their lives to the age of 25, perhaps they could find experiences which support your idea. I will be glad to publish their letters if they will take the trouble to write.

Your last question will have to be answered later. Give me time to read the book and let me know when and where the article was published. It has often been noticed that many of our writers are tubercular and that tubercular patients in general are sometimes quite productive, as if the disease stimulated their mentality. On that premise can we say, "Be glad you're tubercular?"

JANE JORDAN.

## Color in Laces Is Fall Fashion

Laces and velvets have been mentioned with laces as among the luxury fabrics which seem the necessary mediums for this winter's payment of luxurious fashion.

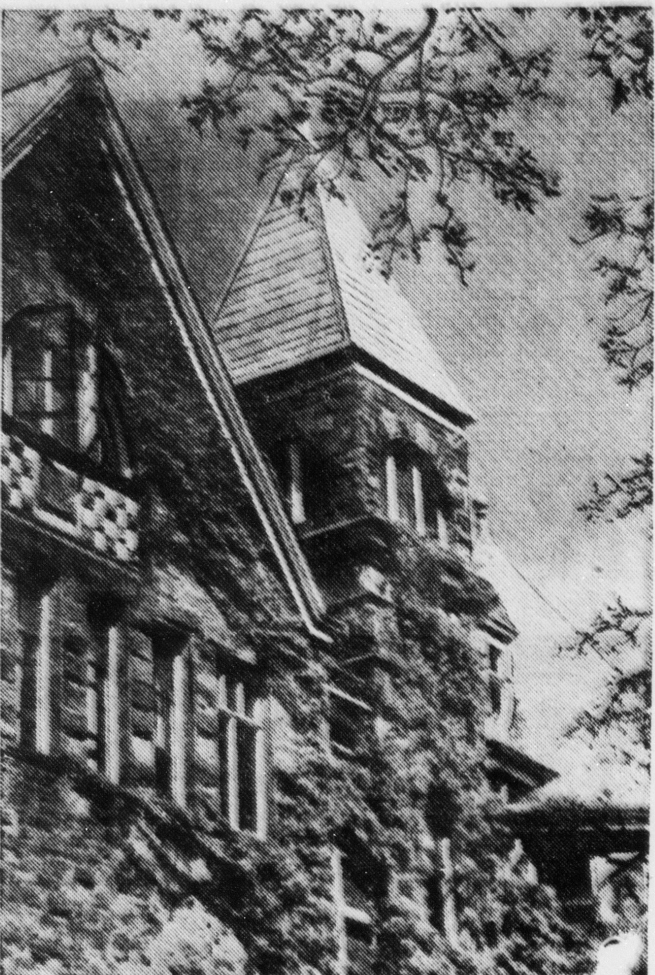
Color in laces, lame-underlined lace, as done by both Molyneux and Jean Desses, lace blouses and bodices of all types with laces and velvets to give delicacy to what would otherwise be too heavy; the transparent skirts, the full volants, wide ones cascading around the side trained skirts, straight ones and even horizontal effects as done by Lanvin—all bring lace into prominence as one of the outstanding fabrics of the season.

Novelties in fabrics include tweed-type laces and lace-type prints. Leather and velvet have been cut out in lace patterns, even felt has been used in this fashion. Lace effects seem to be the watchword of the day.

### Water Cracks Nuts

Sock nuts in salt water overnight and kernels will come out whole when shell is cracked.

## Coeducation Observes 100th Anniversary This Fall



When coeducation came to the ivied towers of Oberlin College (above) a century ago, Caroline Mary Rudd (below) first coed student, was hemmed in by Victorian conventions and prejudices.

## First Collegiate Misses Brave But Prudish, Moderns Think

OBERLIN, O., Aug. 30 (NEA).—Just 100 years ago America's first coeds packed their campus clothes and set out for Oberlin College, the first school in the country to allow men and women to sit together through college courses.

There was no sleeping through 8 o'clock classes for those first coeds. The Young Ladies—as they were called in 1837—were required to rise at 5 in the morning, and have their rooms in order by 8. Midnight bull sessions were not yet the style, for 10 o'clock was the prescribed and enforced bedtime.

Members of the Indianapolis branch of the American Association of University Women are to make plans for the celebration of the centennial within the next two weeks, according to Mrs. Calvin R. Hamilton, president.

Food at Oberlin was more plain than fancy, and a good thing, too, for it was served by the coeds. Bread was the staff of life—bread with milk, bread with gravy, bread with salt, and bread and water. If a young lady preferred a more hearty diet than bread she paid an extra charge and sat at a table where meat was served.

Waiting tables was only the beginning of the duties of those first coeds. They also scrubbed floors, kept their rooms and rooms of the men students clean, and washed and mended the men's clothes. Pay for this valet service was 25 cents an hour.

These and other regulations that governed these petticoated pioneers of coeducation have come to light through the centennial celebration of Oberlin College, set for Oct. 6.

Church was not the coed's choice in those days. She went whether she wanted to or not. And religion was not confined to Sundays. A prayer began every class, whether it was Cicero, the Acts of the Apostles in the original Greek, anatomy, physiology, or trigonometry. No coed-served meal began without grace, and there were prayer meetings, religious lectures and chapel hours for them to attend. They were also allowed a half hour each morning for private devotions.

College life for the coeds of 1837 did not include fraternity and sorority dances, rumble seats, football games, or complicated campus politics. Their outside interests were limited to literary societies, the Female Moral Reform Society, and the Musical Union. The Reform Society's most earnest endeavor was to adopt a resolution "that the disgrace of the gentleman who takes improper liberties with a young lady shall be as great as that of the young lady who permits such liberties."

Even though they were eager for the kind of education that had heretofore been offered only to men, the first coeds could not always take it. There was the time when a corpse was exhibited in anatomy class and four coeds grew faint.

There was also the faculty plan to combine the men's and women's English composition classes, and a subsequent petition from the ladies that either from modesty or delicacy they felt reluctant to read their compositions in the presence of men. By means of the petition and tears, the ladies won their point, and they continued to read their written thoughts before a strictly female audience.

In 1840, Oberlin was given a telescope, but it was reported that the lady principal was "a bit hesitant" about allowing the lady students to use it after hours to look at the heavenly bodies.

Once every week the coeds were given a lecture by the ladies' principal on engagements, marriage, hygiene, politeness, dress and the qualities essential for a minister's wife. One student described the lectures in these words: "She holds up before us the great laws of life and health, teaches us that we are fearfully and wonderfully made and not guiltless if we trample on these laws."

CHARGES of laxness in morals among college students is not entirely a new complaint. Oberlin had to defend just such criticism a hundred years ago. In 1837, a student who had been dismissed from the school wrote a pamphlet accusing the leaders of Oberlin of "wild fanaticism." He declared that "joint education" was very similar to free love, and that undue intimacy was common between the students of opposite sex. The pamphlet, just as anything written on the subject today, enjoyed a wide circulation.

No one today knows why the four young women who enrolled at Oberlin College on Sept. 6, 1837, chose to be America's first coeds. Oberlin admitted them to "bring within the reach of the misguided and neglected sex, all the instructive privileges which hitherto have been unreasonably distinguished the leading sex from theirs."

Whatever the motive of those four in going to school with men, the end was matrimony, 100 per cent. If matrimony is indeed the aim of most coeds, the beginners were more successful than their modern sisters. For through the years the percentage of marriages of Oberlin's women graduates has dropped from 100 to 65 per cent.

Sheet Aids Decoration. If your blankets are dark in color and your spreads light, a sheet placed between the blanket and spread will prevent the dark color from showing through and spoiling the decorative effect of the spread.

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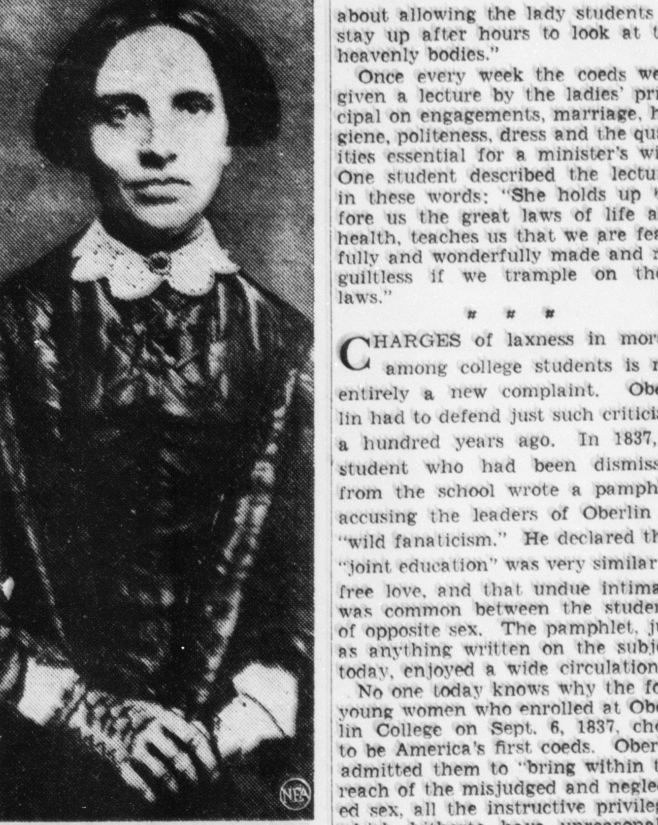
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Coeducation was a daring innovation in 1837, and college authorities would have been shocked at the informal camaraderie enjoyed by the two modern Oberlin undergrads seen above.



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## Future of Child Hard To Predict

Subject He Fails at in School May Be Strong Point Later.

By OLIVE ROBERTS BARTON

How can a mother tell what her child's future is to be? If this question could be answered, all the power and indecision of years would be eliminated and money enough saved to pay the national debt.

Parents never can tell, because children have a way of deceiving us. The very subject the child fails in, in school, may not only be the basis of later work, but spell success in a large way. Whether it is true or not, the Einstein's weakest study was mathematics. It provides a good illustration, for there are many such cases. Only today I read of a brilliant New York bank president, whose weak point in school and college was arithmetic. So the world goes. There is no crystal to tell us.

However, many children do show promise along a special line when they are small. And I believe in shaping ends toward some definite goal as early as possible.

Early Training Sticks. There is something about early instruction that sticks, and even with an interval of years, there it is all ready for service at the right time.

A golfer will be all the better for having had practice with drivers and putters in boyhood; a horsewoman will jump her fences in the chase more gracefully and surely, if she has had a chance to ride with old Charley on the farm across the fields to the postoffice when she was a child.

And so it is with everything. What we learn young seems to spread itself in both muscle and mind and germinates into real prowess later on.

Children who learn dancing when little are usually quick and graceful in their movements through life. Those who learn voice control and the easy expression of thought, are more apt to shine socially. If nothing else is gained, there is planted a little grain of confidence.

In school the child gets many things. It may be the writing of English and its fundamental rules that defeat him, but he retains something; enough, say, to build on, and he may be one of the world's strongest writers at 30 or 40. So his general education did help, although it was hidden at the time.

All-Round Culture Best. I believe that our ignorance of the stars is a blessing in disguise for this reason. The student gets something of everything, and he will need it all, if only to justify his self-respect. One-sided educations, or too one-sided, that is, would leave embarrassing gaps. Besides, even the aviator should be a good swimmer, if by chance he becomes an official of the line, and must correspond with the angels of enterprise.

The wise way is the way we are doing, giving children a general education and intensifying it as early as possible the predispositions they may show along special lines. While Einstein may have failed in mathematics, yet this does not prove that his seat-mate who made high marks, was to be a failure as auditor or business manager. Quite the other way, the rule runs.

We should observe ability, and concentrate on it, yet not neglect the wider range which, after all, may be the real making of a future. (Copyright, 1937, NEA Service, Inc.)

## July Bride



Mrs. Ora D. Grass was Miss Cymbeline Carrie Ferguson, daughter of Mr. and Mrs. Vernie Hollingsworth, before her marriage July 23.

## Sagging Faces Get Treatment Like Figures Do

By ALICIA HART

NEA Staff Writer. Several salons, applying the principles used in their massage and exercise departments, do for over-weight, sagging and misshapen faces what the figure studios do for hips, stomach, legs. Especially commendable are the results of their treatments for chins and throats.

One expert advocates a knuckle massage and tells the customer how to do the routine at home every night before she goes to bed. You simply cleanse the face and throat carefully, smooth on rich night cream, then work it in with knuckles rather than palms.

Place fists in the center of chin so that the flesh on the jawbone is squeezed between knuckles of second and third fingers of hands. Now "walk" knuckles upward and outward along jawbone from chin to ears. Repeat eight times.

Put fists against center of jawbone below each cheek and, pressing deeply, work knuckles upward to cheek bones. In other words, instead of patting, slapping or rubbing, make the knuckles do a below-surface massage job which exercises muscles of the face and throat and stimulates circulation. Be ever so gentle on the throat, of course.

Tilting your head backward (not far enough to strain the throat muscles), meanwhile opening mouth, then closing it slowly, helps to reduce a heavy chin. And patting, with the back of the hands, has the desired effect, too.



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## Gland Rules Growth of Human Body

Giantism and Dwarfism Are Caused by Pituitary Ills.

By DR. MORRIS FISHER

Editor, American Medical Journal. Since 1927, the pituitary gland has been known to be a veritable storehouse of hormones or important glandular principles. A least five of these are already well recognized.

One is known as the growth hormone, another as the sex hormone, the third as the thyroid stimulating hormone, the fourth as the milk stimulating hormone, and the fifth as the adrenal gland stimulating hormone.

Any trouble with the growth hormone is promptly reflected in the size of the animal or child concerned. If the hypophysis, as this gland is sometimes called, is removed from a young animal, its growth is stopped. In a few weeks its long bones will discontinue increasing in length. Moreover, the body weight as a whole remains small.

Aids Children's Growth. It is now known that there are some forms of dwarfism which result from a deficiency in the action of the thyroid gland, but the large majority of cases seem to represent trouble with the pituitary. In certain instances children who seem to have stopped growing may suddenly seem to advance in height if they are given active treatment with extracts of the pituitary gland.

When the pituitary gland becomes deficient in an adult animal or human being, the body begins to waste away. Since this condition was described in 1914 by a German pathologist named Simmonds, it is now sometimes called Simmonds' disease. In the lighter stages of this condition there is subnormal growth, rapidly falling hair, thirst, and some wasting of the body.

Cause of Giantism. Should the pituitary gland be unusually active or should it develop too much secretion, as may be the case when there is a tumorous overgrowth of the gland, the growing child will become a giant. This also will develop changes in the bones and in the conformation of the body that are described under the general name acromegaly.

The glandular material which comes from the pituitary gland is now used in medicine in various ways.

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