

# THE CHARACTER BUILDER

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## EDITORIAL.

The Character Builder uses the reformed spelling recommended by the National Educational Association.

### THE TENDENCY OF EDUCATION.

During the past century there has been a remarkable change of sentiment concerning the studies that are essential in a course of training in schools and the end is not yet. During the nineteenth century a battle was fought between the educators who thought ancient languages and mathematics should monopolize almost the entire time in higher institutions of learning and the educators who favored the study of the sciences and other branches that are closely related to the life of the student. The victory was won by the scientists as is clearly shown by attention given in educational institutions to the study of science during the past half century. The most conservative universities in the world are being influenced by the change of sentiment and are modifying their courses so as to give a more practical training.

In theory education has reached quite a degree of perfection, but practice always lags a long distance behind theory. Our educational system as at present arranged furnishes sufficient work for all grades from the kindergarten to the university, but the belief is quite common among the laity as well as among prominent educators that the student does not always receive the training and information of greatest value to him. The present tendency is to eliminate, from the common studies of the elementary schools, those parts that have no direct bearing on the future life of the pupil. It

is now generally believed that mental discipline may be obtained from practical studies as well as from those that will be of no practical use and are given for discipline only. Some of America's foremost educators are in favor of eliminating some parts of the arithmetics now in use in the grades. At the recent biennial meeting of the superintendents of Utah public schools, President Kerr of the Utah Agricultural college, delivered an address in which he stated that the time devoted to the study of arithmetic in public schools might with profit be reduced four-tenths. This opinion coming from one who has made a special study of mathematics is significant. President Kerr suggested changes that might with profit be made in grammar, geography and history, thus saving time for the pupil that might be devoted to studies that are now slighted or neglected, but have an intimate association with the pupil's future life.

In the High School the course of study is farther from the actual life of the student than is the course in the first eight grades from the life of the district school pupil. All the studies given have some value to the student, but many are of the opinion that studies of much greater value to the pupil are neglected and crowded out by some that will never be used by the student after he leaves high school, college, or university. Here is the course of studies for high schools in the state of Utah.

	First Year—	First Half.	Second Half.
Algebra A .....	5	5	
English A .....	5	5	
A Foreign Language or			
European History ....	5		5
Physical Geography or			
Bookkeeping .....	5		3

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Second Year—	First Half.	Second Half.
Plane Geometry .....	5	5
English B .....	3	3
Zoology .....	5	..
Botany .....	..	5
Or Physiology .....	2	2
Elementary Agriculture .	3	3
A Foreign Language or English History .....	5	5
Third Year—	First Half.	Second Half.
Solid Geometry .....	5	..
Algebra .....	..	5
Or A Foreign Language.	5	5
English C .....	3	3
Physics .....	5	5
A Second Foreign Lan- guage .....	5	5
Fourth Year—	First Half.	Second Half.
English D .....	5	5
Chemistry or a Foreign Language .....	5	5
American History and Civics or a Foreign Language .....	5	5
Elect one of the following: Trigonometry, Geology, Economics and Indus- trial History .....	3	3

About one-fourth of the student's time is devoted to mathematics; one-half to languages, and one-fourth to all other studies combined.

The study that explains the laws of the human body may receive consideration two hours per week during one year. The studies explaining the laws of the mind, health, and the student's relationship to his fellow beings are not provided for; as a result the physical, moral and social phases of life are considered only incidentally and most of the time is devoted to studies that are less essential to happiness and complete living. The disproportionate time devoted to languages reminds one of the following statement by E. L. Youmans: "Words are the vehicles of thought; but as the farmer, who, having ten thousand dollars to invest in his business, should put nine thousand of it in wagons

to carry his produce to market, reserving only one thousand to buy a farm, would be justly chargeable with stupidity, so the student who invests the principal share of his time and power in variously constructed vehicles of thought, with a corresponding neglect of what they are to carry, is chargeable with an analagous folly. So much of the study of language, and in such forms as are necessary to its intelligent use, is demanded in education; but while this places the study upon explicit grounds of utility, by the principle of utility should it be limited. But the lingual student, captivated by the interest of word studies, loses the end in the means. A plough was sent to a barbarian tribe; they hung it over with ornaments, and fell down and worshiped it. In much the same manner is language treated in education."

On the disciplinary value of language Prof. Halford Vaughan makes this statement: "There is no study that could prove more successful in producing often thoro idleness and vacancy of mind, parrot-like repetition and sing-song knowledge, to the abeyance and destruction of the intellectual powers, as well as to the loss and paralysis of the outward senses, than our traditional study and idolatry of language."

The same statements apply to mathematics. Their utility in the student's life is the only rational cause for studying the various branches of mathematics. It is extreme folly to have all the young men and young women who enter high school devote so much time to mathematics and neglect the studies that are intimately connected with the life of every human being. Many students will never have occasion to use higher mathematics. It is urged that all should take these studies because of their disciplinary value. One of the most capable reasoners of modern times, Sir William Hamilton, says: "If we consult reason, experience and the common testimony of ancient and modern times, none of our intellectual studies tend to cultivate a smaller number of the faculties, in a more partial or feeble manner, than mathematics. This

is acknowledged by every writer on Education of the least pretention to judgment and experience."

Dugald Stewart, the eminent Scotch Philosopher, remarks: "While mathematical studies exercise the faculty of reason or deduction, they give no employment to the other powers of the understanding concerned in the investigation of truth. On the contrary, they are apt to produce a facility in the admission of data, and a circumscription of the field of speculation by partial and arbitrary definitions."

Pascal observes: "It is rare that mathematicians are observant, or that observant minds are mathematical, because mathematicians would treat matters of observation by rule of mathematics, and make themselves ridiculous by attempting to commence by definitions, and by principles."

The future welfare of students would be served much better if all were required to study social science, and the laws governing the development of a strong, healthy body and an active mind governed by its moral powers. It is no credit to modern civilization to have so much vice, crime, disease, pauperism and other abnormal conditions at a time when so much effort is put forth in behalf of education. We do not yet sufficiently keep in view the life's work of students. In the district schools we educate for the high school, forgetting that a large majority of the boys and girls never pass beyond the grades; in the high school the student is trained for college and for the university instead of being trained for actual life to the degree that they should be, for that reason there are many incapables, among those who have passed thru the higher institutions of learning.

In the life of Mary MacLane one may see the results of fitting the student to the course of study instead of arranging a course of studies that will prepare the student to do most for himself and his fellowmen. Two years after Miss MacLane graduated from the high school at Butte, Montana, she said: "I graduated from the high school with these things:

very good Latin; good French and Greek; indifferent geometry, and other mathematics; a broad conception of history and literature; peripatetic philosophy that I acquired without any aid from the high school; genius of a kind that has always been with me; an empty heart that has taken on a certain wooden quality; an excellent, strong young woman's body—a pitifully starved soul.

"With this equipment I have gone my way thru the last two years. But my life, tho unsatisfying and warped, is no longer insipid. It is fraught with a poignant misery—the misery of nothingness."

The strong body was not the result of her school work, but it is possible for a person to take the studies of a high school course and develop "a pitifully starved soul."

Herbert Spencer classified the leading activities which constitute "Human Life" into five classes, and most people accept these as logical and psychological:

1. "Those activities which directly minister to self-preservation.
2. "Those activities, which by securing the necessities of life, indirectly minister to self-preservation.
3. "Those activities which have for their end the rearing and discipline of offspring.
4. "Those activities which are involved in the maintenance of proper social and political relations.
5. "Those miscellaneous activities which make up the leisure part of life, devoted to the gratification of the tastes and feelings."

If our courses of study were constructed in harmony with the above activities the moral and physical development of the race would advance as rapidly as the intellectual and material; fortune tellers of all kinds and patent medicine fakirs would be compelled to seek employment where they could do more real service to humanity; abnormal habits that are destructive to health and happiness would be avoided, and more time and money might be devoted to things of real worth.

Remarkable progress has been made

during the past century toward an ideal system of education. The increasing interest in the various phases of social science and in the studies most closely related to the life of the individual indicates that during the present century our educational system will better qualify the youth for the duties of life.

THE ABUSE OF SURGERY. It is now generally conceded that surgery is a science and a boon to humanity when properly used, but there is a growing belief among the laity as well as among conservative, conscientious surgeons that the science is being most shamefully abused by reckless members of the profession. This belief has prevailed for some time among the Eclectic, Homeopathic and some other heterodox schools of practice and they have freely expressed their opinion. While some members of the regular profession have, no doubt, been of the same opinion, they have been more conservative in expressing their views. A continuation of the abuse is calling forth expressions of disapproval from eminent regular physicians. In the Medical Brief of February, 1904, there appears an article entitled "Too Free with Knife," in which Dr. William E. Quine, a director of Rush Medical College, and a general practitioner of the regular school is quoted as follows: "There are men in the profession, and some of them eminent, who are altogether too ready to use the knife."

At a recent meeting of the National Eclectic Medical Association at Detroit, Mich., Dr. J. R. Bangert read a paper entitled: "When to Cut," in which this statement was made: "Thousands of physicians know how to cut, and they have proof of their ability in that line in unfortunate victims with hands and feet gone that might have been saved. It is less essential to know how to cut than to know when and where to cut. The incentives to amputate, or execute operations of a startling character are very great. Some physicians indulge in such experiments to elicit popular applause. Others do so because it is more remun-

erative, and because they apparently take delight in mutilation. They should receive the condemnation of the laity, and of the members of the profession."

In the Medical Brief of February, 1904, page 144, J. L. Wolfe, M. D., says: "There is, in my opinion, decidedly too much cutting. In the last few years the number of practitioners who make surgery a specialty has increased to a great extent. Surgery, nowadays, partakes somewhat of the nature of a fad. While the demand for operations has increased, it has not kept pace with the increased numbers of surgeons. Of course, the introduction of antiseptic methods has greatly reduced the danger attendant upon an operation, but that does not change the fact that many operations are performed where intelligent medical treatment would be better. This is true in a great many cases of appendicitis where an operation is followed by more or less danger of hernia, and in which simple anti-inflammatory remedies would probably effect a cure. The tendency is for a surgeon to become habituated to operating, and to convince himself that the pathological conditions could be successfully removed with the knife. Women, as a rule, have implicit faith in their physician, and if he happens to be one who has the operating habit, he can easily persuade his patient that an operation is necessary.

"I do not believe that the increased number of cures is nearly as great in proportion as the increased number of surgeons. Most surgeons are influenced by the fee for an operation. Surgery is much more lucrative than medicine. fees are charged, and if the patient is unable to pay cash, judgment notes are taken, and the money collected in any way possible. Surgeons who desire to operate for the sake of operating, usually justify themselves by calling into consultation one or more other physicians or surgeons, who they know will agree with them. Let us beware of the surgeon's knife."

This abuse of surgery has made some people so suspicious of the practice that

they refuse to submit to an operation when it is absolutely necessary. As long as surgeons win notoriety by numerous and reckless operations, the science will be abused. When the time comes that the surgeon who removes abnormal conditions without using the knife will be considered more eminent than the reckless operator, the abuse will cease. Many operations are necessary, because of the chronic conditions produced by drug medication. When the practice of medicine becomes more scientific than at present fewer surgical operations will be necessary. We are very slow in learning the lesson that disease is the result of violating natural laws in our daily habits of life. We are pursuing unwise practices in eating, drinking, irregularity of life, and are violating physical and mental laws that have brought disease upon our ancestors for generations back. If we would permit common sense to rule, disease and the necessity of surgical operations would grow less in each succeeding generation, and the services of the surgeon would be needed only in case of accident, when his skill would be of inestimable value to the injured one. We have the highest regard for a surgeon who conscientiously performs his duty, but the abuse of this exceedingly important science is one of the evils to be adjusted.

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#### THE TEMPERANCE QUESTION.

It is very difficult for one city to enforce prohibition when all the surrounding towns carry on the liquor traffic. For a number of years Springville has been a prohibition town. Recently the citizens were given an opportunity to vote for prohibition or for licensed saloons. The vote stood 344 for prohibition and 212 in favor of granting a license. The people of Springville are to be congratulated. It may be true that prohibition does not entirely prohibit, but it greatly reduces the evil. Some very interesting statistics are given in a recent number of the North American Review, from which we quote the following:

"There are thirteen cities in the United

States, each having a population of more than 30,000, that have no saloons. The aggregate population of these cities is 648,285. Thirteen other cities, corresponding in sequence, in size with the ones first mentioned, have twelve hundred and sixty-eight saloons, and a population of 652,200. In the cities without saloons, during the year 1901-2, the total number of arrests was 23,896, or 37 per 1,000 of population. In the cities with saloons, for the same period there were 37,147 arrests, or 56 per thousand."

The property valuation per capita in "dry" cities is \$724.99, and in the "wet" cities \$488.04. The average total tax in the cities without saloons is \$24.01 on the \$1,000, while in the cities with saloons it is \$31.49. In the smaller municipalities the same results are seen; with but rare exceptions."

The liquor traffic is doing damage of so serious a nature that many who have heretofore been indifferent concerning the question or even opposed to it now see that high license will not solve the problem and are therefore ready to labor for some measure that will at least reduce the evil.

In the Current Topics of the Juvenile Instructor of January 15, 1904,, the following occurs: "The prohibition sentiments has not yet struck root in Utah; but the unnecessary damage which liquor is doing to the homes of the people and the morals of our young will in time arouse the people to a sense of their moral obligation in dealing with so hideous a vice as the liquor traffic. There is no reason why the vast majority of the counties of this state should not be successful in a prohibition movement."

We heartily endorse this sentiment. The time has come when a vigorous effort should be made to get rid of this harmful luxury that costs our nation more than sixteen dollars per capita every year, and is one of the greatest sources of physical, moral and social degeneracy. People of all creeds and parties should unite to abolish this traffic.

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Selfishness is suicide.

## Human Nature Department

EDITED BY N. Y. SCHOFIELD, F. A. I. P.

### ELIZABETH CADY STANTON.

By J. A. Fowler.

Few women have done more to influence public opinion than Mrs. Elizabeth Cady Stanton. Her object as a child was to become as much to her father as was the boy he lost, and on this account she strove in every possible way to change unjust laws in rela-



tion to women. When a little girl herself she used to hear her father groan and mentally weep because she was not a boy. It was on this account that she used to steal into Mr. Cady's law office and listen to the stories of injustice and hardship that women told there. When she found that nothing could be done for them under the law, her in-

dignation rose to a high pitch. It even went so far as to make her resolve to cut out of her father's law books all the statutes that were unjust to her sex, thinking that then women would be treated fairly. She next conceived an idea that she could console her father for the loss of his boy if she was "learned and courageous." It was for this reason that she determined to "study Greek and learn to manage a home." So diligent was she in the study of Greek at the Academy that she took second prize in this study and eclipsed many boys who were older than herself. She pathetically thought that now her father would consider her as good as a boy. How do you think Mr. Cady rewarded her? Simply by sighing and saying, "You ought to have been a boy."

Another determination of her to change the laws regarding women came from the fact that the young men who were law students in her father's office often teased her about the disabilities of women.

Were she commencing her career today, under similar circumstances as those just related, concerning her father, we imagine she would have taken a full course in law and helped her father in his immediate work. We are not sure, however, but that her grand and noble life thru the efforts of her pen and upon the platform have been as beneficial to women as tho she had been a regular lawyer.

Mrs. Stanton proved to be one of the most delightful persons to interview that we have ever found. That she was a reformer of the up-to-date kind no one will doubt, but when you want to interview or see a person from your own standpoint it is not always that you find such an one is willing or agreeable to such an operation. It was, however, some months before Mrs. Stanton passed away when

she was priming herself to send an article to Washington for the annual convention of Suffragists, that we found her, about five o'clock in the afternoon, busy with her secretary, however willing to see old friends. It was in company with the Rev. Antionette Brown Blackwell that we spent a most delightful hour talking to Mrs. Stanton. "Will you allow me to measure your head, Mrs. Stanton?" I asked. "Yes," she replied, "you may measure me from head to foot if you like—the more the better, for it recalls to my mind the time when your father examined my head many years ago, when I was a comparatively young girl."

She showed so much genuine pleasure in what we were doing that she remarked, "It does not matter if you tumble my hair" (which was white and silky), "for it can be easily arranged." She sat in her chair every inch a queen, showing from her sparkling eyes the treat she was anticipating. Before we had told her the result of our measurements she remarked, "It is a large head, Miss Fowler, but I do not know whether you will find anything in it worthy of remark. Perhaps your measure is not long enough to go round it," she said with another smile.

The result proved what our surmise was at the outset, that it possessed the cranial capacity and size of a man rather than of a woman, for round its base it measured  $22\frac{3}{4}$ , while its height corresponded and proved to be above the average.

She was as much of a woman as any woman can be, for she possessed a full, round occiput, and her posterior brain indicated that she was no less a woman because she desired to fill the role in her father's eyes of a boy and later a man. She had the peculiar advantages of inheriting a strong social disposition—at the same time she encouraged the ambition of a man in the public arena of life. It was no easy task for women to organize a Woman's Suffragist Convention, as she did, with a few other courageous suffragists in 1848. Today

such a task is looked upon as a common occurrence.

She thus showed characteristics of mind at that early date which manifested unusual courage, a strong conviction, an enterprising mind, remarkable zeal, exceptional industry, and enthusiasm.

For this particular work she needed a large development of Conscientiousness, which was the keynote of her character; large Benevolence, which made her carry humanity upon her shoulders (especially the humanity that represented women); large Hope, which enabled her to open her eyes wide with expectancy; large Combateness in that part that gave courage and power of attack; large Firmness, which enabled her to persevere with her object until her aim was secured and large Wit, which lightened up the interest of the opposite sex in her undertakings.

One may have a very serious cause to promulgate, but if a person can so disguise the seriousness by throwing wit into the foreground and water the seeds of justice with humor, and draw in the rays of sunshine thru Mirthfulness, and chase away doubt by sanguineness, and marshal one's facts by a hopeful attitude, then the battle is half won.

It was on these grounds, and with these weapons, that she plodded her way thru the difficult maze of prejudice and won the respect of the opposite sex thru her trenchant arguments. Men knew that she was right in her desire to change the laws for women, but they had not thought of the subject in the way in which she presented it. They believed in letting well alone; but when a man is convinced by argument, and can see the folly of existing law thru his reasoning mind, he is not slow to make the necessary changes as they are pointed out, even if the medium be a woman.

In questions of legal procedure, feeling and sentiment stand for less than argument well sustained by facts.

Altho we have not a portrait showing the entire back development of Mrs.

Stanton's head, yet the features of the face indicate many of these. Her sociability is manifested in the full, round, double chin. The lines of hospitality and friendship are deeply implanted on each side of the nose. The fulness each side of the middle of the nose indicates unusual sympathy, comradeship, and the fraternal spirit. Compare this part of her face with that of a man who has a thin, narrow, lean nose and you will find that just the opposite characteristics exist. The fullness of the eyes and the expressible roundness that appears under the eyes serve to indicate not only special power to express ideas; not only power of assimilation; but also a joyous sociability joined to intellectuality, which was powerfully seen in Mrs. Stanton's character.

She was truly magnetic in a broad sense of the term, and linked her Friendship with her large Benevolence and Causality, so that she was ready to take humanity into her maternal arms at that early date—1848. She cradled her own sex, however, with so much care that fathers, brothers, sons, and sweethearts were brought to see that woman was a very different creature from what they had formerly been brought up to believe her to be. She, with her co-workers, opened the eyes of humanity to respect womankind in a new light. Her fighting capacity came more from the element of courage than the desire to contend for contention's sake. It was thru the moral atmosphere of her brain that she so strongly waged war upon the injustice done to women in every department of her work, and where a moral consciousness leads in any fight, the cause is more sure to win its laurels than where Combateness rules its rebater. She set up what is called in this country "an intellectual fight," and her courage was backed up by conviction. When she had once broken ground it was comparatively easy for her to sustain her ideas, and in company with her tried and faithful friend, Susan B. Anthony, she proved that when two or three are gathered together in the name of Justice, they

can obtain success and win the magnanimous confidence of the public. No one can read the "Woman's Bible" without feeling assured that she had studied the question of woman suffrage from all its standpoints. She believed that justice should be meted out to woman not because she was a human being, a living soul, an important integral part of the great whole, and has as much right to considerations of liberty as man.

The height of her head in the region of Ambition, around the crown of the head, including Approbativeness and Self-Esteem, was quite noticeable; but here against she possessed faculties that were largely brought out thru the influence of faculties that were anterior to them in location—namely, Conscientiousness, Firmness, and Benevolence. We doubt whether Self-Esteem and Approbativeness would have shown their peculiar strength and individual power had it not been for the motive that brought them into action. This fact should lead our readers to see how important it is for them to develop the right influences, the right stimuli, and the proper environments to produce what we term Character.

In all reforms an abundance of optimism is necessary, and in Mrs. Stanton's head we found along its superior region a broad and comprehensive development. What significance would this fact have for any one who was dissecting a brain like Mrs. Stanton's on purely physiological grounds, unless they possessed a knowledge of the Phrenological or Psychological localization of its functions? One may study the fissures, the sulci, the gray and white matter, the weight and fissural depth of the convolutions and the texture of the membranes, but what conclusions can a pure physiologist come to with regard to the correlations of her mental powers with the physical ones? They cannot find out from the fissures nor the size of the brain that this was a philanthropic woman, that she possessed a strong social nature, and was devotedly attached to children, that her ideas of the future were broad and liberal rather than



narrow and sectarian. As a matter of fact, Mrs. Stanton had very little regard for mere forms and ceremonies, and when we noted this fact to her she exclaimed, "That is a fact, and the more I study the Bible the larger my conception of God becomes and the smaller amount of respect I possess for dogmas."

Mrs. Stanton possessed a wonderful memory and gave to us (the Rev. Mrs. A. Brown Blackwell and myself) as full and free a discussion of the matters that were then forcing themselves upon her attention, as though she had been discussing the matters in the Free Trade Hall, Manchester, Exeter Hall, London, or Carnegie Hall, New York City. She reminded me of her palmy days when she stood before the large and enthusiastic audience in Piccadilly, London, when she spoke of the importance of agitating the question of woman's suffrage. She seemed to forget for the moment when she was talking to us that she was over eighty years of age, and wished that she was as able to use her bodily powers as easily as her mental faculties.

In short, Mrs. Stanton lived for a purpose and stood as a representative of her sex for over fifty years, and altho she has passed to her eternal reward, yet the memory of her intense earnestness will be every kept in the history of not only the Woman's Suffragist question, but to all subjects that pertained to the rights of woman.

Mrs. Stanton was born at Johnstown, N. Y., on November 12, 1815. Her parents were Daniel Cady, at one time Judge of the Supreme Court of New York, and Martha Livingstone Cady, a daughter of James Livingstone, a revolutionary soldier and a member of Washington's staff.

She received her education at the Johnstown Seminary and the Emma Willard Seminary, graduating from the latter school in 1832. In 1840 she was married to Henry Brewster Stanton, a lawyer, prominent in the anti-slavery movement, and afterward a state senator, with whom she lived happily until his death in 1887.

Almost immediately after her marriage she began her career as an advocate of equal rights of women and especially of woman's suffrage, which cause she fought for to the last.

Her first public appearance was in favor of the married woman's property bill, which was first presented in 1840, and which she continued to urge until its final passage in the New York legislature in 1888. In the latter year she issued a call for a woman's congress, the first of its kind, which met at Seneca Falls. It was before this congress that she first made a public demand for suffrage for women, and it was only after a long debate and very strong opposition that a resolution favoring it was finally passed. It was to this cause that her strongest efforts and warmest sympathies went, and it is in connection with this that she will be best remembered.

For twenty-five years she annually addressed a congressional committee urging the adoption of a sixteenth amendment to the constitution that would extend the franchise to women. From 1865 to 1893 she was president of the National Woman's Suffrage Association, and from then to the time of her death she was an honorary president of that body.

In 1854 Mrs. Stanton addressed the New York legislature on the rights of married women, and in 1860 she advocated before the same body the granting of divorce for drunkenness. She ran for congress in 1868. Beside her labors in both of these things she spent much time in lecturing, and her literary work was considerable. With Susan B. Anthony and Parker Pillsbury she edited "The Revolution." With Mrs. Anthony and Matilda Jocelyn Gage she wrote "The History of Woman Suffrage." She was one of the editors of "The Woman's Bible." She wrote "Eighty Years and More," and contributed many articles to magazines and newspapers.

On her eightieth birthday, in 1895, the National Council of Women paid its respects and showed its reverence for Mrs. Stanton by arranging a large demonstration in her honor. Three thousand

delegates from all the women's societies were present in the Metropolitan Opera House, New York.

Her family consists of four sons and two daughters.

When speaking to Mrs. Stanton on the influence of phrenology in educational matters, she said that when she was quite young she used to take even then a great interest in phrenology, for she saw the benefits that resulted from this study. "I have never," she said, "given up the study, and have followed its reformatory results, until today I recognize it as a bulwark of education and right living." Her face fairly beamed with enthusiasm when she told me that she remembered the first time she read Combe's "Constitution of Man," which work had been very influential in her life. She felt sure that if more people would read this work they would be able to interpret the Bible with more clearness of understanding, especially those parts that referred, in the New Testament, to the natural and spiritual laws.

In the coming century phrenology will assuredly attain general acceptance. It will prove itself to be the true science of mind. Its practical uses in education, in self-discipline, in the reformatory treatment of criminals, and in the remedial treatment of the insane, will give it one of the highest places in the hierarchy of the sciences; and its persistent neglect will be referred to as an example of the almost incredible narrowness and prejudice which prevailed among men of science at the very time they were making such splendid advances in other fields of thought and discovery.—Page 193 of the *Wonderful Century*, by Alfred Russell Wallace, F. R. S. (This book was published in 1898.)

#### THE STUDY OF PSYCHOLOGY.

William Shaerer, A. M., Ph. D., in an article "Talks to Parents on Training of Children," writes:

"At this time many are advocating the importance of parents making a careful study of Psychology. They do this in

the belief that it will help parents greatly in the training of their children. It is doubtful if such a study would be of much value to most parents. Years of experience leads the writer to believe that a few days' study of temperaments has been of more practical value to him in the management of children than many weeks and months spent in an earnest study of Psychology. This may seem a very bold statement at this time, but it is believed that ere long it will be accepted without question."

The above seems so pertinent to the advice that we have given concerning temperaments and the diversity of gifts that we are glad it comes from so important a man as the Superintendent of Schools in Elizabeth, New Jersey.—*Phrenological Journal*.

"Our physicians of the present day are a good type of the mass of our reformers. They take out cancers, cut off tonsils, drive the poison which nature has wisely thrown to the surface, back again, quiet unsteady nerves with valerian, and by means of ether infuse an artificial courage into the patient that he may bravely endure some painful operation.

"It requires but little thought to feel that the wise physician who shall trace out the true causes of suffering; who shall teach us the great immutable laws of life and health; who shall show us how and where in our everyday life, we are violating these laws, and the true point to begin the reform, is doing a much higher, broader, and deeper work than he who shall bend all his energies to the temporary relief of suffering."—Elizabeth Cady Stanton.

Life is a search for our own—for those whose hearts beat in unison with ours—who respond to the same vibrations. Men are tuned to a certain key. Those tuned to F do not respond when you strike D. Our own are those who are in our key.—The Philistine.

Doing is the great thing. For if, resolutely, people do what is right, in time they come to like doing it.—Ruskin.

## EDUCATIONAL NOTES.

The biennial convention of the city and county public school superintendents of the state of Utah was held in Salt Lake City, February 5 and 6, 1904. Addresses were delivered by the following gentlemen: Superintendent D. H. Christensen, of the Salt Lake City schools; Superintendent Oliver Christiansen, Juab county; President J. T. Kingsbury, of the University of Utah; President W. J. Kerr, of the Utah Agricultural College; Mr. Joseph McKnight, of the Normal Training school; Superintendent, Jas. Langton, of the Logan schools, and Superintendent W. B. Ashton, of the Salt Lake county schools.

Many important suggestions were made concerning the regular work in the schools. The progressive ideas advanced are an evidence of the real progress that is being made by our public school system.

The following resolution was introduced by Superintendent J. L. Brown, and adopted by the convention:

"We, the city and county superintendents, favor the raising of the scholastic requirements of the inexperienced teachers in this state by requiring graduation from a Normal School of good standing, or an equivalent preparation, and by requiring that some of the subjects for the examination of teachers shall be of Normal School grade."

A resolution was passed favoring a semi-annual convention of the superintendents instead of a biennial convention, as now provided by law.

On motion of Superintendent Ashton, a state teachers' reading circle committee was appointed by State Superintendent Nelson, consisting of the following named superintendent: B. W. Ashton, J. L. Brown, William Allison, D. H. Christensen, and A. L. Larson.

It was moved and carried that during the school year the superintendents make

a strong effort to have the "compulsory attendance" law carried out.

President Kerr, director of the N. E. A. for Utah, urged the superintendents to become members of the National Educational Association.

Superintendent D. H. Christensen stated that with a Utah membership of the N. E. A. of upwards of twenty-five persons there would be a probability of securing the next convention of the superintendents' division of the association at Salt Lake City.

As there is no uniformity in time of closing the schools in the state, it was moved and carried that the superintendents recommend to their boards that the schools begin each day at 9 a. m. to close at 12 m., to begin at 1 p. m. and to dismiss the beginners and the first grade pupils at 2:30 p. m.; to dismiss all other grades at 3:30. It was decided that wherever considered advisable mixed schools might be held till 4 p. m.

DR. E. A. WINSHIP, editor of the New England Journal of Education, has been appointed a member of the Massachusetts Board of Education. "This is an educational honor," says Charles W. Bardeen, equalled only by that of appointment upon the board of regents of the University of the State of New York. The board consists of eight members, each appointed for eight years. It has entire charge of the educational interests of the state, and elects its secretary, who corresponds with the State Superintendents of other states. Two of the members are appointed a committee in charge of each of the normal schools. The board appoints also four agents and an examiner of normal schools. This appointment is an honor to Dr. Winship and to the educational press, of which he is so distinguished a representative. To Dr. Winship more than any other one man was due the success of the late Boston

meeting of the National Educational Association."

We cordially endorse Brother Bardeen in his estimate of the value of the service of one of the most active educational workers in the country.—Editor Pennsylvania School Journal.

**FOOTBALL TOO BRUTAL.** The board of education of the District of Columbia in its annual report, noting the prevailing ruffianism in connection with football, says: "The statistics of the game for the last year show a startling list of players killed and the serious maiming of many more. No self-respecting school organization should tolerate such manslaughter in the name of athletics, and the board will not fail to take notice of brutality in play, and, if need be, in order to stop it, to prohibit the game in the schools."

**CHEAP HIGHER EDUCATION.** It seems strange that a university devoted first and last to education should attract attention on that account. But a Chicago paper has a long eulogy on Valparaiso University, Valparaiso, Ind., from this standpoint, and calls it "the institution of the million, and not of the millionaire."

At this big school, where the enrollment is nearly 4,000, the students are brought up in ways of economy, earnestness and hard work. The tuition is only \$30 a year, and board is supplied at 25 cents a day and rooms at that much or less a week. And yet the university figures that it makes \$10 a year from each student, to pay the faculty, etc. There are neither baseball nor football teams. Dancing is prohibited, and the ban is placed on secret societies. Hard study is about the only form of amusement that is encouraged.—The Pathfinder.

The new \$125,000 library building for Clark university, Worcester, Mass., was dedicated the other day. Andrew Carnegie gave \$100,000 as a fund to maintain the library, and he gave it as a memorial

"in honor of the greatest character in our public life today"—meaning Senator George F. Hoar, whose home is at Worcester. Mrs. Hoar, who died a few days ago, had done much to aid the university.

Japan is using her educational funds for war purposes. What a pity. There is no good in war, anyway. There should be an universal peace treaty and an international court of arbitration with power to enforce its decrees.—Memphis News.

President Eliot of Harvard in his annual report this week says: "The game which has been conducted at Cambridge with the least intelligence and success is football—except from a pecuniary point of view. The breaking up of college work for the individual student by frequent absences to play games at a distance is an evil which ought to be checked."

**EDUCATION** is the knowledge of how to use the whole of one's self. Men are often like knives with many blades; they know how to open one blade and only one; all the rest are buried in the handle and the knives are no doubt better than they would have been if they had been made with but one blade. Many men use but one or two faculties out of the score with which they are endowed. A man is educated who knows how to make a tool of every faculty—how to open it, how to keep it sharp, and how to apply it to all practical purposes.—Henry Ward Beecher.

**BROOKLINE'S GYMNASIUM.** Brookline, Mass., has invested \$65,000 in a municipal gymnasium to supplement her all-the-year-round public bathing establishment. The Coming Nation in comment says: "That's some better than a public investment in battle ships and riot guns, don't you think?"—The American Co-operator.

"I value the Character Builder so highly that I cannot afford to miss one number."—A. Bishop, Utah.

## \*\*\*\*\* Publisher's Page. \*\*\*\*\*

### **The CHARACTER BUILDER**

**For Home and School.**

A magazine devoted to Physical, Intellectual, Social,  
Moral and Spiritual Training.

**\$1.00 A YEAR, IN ADVANCE.**

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soon as your order is received.

We heartily appreciate the assistance  
rendered us by our active agents and by  
our subscribers who have renewed. There  
are still quite a number who have not  
renewed. We shall in the future not send  
any out that are not paid for in advance.  
We remind our delinquent subscribers  
that the magazines they have received  
have been paid for out of hard-earned  
contributions of the promoters of this  
human culture work. We have no desire  
to collect the amounts in the life to come,  
even if they will be paid four fold. Some

of our worthy subscribers who have sent  
us money during the past month stated  
that it was merely neglect on their part  
that they did not send it sooner. We be-  
lieve there are others like them, and we  
shall be pleased to hear from them. The  
April number will be sent only to those  
who have paid in advance. In the future  
none of our subscribers will be encour-  
aged by us to form the bad habit of go-  
ing into debt.

We appreciate the friends of human-  
ity's cause who have helped the Character  
Builder make such a splendid growth  
during the past and desire to co-operate  
with them to continue the good work.

We remind our readers that the maga-  
zine is published for the good it will do  
and not from selfish motives. Those who  
have invested money in the enterprise  
have not done so from selfish motives.

We are now receiving unsolicited ap-  
plications for stock from persons who are  
not weakly but are intensely interested  
in the work the Character Builder is do-  
ing. If our subscribers will be prompt  
in renewing, the work will be self-sup-  
porting and much good will be accom-  
plished. We desire to co-operate with  
all who are interested in humanity's pro-  
gress.

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and lighting purposes.

For particulars address, H. T., care of  
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## Physical and Moral Education.

### THY CREED.

Do good to every man,  
And from the heart let noble impulse flow,  
To all the world.  
Think kindly thoughts of everything  
And they will fill the atmosphere of life  
With lofty dreams of Hope and Harmony,  
Do noble deeds for justice and for right  
Deeds that will help some fellow-man.

A wayfarer like thee;  
Then will they cast reflection of their kind  
Upon thy soul.  
From out whose light shall rise  
The Throne of Peace,  
And fill with broadening Love  
Each thought, each word, each deed.  
Then hast thou aided in the Master's plan  
And helped with earnest hands  
In building up the structure of all Life,  
And bringing now to view  
In all its true proportions here  
The Temple of God's Love.

—Harry T. Free, Selected.

### THOUGHTS OF WAR.

By Elbard Hubbard.

RICHMOND P. HOBSON, who sank the Merrimac, now wants to sink two billion, five hundred million dollars in a navy. We are on to Richmond. The Merrimac was sunk with intent to block the channel to Santiago Harbor. The ship was sunk all right, but the channel was not blocked, and the hulk lies there still, a danger and a menace to commerce.

Individuals like Hobson are a danger and a menace to civilization, as much so as is that hulk around which men who go down to the sea in ships have to carefully guard and steer.

While the better part of the Christian world is talking about disarmament, this man wants to saddle upon the toilers of America the biggest and most costly implement of death this tired, blood-stained earth has ever seen.

Hobson is not a producer. He consumes, but his living is supplied him by the state. He is a pensioner—a remittance man. His business is death and

destruction. He had his way in sinking the Merrimac that lies rotting in the sands of Santiago; the gulls roost on her ribs that blister in the sun, and the barnacles gather and wax fat on the tide that comes and goes.

If Hobson had his way in this (which God grant he never may!), his magnificent navy will rot, blister and decay as surely as did the Merrimac, and the end will be as futile and inept.

But no pen will write of the sweat and blood and work and worry of the men and women who sow and reap, who dig and delve, who toil in factory and mill until they become deaf to all music thru the ceaseless whirr of wheels, and blind to all beauty thru the one sight of flying shuttles—all that America may dominate the seas! No man will tell of this tragedy, because no man can—its terrible truth balks the pen, and De Quincy is dead.

But let these simple facts stand:

War is waste.

Where men waste, men and women must work to make good this waste.

To prepare for war is to have war. We get what we prepare for, and we get nothing else.

This country is not endangered by a foreign foe, and never will be until we adopt a policy that seemingly endangers the welfare of Europe.

When we have a navy that outclasses any one navy of Europe, there will be a combination of European powers, and they will evolve a navy that will outclass ours.

Bullies all get basted—the wallop waits them all. John L., Corbett, Fitzsimmons, all get what they ask for—they are accommodated with the sedative.

The danger to this country is from within—it lies in idleness, ignorance, superstition, and the false education of individuals like Hobson, so that they are experts in the inutile. Hobson does no use-

ful thing, and yet demands honors in inverse ratio to the square of his inefficiency. This is the warrior idea, and traces a pedigree straight back to Caius Marius, Sulla, Cato, Pompey and Crassus.

Hobson's argument is exactly and precisely the argument of Pompey, who said, "If Rome has an army large enough and well enough trained, peace is assured, for no country or nation would dare make war upon us."

And Pompey never saw peace afterward. He died, choked in his own gore, and his statue, set up in the Forum at Rome, was baptized by the blood of Julius Cæsar, the greatest fighting man the world has ever known.

An army is for army officers.

A navy is for sea-captains.

And death awaits them all.

The size of Hobson's proposed navy staggers imagination, but Russia, Italy, Germany and England could turn to and sink it, and send Hobson in chains to the rocks of St. Helena, where he could commune with the ghost of the Corsican who, too, worked for peace by over-awing a world.

Napoleon would tell him that the allies did it. And the allies lie in wait for every nation that thinks itself invincible, just as fate crouches around the corner for the man who prides himself on being supreme.

Hobson's navy would be a vast storage house full of dynamite. It might explode itself any day. Heavily armed men do not live content in peace. If there is no one else to kill, they turn on each other. Read history.

Supremacy thru the power to destroy has been tried since the days of the Pharaohs, and history teaches us that its end is madness and the grave.

There is something better than the ability to consume, waste, destroy and intimidate.

Why can't we get our satisfaction in life out of useful effort instead of destruction?

Pericles, in a single generation, made Athens the wonder of the world by

simply turning the funds gathered for war into art and beauty.

This country raises for our public schools, two hundred million dollars a year. And the appropriations for war and war appliances were, for the year just passed, over four hundred million dollars.

Hobson's desired appropriation would double the pay of every school teacher in America for ten years, and place manual training apparatus in every school house from Cape Nome to Key West.

Now suppose we quit talking about war and set ourselves to this problem of educating our boys and girls. Educate them to be useful—one session a day for books—the morning for study and the afternoon for work—what say you then?

Would there be danger in that, think you?

To have school gardens and school shops—is that nitro-glycerine? No over-worked teachers and no yellow, frayed-out scholars—and pay enough so as to secure the biggest and best men and women for teachers—suppose we try that! We have the money—we can do it if we have the will.

This is a plan the world has never tried—supremacy thru useful activity.

Why not help us, Richmond P. Hobson? You are neither fool, knave nor hypocrite—you are an honest man, self-deceived, just as Saul was when he was on his way to fight the Christians. And you are fighting Christ, too, while all the time you profess to follow him.

You are a victim of a wrong system of education—a barbaric idea—the fallacy that the workingman needs a soldier to protect him.

We need you, Richmond, not to protect us, but to get under the burden and lift—come, Richmond, come over and help us!—The Philistine.

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#### CLERICAL SPORTSMEN.

By Harry Benson.

"Who can imagine the Prince of Peace roving through the land with a gun and a string of bloody birds and mangled squir-

rels, the life and beauty of the forest, teaching lessons of cruelty to all who witness the sight? And yet we have alleged Christians, some even in the clerical office, who, claiming to follow Jesus, represent Him in this uncanny character, and who insult His memory, deride His teachings, and defy the Creator by inflicting on His innocent creatures wounds, agonies and death. A reverend butcher of the indispensable birds and squirrels is as discordant with Christianity as a clerical saloon keeper, a reverend pugilist, or a ministerial gambler. He who teaches boys to shoot birds turns their faces towards the prison. He who buys toy pistols, air guns, or shot guns for his son does likewise. Statistics of English schools wherein kindness to animals is taught as a duty and a decency, show that pupils so taught are never arrested for crime. Of the birds, Christ said, 'Not one of them is forgotten before God.'—Our Dumb Animals.

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#### THE UNSEEN CORD.

Ella Wheeler Wilcox.

There is an unseen cord which binds  
The whole wide world together:  
Thru every human life it winds—  
This one mysterious tether.  
It links all races and all lands  
Thruout their span allotted;  
And death alone unties the strands  
Which God himself has knotted.

However humble be your lot,  
Howe'er your hands are fettered,  
You cannot think a noble thought  
But all the world is bettered.  
With every impulse, deed or word  
Wherein love blends with duty.  
A message speeds along the cord  
That gives the earth more beauty.

Your unkind thought, your selfish deed,  
Is felt in farthest places;  
There are no solitudes where greed  
And wrong can hide their faces.  
There are no separate lives; the chain,  
Too subtle for our seeing,  
Unites us all upon the plane  
Of universal being.

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HUMANE OR MERCY DAY. Feb. 28 has been designated as Humane day. On that Sunday pupils are to be taught kindness and good will to all creatures.

Such work needs emphasizing. Cruelty toward defenseless creatures is the worst kind of cowardice. During every year we should have 365 humane days, and this year there should be 366 days devoted to humane treatment of our fellow creatures. To make our teaching effective we must practice what we preach. A teacher who stands before her class fifty times a year wearing a hat decorated with bird corpses will not make much of an impression on her pupils if she devotes an entire Sunday to teaching kindness to bird corpses will not make much of an the most forceful method of teaching. When our practices become more consistent and we give animals their rights every day of the year, there will be no need of setting apart a special day for instructions on kindness to animals, and we shall have advanced much nearer to the millennium.

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#### HUMAN ACHIEVEMENT AND SORDID GAIN.

By B. O. Flower.

Among the many examples of sophistry, as shallow as it is pernicious, which wealth and privilege are industriously disseminating, is the claim that the incentive of money or material personal gain is the chief inspirer of genius, invention, and discovery. It is asserted as a dogmatic fact that if social changes were inaugurated in which the incentive to personal wealth was withdrawn, dullness and mediocrity would flourish where now society is being enriched by wonderful discoveries, master strokes of inventive genius, and rich creations of the splendid imaginations of artists, poets, and scholars, because the mainspring of action would be removed; which is equivalent to saying that wealth of the mind and soul—the glories of the imagination, the revelations of science, and the creations of literature and art—is chiefly stimulated by the lash of hunger or the sordid dream of golden treasures.

That the intelligence and common sense of the public should be so insulted by the constant iteration of sophistry be-



lied by every page of history, would be incredible if it were not for the fact that we are in the midst of an age of commercial materialism on which success in life is measured by the acquirement of gold by the high-priests of conventionalism, and where the fear of hunger and want is a never-present specter in millions of homes. As a matter of historical fact, only a small minority of the men of genius who have won an enviable immortality thru enriching civilization and ennobling mankind, have been by nature so slothful that hunger served to urge them to conquests or achievements; while still fewer have been stimulated by a sordid dream.

Genius is nothing if not restless and active. Her children may be and often are erratic. They are seldom slothful. Run over the list of those who have been chief among the prophets, poets, painters, sculptors, scientists, discoverers, and inventors, and it will be seen that while few were driven by hunger or lured by avarice, many were terribly hampered by and paralyzed by the ever-present fear of the starvation and suffering of those dependent upon them. It will be seen that the greatest benefactors of humanity were either among the poor who sought not personal wealth, but rather the benefit of humanity, or were in comfortable circumstances such as would be within reach of all men and women under just social conditions in which equal opportunities and rights should be guaranteed to all and special privileges to none.

Take the prophets and ethical leaders, from Isaiah to Savonarola, Luther, Mazzini, Wilberforce, Garrison, and Phillips. How many were urged on by the gnawings of hunger or the passion for gold, or stimulated by any thought of self? Not one. Take the philosophers, from Socrates and Plato to Locke, Rousseau, Kant, and Emerson. The same facts are revealed. Take sculpture and painting, from Phidias to Michaelangelo; from Raphael to Millet. How many wrought merely for bread or slaved for wealth? The same is true of discovery, from Columbus to Humboldt, and from Hum-

boldt to Livingstone. In science Darwin, Wallace, Huxley, Tyndall, Crookes and Kelvin are typical of the master spirits in special fields, some of whom exiled themselves from country and comforts of civilization for long periods, with no thought other than the discovery of new truth. The passion for truth, together with its sister passions, those of love and beauty—the trinity of divine expression—has been the inspirer of genius and beneficent action in all ages and times. But often, indeed, has necessity compelled these torch-bearers of progress and enrichers of mankind to turn from their great work and the splendid dreams that filled their brains with divine light, and which might and would have enriched all future ages had they been given to the world, in order to drudge and toil that loved ones dependent upon them should not starve.

Under just social conditions all this would disappear. The haunting fear of a morrow of want and starvation would be forever banished, and the brain and soul would know that freedom that is above all necessary for the noblest expression of life on any plane. Then would come grander ideals, nobler ethics, loftier philosophy, more splendid art, more marvelous scientific discoveries, and greater inventions than the world has ever known, for then for the first time conditions favoring the people as a whole would foster the full-orbed expression of the best in every life.

If the nineteenth century was the most wonderful hundred years in civilization's annals, it was primarily because humanity enjoyed a greater measure of freedom and because education was more diffused than ever before. Under still juster conditions the incentives to genius and intellectual achievements would be greatly augmented. The broader vision of justice and the proud consciousness that the new freedom which fosters joy and growth would be no longer the prize of the few, but the splendid heritage of the millions, would give a deeper, richer, diviner meaning to life than was possible in any age in which egoism was the dominant

note, and where war and competition fostered the savage in the soul of man.

And more than this, the recognition of the solidarity of life, in so far as it relates to humanity, would lift man to spiritual heights only as yet traversed by the very elect. It would bring the soul into such close rapport with the Infinite that the eyes of man would be opened anew, but would perceive how beneficent, how altogether lovely is the good; and he would see that truth and love and beauty are one, or but different manifestations of the same Infinite Life; that while truth speaks to reason, and beauty feeds and purifies the imagination, love warms and glorifies the heart or soul; while in them all is heard the voice of the Infinite—the voice of the All-Father, who is Light and Life and Love.—The Arena.

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**A PLEA FOR THE LENTIL:** Persons who desire a substitute for meats will find a most satisfactory one in lentils. They contain the elements that are most abundant in meat and are much more easily digested than other legumes. Lentils contain from 25 to 30 per cent of protein, or muscle building food, 1 per cent of fat, and about 60 per cent of carbohydrates, and less than 10 per cent of water. Lean meats are composed of from 60 to 75 per cent of water and have less protein than lentils, but contain usually a larger per cent of fat. If we buy 100 pounds of meat we pay for from 60 to 75 pounds of water, while a hundred pounds of lentils contain less than ten pounds of water.

Lentils grow well in this country. They are sown broadcast and require much the same treatment as field peas. We raised a good crop of them in Cache county, Utah, a few years ago. They should not be planted where the soil is too rich, or they will go to vines. They are more hardy than beans and peas, and will grow in quite a cold climate.

Dr. Widdsoe, director of the Utah Experiment Station, received thirteen varieties from Washington two years ago, and has had very good success in raising them at Logan. Persons living in the

state might secure some of the most desirable varieties by writing to the Experiment Station. Large quantities of seeds are sent out each year by the Government. If farmers will write to the congressmen from their respective states they may be able to obtain a supply of lentil seed. Lentils retail at about ten cents per pound, and there is quite a demand for them in the United States. In our own city they are becoming more popular as a food, and when their value is more generally known they will be more generally used.

Lentils were used by the ancients. They are mentioned in the Bible as the food for which Esau sold his birthright, and are one of the pulses on which Daniel and the Hebrew children grew so fair, fat and spiritually-minded when they refused to eat the king's meat and drink the king's wine.

If a greater effort were made to provide wholesome, nourishing foods, there would be less temptation to use those that are known to be harmful to the body. Lentils are a very profitable crop, and do not impoverish the land, but fertilize it. Now is the best time to secure seed. Many of the farmers are interested in this useful food, judging from the scores of letters that came two years ago when an article on "Lentils as a Food" was published in the Deseret News. At that time all available seed was obtained from the government, and many who desired some to plant were unable to get them. If any who desire to test this profitable and useful crop can not get seed from Washington, they may be able to secure seed at the local seed stores at ten cents per pound. We hope many farmers will try raising lentils in order that they may be more generally used as a food,

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Honor to the strong man, in these ages, who has shaken himself loose of shame, and is something. For in the way of being worthy, the first condition surely is that one be. Let cant cease, at all risks and at all costs; till cant ceases, nothing else can begin.—Carlyle.

## ♦ ♦ Suggestions to Parents and Teachers. ♦ ♦

A PLAIN TALK ON SOCIAL PURITY. During the past century marvelous progress has been made in the physical sciences resulting in the most wonderful inventions that the human race has ever known. The biological sciences have received so much attention from scientific investigators that many valuable truths concerning plant and animal life have been discovered. In the teaching of history there has been little less than a revolution during the past quarter century. It used to be considered a sign of ignorance for a person not to know all about the bloody wars and ambitious conquerors from centuries before Alexander to the present time. Now historians are more and more emphasizing social progress and the horrible battle scenes are disappearing from histories. Fiske's History of the United States has only one battle scene, and other books placed into the hands of students are comparatively free from those scenes. In art there is a most encouraging advancement. Landscapes and other scenes pleasant to the eye are almost entirely displacing the scenes of horror and debauchery that formerly engaged the efforts of artists. In our own region music has made greater progress than any other art, and is receiving the time of many special teachers in and outside of regular school work. A great effort is made to acquaint the youth with the literature of ancient and modern times.

Mathematics and languages have been emphasized because of the superior mental discipline they are supposed to give. In recent times agricultural colleges have been established in all parts of the country to qualify young men in agriculture and mechanical pursuits, and to give young ladies practice in domestic arts and sciences. Normal training schools to prepare teachers for their profession are a creation of the nineteenth century. The powers for producing physical comforts have increased to an astonishing

degree. Anyone who takes a pessimistic view concerning the final outcome of the race needs but study the marvelous achievements of the past in order to develop a more optimistic state of mind. Even in the moral and spiritual realms there are encouraging signs of progress. The rapidly growing sentiment against the demon "war" is an unmistakable sign of moral progress. The Humane societies that are being established in all parts of the civilized world indicate that we are beginning to learn that animals have rights that must be respected. The Parents' classes that are becoming so popular and are established for the purpose of studying the principles of Human Culture are an evidence that we are learning our duties toward our children and future generations.

The physical, moral, spiritual and social vices and sins that are committed are largely the result of ignorance and abnormally developed passions. When we become more familiar with our duties to ourselves and to our fellow beings these defects will gradually disappear and the moral powers will rule the being. Avarice, gluttony, drunkenness, and sexual abuses are among the greatest defects of modern civilization these must be overcome by correct training before and after the birth of the child and by prohibiting or removing the causes of vice and crime that are constantly appealing to the appetites, passions and selfish nature.

The remedy for existing evils lies conjointly with the powers that influence the being during prenatal life, infancy, childhood, youth, and even on to old age. The most influential of these forces are the home and the school. The church can not be considered of equal educational importance with these, because a large per cent of the people never come under its influence. In the United States only twenty-nine million people or less than two-fifths of the population are connected with churches and a large per cent of

those that have church connections seldom or never come under its influence, hence many who are most in need of moral training can be reached only in the home or in school. The greatest responsibility lies with parents and teachers. It is evident to any observing person that the general neglect and imperfect methods of the past have not perceptibly diminished the vices mentioned above. It has been preached for eighteen hundred years that "we cannot serve God and Mammon," and yet a large per cent of professed Christians are trying to do that very thing. Countless volumes on the evils of stimulants and narcotics have been written; preachers have denounced these evils; laws have been enacted compelling teachers to emphasize their evil effects on the human body, but all these efforts combined have not reduced the evils. The bad examples of seniors and persistent efforts of those who make a living by selling these harmful luxuries to their fellowmen have more than counteracted all efforts of a positive character.

In sexual purity the progress has been equally slow. Secret vices are as common as ever, and the abuses of the sex function during adult life have not been overcome. Sexual abuses produce more physical weakness, domestic misery, moral degeneracy and spiritual death than the abuse of most any other power given to man, and we permit the evils to continue thruout civilization when proper education would greatly reduce them. Many mothers think they would be doing their children an injustice if they would not provide them every day with pastry and other unwholesome foods that require much time for preparation, but such mothers will often permit those children to reach adult life without giving them any instruction about the proper development of their own bodies. Many fathers who are kind and indulgent and provide for their children's physical necessities never give their sons one word of counsel that would help them to avoid the vices of youth. The results of parental neglect are evident at his time, and very

little effort is put forth to counteract the resulting evils or to remove the causes. Every intelligent physician and teacher knows what these practices are doing to lessen the possibilities of youth and of manhood and womanhood.

The veteran teacher, Dr. Karl G. Maeser, explains conditions as they are today when he says: "There is not an experienced teacher in the land that has not noticed with aching heart the slimy trail of the serpent, the symptoms of secret vices, on the countenances of some of his pupils."—*School and Fireside*, page 41. In the same work, on page 68, the author says: "In this connection it is my duty again to call the attention of parents to the principle of chastity. This virtue is violated to a far greater extent than most parents are aware of, and needs the watchfulness and anxious care of every educator. Especially are the secret vices fastening their fangs, to an alarming extent, upon the bodies and souls of our children. When once bitten by the serpent in this way, the rescue from the inevitable calamities to follow, will become more difficult in proportion to the delay."

We have repeatedly called attention thru the Character Builder, to the charlatans who are imposing upon the young men of our country who have been the victims of secret vice. Within the past six months these medical sharks have had thousands of booklets distributed in our own city. The booklet is full of statements intended to catch the victim. Here is a sample: "The deplorable malady of insanity is not a very uncommon result of masturbation, \* \* \* To the victim we offer hope. Brighter days are in store for you. You are not the only guilty one who has confided in us and been saved. \* \* \* No one should hesitate to consult us, as consultations either by letter or in person, are given free of charge." These smooth, oily-tongued sharpers catch thousands of victims every year and rob them of money and health. This evil will continue as long as boys are permitted to grow up without specific instructions from parents and teachers

concerning the principles of personal purity. Fathers and mothers often neglect one of their most sacred duties toward their children. It is astonishing that social evils retain such a firm grasp on society at a time which is so full of possibilities as our own. Careful research discloses the unpleasant truth that some social evils are on the increase in spite of the good desires but imperfect methods that have been used to oppose them. One of the most careful observers who has spent a lifetime studying the social conditions of our nation, says: "Vice and crime are rapidly on the increase in the shadow of the cross. We have a church on every fourth corner, a school in every ward, a college on every hill. We have a W. C. T. U., a Y. M. C. A., a W. Y. C. A., a Baptist Union, an Epworth League, or a Christian Endeavor Society in every village and hamlet; yet despite all these the **dependent and delinquent classes** are multiplying twice as fast as the normal population."

In our own state we have, in addition to most of the organizations mentioned above, the Y. M. M. I. A., Y. L. M. I. A., Sunday Schools, Primary Associations, Religious Classes, Relief Societies, and other organizations that are intended for the moral and spiritual growth of the people. In all of these valuable lessons are taught those who attend and participate, but many who are most in need of moral influences do not connect themselves with these organizations. In spite of all the above-named organizations, the use of intoxicating liquors and tobacco is increasing much more rapidly than the population. Those who violate the law of chastity are treated with greater mercy by their fellow beings than offenders were in the sterner past. We are awaking to the necessity of a more intelligent effort in behalf of moral purity. Two years ago the editor of the Character Builder delivered lectures to men on heredity and personal purity, and public lectures on health culture in about 150 towns and cities of the Rocky Mountain region. The progressive citizens in every community

were desirous of being informed on these vital questions. I was told by some of the most prominent citizens that the people were starving for such information. Some of the older citizens in towns that have been inhabited more than a quarter of a century said that no lecture on heredity and personal purity had been given before in the history of the town. On that tour the remark: "If I had only had that information twenty years ago," was often heard.

Such studies might with great profit be made a permanent feature of M. I. A. work. If no one can be found to lecture on these subjects, chapters might be read from some of the best books on heredity and manhood. There is a lamentable ignorance of these studies even among persons who are well informed on theological subjects. Some of the worst violators of sexual laws that have come under my personal observation during recent years are young men whose theological training has not been neglected. General instructions pertaining to purity of life have, no doubt, been given them, but to be effective the statements should be specific. Few parents give specific instructions to their children on the subjects that are of most vital importance to them in avoiding the dangers of adolescence and in preparing them for intelligent fatherhood and motherhood. Such instructions are seldom given in school or young people's organizations. We have seen the results of this neglect and see them every day. It is time now to give positive, specific instructions a trial. It is a mistaken belief that young people delight in reading the morbid and are not interested in books that treat sexual science from a true and ennobling point of view. During the last ten years it has been my good fortune to meet hundreds of boys and young men in classes of special physiology where they were required to read books on sexology that would develop pure and noble thoughts only, but the young men were thoroly interested in the subjects that gave them a correct idea of life's principles.

The great difficulty in social purity

work, it is usually delayed until the abnormal habits are formed and then we try to cure the evils. How infinitely better it would be to check the evil in the preventive stage by removing the causes. Positive teaching must be emphasized. The curative methods of the past have been ineffectual. Parents, teachers, preachers, physicians and all others who are interested in the moral development of the youth should unite in this important work and should provide suitable training for every boy and girl in the land. If there are any parents or teachers who think there is no need for such an effort, we can furnish them an abundance of convincing evidence.

The most effective method of overcoming the evil is to keep the boy or girl from the influence of obscene conversations, and books and pictures that produce impure thoughts. After creating a clean moral atmosphere we should provide suitable instructions. This work should be done by parents, but as many do not feel qualified for the work the information can be given thru books, lectures, etc. An occasional lecture will do good, but to make the impression lasting the suggestion must be repeated often. Other social evils must be met in the same positive way. If we will do our duty these social evils will gradually be reduced and the more perfect life will be established.—John T. Miller.

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#### HOW PARENTS MAY HELP.

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It is one thing to furnish handsome buildings with the best appliances of the school supply houses, and quite another thing to make all this material equipment tell to its utmost in the development of human beings. Unless the school is a recognized part of the community outside, its influence will be slight. The home must everywhere work in harmony with the school.

In the first place there must be intelligent appreciation on the part of parents of the aims and purposes of the school. They must understand that the object of

education is not to stuff the pupils' minds full of facts as a doll filled with sawdust. The practical studies are of great importance. It is to the shame of our schools if they do not teach these bread-and-butter subjects effectively. The practical studies are of great importance. But every parent ought to understand that education has a higher mission than the preparation of young people to be clerks and bookkeepers; that true education purposed to bring them to manhood with the judgment corrected, the affections purified, the taste elevated, and the ambition stimulated.

Now they have a great duty in the care of a child's body, so that he shall go to the school fit for the performance of his tasks. Parents who permit the consumption of unlimited quantities of tea and coffee; who do not frown upon candy between meals and excessive allowance of pie and cake at meals; who habitually sit down to family breakfasts at which hot bread appears, and to dinners that reek with greasy indigestibles, such parents have themselves to blame if their children do not get what they normally should from the schools. Altho the teacher is in a general way supposed to attend to the intellectual development of the child, the best results will be gained only when one or both of the parents carry on some study with their children. It may be much so far as time goes, but it will count for much in creating a bond of common interest between parents and children. The discipline of every school must be maintained thru the co-operation of parents with teachers. No school can prosper where discipline is lax. No teacher can satisfactorily administer the discipline of the school without the co-operation, sympathy and support of the parents.—Pennsylvania School Journal.

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The students of the University of Paris have organized an anti-alcoholic league, with a view to educate the people concerning the evils of alcoholic and other stimulants. Among the prominent scientific men of Germany there is also a growing hostility to the liquor habit.

## HYGEO-THERAPY OR DRUGLESS MEDICATION.

### THE SOLE-LEATHER CURE.

E. C. Norris, who is now due in this city from his tramp of 3,000 miles, has worn out sixty-one pairs of shoes and has good reason for congratulating himself on his extraordinary use of shoe leather.

When Mr. Norris, twenty-six months ago, started on his long tramp from San Francisco the doctors told him he had consumption. At the end of it he finds himself a well man, with increased weight, good digestion, firm muscles and clear brain. His worn-out shoes are so many mile-stones scattered along the road to health and happiness, and his bill for shoe leather and the loss of two years' time are more than balanced by his possession of a blessing which is without price to one who has lost it.

Mr. Norris's long walk, it is to be hoped, will induce others to try the shoe-leather cure. But don't wait till consumption or wasted health makes other remedies useless. Wear out your shoes while you are well and let Nature, with all her blessed influences of sun and air and health, keep you on the highway of happiness. One pair of shoes worn out in prevention is better than sixty-one worn out in cure.—N. Y. World.

**DIETOTHERAPY AND FOOD IN HEALTH.** Volume VI. of A System of Physiologic Therapeutics, or drugless medication, published by Blakiston's Son & Co. of Philadelphia and edited by S. Solis Cohn, M. D., is written by N. S. Davis, Jr., M. D., and contains some instructions on foods in health and disease that would meet the approval of the strictest hygienist, altho there is much in the book that he would not accept. The following extracts are selected from various parts of the book:

"Food is not consumed in the stomach, as coal is in a furnace—to produce heat and energy. It must be prepared by

digestion; it must be absorbed; it must be modified by the liver, by the thyroid gland or its secretions, and by other glands; it must be selected by such cells as need it. The therapist must study not only the chemical composition of foods, but also their palatability, digestibility, assimilability, and capability of elimination; and give attention likewise to best methods of preparation and administration. All these qualities and conditions affect the dietetic value of individual articles.

Acids taken before a meal of meat will hinder the formation of gastric juice and are to be deprecated at this time.

A sedentary life and reduced muscular strength and nervous energy from any cause will lessen the activity of the stomach. Altho its churning movements are altogether involuntary, they are much influenced by emotional excitement, especially when great or prolonged. Distress, anxiety, sorrow, and fear will often check digestion for the time being.

If meat be the chief food consumed by a man, the quantity of urates, urea, phosphates, and sulphates in his urine will be increased.

Animal food requires a considerable quantity of oxygen for its utilization by the tissues. Therefore, a diet composed largely of meat increases the demand for oxygen. Most persons are more energetic and active when they eat meat freely than when they live chiefly upon vegetables. But if digestion is disturbed, or if there is a tendency to gout, this is not the case. Meat better satisfies hunger than will the same bulk of carbohydrate food. It is very agreeable to most persons, and its aroma and flavor stimulate appetite and gastric secretions. For these reasons most persons are tempted to eat too much meat. If, by an abundance of outdoor exercise, sufficient oxygen is not furnished to utilize it and a need for it is not also thereby created, an

excess of proteid waste will accumulate in the blood and tissues and cause biliousness, gout, and other disorders.

Meat is not a necessity of life. Nitrogenous food is a necessity, but it can be obtained in sufficient quantities from vegetables. An exclusively vegetable diet will enable a person to do as much, and at times even more work, as a diet containing an excessively large amount of meat.

Too much fat in the food leads to abnormal production of fatty acids and consequent indigestion. Of all common articles of food, fat must be used most sparingly and most judiciously.

Fats and oils are especially to be limited in amount whenever one has indigestion. They are likely to cover the mucous membrane of the stomach and particles of food, and to hinder secretion by the peptic glands and interfere with the attack of foods by the gastric juice after it is formed.

Hot fats are usually less digestible than cold fats. Fried foods are not so digestible as foods cooked in other ways, and should be forbidden absolutely for invalids, and but rarely be employed by persons in good health. As these foods are difficult of digestion, and thus lead to dyspepsia and even to disease of the digestive tract. All fats, except limited quantities of butter and cream, should be *forbidden in acute diseases* of the stomach, intestines, and liver, and in most of the *chronic* ones. In a general way fats and oils are laxative, and consequently are useful for those who are constipated, and equally harmful for those who have a tendency to diarrhoea.

Ice, iced food, e. g., ice cream and iced water, will hinder the formation of saliva and lessen the activity of ptyalin digestion. Very cold drinks at the beginning of a meal or with it are therefore not favorable for starch digestion in the stomach. Starch in cold foods, such as potato salads, cold oatmeal mush, and similar articles, is not readily transformed in the stomach and should be eaten only by those whose digestion is good.

When the digestion of starch in the stomach is imperfectly performed because

of an excess of acid gastric juice, it may often be aided, if a glass of hot water is taken twenty or thirty minutes before eating, in order to lessen the secretory activity of the stomach and to dilute partly its juice. If only carbohydrates are eaten at one meals, and only proteids at another, gastric digestion is often improved.

Fresh hot breads usually form masses of dough in the stomach that cannot well be broken up. A large meal of pancakes and syrup will be imperfectly prepared by the stomach for digestion, partly for the same reason that hot breads are, and partly because the excess of sugar that is eaten overtaxes the digestive powers of the organs.

Often a change from a generous mixed diet to a so-called vegetarian regimen improves the health of individuals. It does this chiefly by correcting bad habits, such as eating too much, eating rich foods, drinking little; and by removing such pathologic states as constipation. A radical dietetic change usually diminishes a person's appetite, for fewer things that he enjoys are placed before him. The vegetables, fruits and cooked cereals contain a larger amount of water than may otherwise be obtained. The coarser cereals, such as bran bread and fruits, as well as the increased supply of water, help to provoke more regular and copious bowel action.

The habit of eating very generously is carried into adult life and excites many of the digestive disturbances that arise at that time. It also helps to produce the obesity that is so common in middle age. In adult life only so much food is needed as is required to supply energy and to repair waste. In old age less is needed, for less force is exerted and there is a gradual waste of tissue and consequent loss of flesh.

During hot seasons most persons prefer food that contains an abundance of water; therefore cereals, vegetables and fruits are eaten with but small amounts of meat. The poor, who always live upon a diet restricted in character, do not make



extensive seasonal changes and yet retain health and strength.

The experiment of starving one set of animals and of feeding another upon beef extract has been made, with the result that both died in the same length of time. So thoroly are medical men convinced of the insignificant food value of bouillions and beef-extracts that it is hardly necessary to emphasize the fact. They are still, however, household panaceas. They permit 'nourishment' to be given that satisfies the family and does not materially harm the patient.

Dyspeptics should use sugar sparingly. Many of them cannot use it even in tea and coffee without discomfort.

Green olives are simply a relish and to be used in very limited quantities in the same way as pickled walnuts or cucumbers. A meal of bread and ripe olives is not only palatable, but nutritious and sustaining.

The nutritive ingredients of tea are insignificantly small. Caffein is responsible for the nervous stimulation that tea drinkers experience. Tannic acid effects digestion chiefly in a detrimental manner. The tannic acid in concentrated solution precipitates the pepsin of the gastric juice and prevents digestion. In the intestines it is an astringent and often causes or aggravates constipation. Flatulence, gastric distress, constipation, often cardiac irregularity, pleurodynia, and sleeplessness are the predominant symptoms of excessive tea-drinking.

Coffee is a mild laxative to some persons. It increases tissue waste. In no sense is either tea or coffee a food. Many acquire a tolerance of coffee that makes them unconscious of its ill effects. Dyspeptics generally cannot drink it, especially if cream and sugar are added to it.

The excessive use of cocoa does not produce the nervous symptoms that tea and coffee do, tho it is likely to cause indigestion because of the large amount of fat in it and sugar added to it. Cocoa cannot be used by persons who find it difficult to digest fats.

(To be Continued.)

### SOMETHING IN IT.

The other day we heard a doctor say that there certainly was something in antitoxin. Of course there is. We have never disputed it. And what is it? Why, trikresol, of course. Enough of it to make a very satisfactory impression in those cases of diphtheria where trikresol is primarily indicated.

We have never said there was nothing in the serum. The dispute has been as to what that something is. The antitoxinites have claimed that there is a mysterious, hypothetical, undemonstrable something which produces therapeutic effects. We have shown conclusively that it is the trikresol or carbolic acid.

There was a time, we must admit, when the serum did occasionally assert itself independently. That was a sad time for the doctor, and made considerable stir in the community. Witness the tetanus epidemics in St. Louis, Rome and other cities. But since the manufacturer learned to a dot just how much carbolic acid or trikresol it took to effectually sterilize the serum, nothing is heard from the horse juice.

Yes, it is pretty safe to give antitoxin nowadays. The manufacturer has learned his lesson. But that is not the point. The theory on which antitoxin therapy rests its claim is a most prodigious piece of quackery. Antitoxin is a pure fake. The so-called laws and experiments from which it was evolved are the merest assumption, backed up by the coercive power of self-constituted authorities. But for the antiseptic in it, antitoxin would have passed like a sky-rocket across the medical horizon. The carbolic acid or trikresol being indicated in certain cases of diphtheria, has kept the serum alive. Many doctors, seeing the good effects of the antiseptic, have said, like our friend above: "There is surely something in it." But why give the antiseptic in a vehicle of pretense? Why endorse and support quackery?

Twentieth century medicine does not need a cloak of mystery and meaningless, oracular utterances to bolster up the re-

gard and respect of the laity. The average practitioner of these times is a man of ability, skill and resource. He has learned, in the school of practical experience, a great deal about disease, the properties of drugs, and their indications. Manufacturing chemists have equipped him with a fine line of pure medicines, uniform in strength and method of preparation. Modern progress has made the doctor independent of quackery. Why, then, should he lend his countenance and support to a piece of charlatanry, as certain to be overwhelmed with ruin as the sun is to set when the day is over.

Yes, there is something in antitoxin, but we have the benefit of that something—the trikresol it contains—without endorsing a fad doomed to die, and in dying to attain with some suspicion of its own quackery the men who so incautiously endorsed it.—Medical Brief.

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**HEALTH.** The object of this small book is to teach the laws of health. If we know the laws of health, we can prevent, or failing of prevention, we can cure, disease.

The preservation of health, which is the prevention of disease, is our first object; and when health is lost we seek for cure.

Health is the natural condition of every living thing. All creatures living in their natural conditions have health.

Health gives to us full and perfect development of body and mind, with all the strength, activity, and enjoyment of life which naturally belong to us. So far as this life is concerned, it is the condition of our highest use and happiness.

As health is the natural result of conformity to the laws of nature, disease, or the absence of health, must be the result of the violation of those laws; and to live a pure, healthy, and happy life, we have only to satisfy our natural wants—to live in harmony with the world around us.

The basis of this harmony is in the proper building up, nourishment, and sustentation of the bodily life. All living things, vegetable and animal, are built

up from minute germs, by matter which they gather from the world about them. The daily waste of animal matter by nervous and muscular action is repaired by food. Life depends upon diet. The character and perfection of life depend upon the nature and perfection of the diet. Health rests very largely on dietetic conditions; and the restoration of health depends upon the same principles as its preservation.

This is our common experience. Every plant requires its natural food for its health, growth and natural development. Maize will flourish on a soil which will not produce wheat. The oak grows from a rock where its roots can reach no soil. The willow flourishes in sand if it have but water. Many plants live wholly upon air. The canary bird lives best upon its canary seed; the parrot cares only for maize. The monkey revels on fruits and nuts. Horses, cattle, deer, and sheep flourish in perfect health on grass, from which they draw a strength, beauty, and the perfection of their life.

When our domestic animals become diseased from unnatural modes of feeding, what is the proper cure? The usual one is to send for a veterinary surgeon, and to have them bled and blistered and drugged. The natural method is to turn them out to grass, and let nature cure them in her own way of the effects of artificial and depraving conditions. To keep well, or to get well, a horse needs only pure air, pure water, and a good pasture. To keep well, or to get well, a man needs precisely similar conditions—the air, water and food best adapted to build up and sustain his daily life.—T. L. Nichols, M. D., in *Diet Cure*.

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### THE POISON HABIT.

Have you stopped to consider that there is an army of 10,000,000 in this country staggering toward a drunkard's grave; that there are still other millions uncertain whether they could dispense with tobacco or not; that there are 1,000,000 morphine fiends in this country alone; that 10 per cent of American phy-

sicians are slaves to this drug; that the boys of our land smoked last year over 3,000,000,000,000 cigarettes? All this expresses an effort on the part of humanity to secure unearned felicity. It is an attempt to borrow a good feeling in hopes that it will not have to be paid back in sorrow; but it is all in vain, for "whatsoever a man soweth, that shall he also reap." Gal. 6:7.

The increase of insanity, disease and premature funerals is sorrowful proof of this stubborn fact. The peace of Christ in the heart and life "passeth all understanding," and is much better than the unsatisfactory, temporary peace that can be secured by morphine, liquor, tobacco, tea, coffee, or any other nerve-deceiving agent.—Dr. Paulson's Editorial in the Life Boat.

#### WATER FOR THE STOMACH.

Copious Draughts Are Useful to Cleanse the System.

The habits of people in general do not seem so bad when one considers the average individual's limitations as to knowledge and thought. The fact is that most people don't know, don't think, and hence don't care. Let them read more science, think more sensibly, and act more seriously, then their habits will be more satisfactory.

The alimentary receptacle—the stomach or vat in which foods and liquids are received and mixed—is habitually converted by many persons into a chemical retort of all sorts of drugs and remedies, with a view of reaching and relieving the ills of the various organs of the body, from dandruff to corns. The writer believes that he can give no more and better reasons for his confidence in the therapeutic value of remedies than most other physicians, but he wishes to emphasize here the transcendent element of common sense in their administration.

Before and above all things, however, what is wanted is a clean, gastro-intestinal canal, and his claim is that water, properly used, is the best agent to effect

that cleansing. Equally important with this canal are the other eliminative tissues and organs of the system, the kidneys, the mucous membrane, and the skin. What therapeutic agent, properly used, is better than water? After all the assimilative and eliminative organs and tissues have been thoroly rinsed with pure, soft water, then, if it be still necessary to administer a chemical agent, one may be selected that will, with these organs and tissues in better condition, work wonders. If you are so foolish as to allow yourself to become foul from head to foot, cleanse yourself with water before resorting to chemical aids.—"Health."

ANTI-GAMBLING ORDER. Effective measures are being taken in many parts of the country to suppress the gambling evil. One of the big wholesale grocery houses of Chicago has posted up placards with the following inscription: "Respectable and moral associations outside of business hours are expected of every employee. The visiting of gambling houses, whether thru curiosity or the intention of playing, must be avoided. Any employee who frequents any such places, or indulges in betting on horse races, ball games, or anything of this sort is subject to immediate dismissal."

The Western Electric company, which employs thousands of men, posted similar notices in their shops last month, forbidding drinking, gambling, cigarette smoking and evil associates under penalty of dismissal.

The important thing is not so much that every child should be taught, as that every child should be given the wish to learn. A boy who leaves school knowing much, but hating his lesson, will soon have forgotten almost all he ever learnt, while another who has acquired a thirst for knowledge, even if he had learnt little, would soon teach himself more than the first ever knew.—Sir John Lubbock.

Blind emotions are a poor guide for a crude intellect.

## SUGGESTIONS ON HOME MAKING.

Edited by Mrs. M. K. Miller,  
Instructor in Domestic Arts, L. D. S. University.

### HOUSEHOLD HYGIENE.

#### VEGETABLE OILS.

Ellen Goodell Smith, M. D.

"Why have not vegetable oils become more generally used?" is so often asked, this may be the favorable time to reply, for we believe our thousands of readers will be glad to know about them. It often seems a very difficult matter to introduce a really good thing, because we are so prone to keep in the old track and follow the trail of our ancestors, and also because it seems like extra work to make a change. And so, in the line of innovation or improvement, we must not forget to make available something really superior, something that strongly appeals to the people we desire to reach, and we hope to make this very oily subject worth your consideration, not only by its attractive beauty, but also by its practical economy.

#### VEGETABLE OILS.

Altho vegetable oils have been manufactured, advertised and used by thousands of people in this country during the past years, yet they have not become an indispensable staple article of use as they should and would if better understood. For those who require food shortened and fried vegetable and fruit fats should meet with special favor on account of their purity, ease of digestion, and also that they are American grown productions.

We require a certain amount of fat in some form and the vegetable world furnishes it in great abundance. That the fats obtained from seeds and nuts are in every way superior to any other fats requires no demonstration, as thus far they have stood upon their own merits and do not incline to take a "back seat." This paper is not intended as an advertisement of the special article of sale, but only to put before you every good thing

with which we are familiar, that our table may be overflowing with plenty and not limited to starvation!

The oils extensively used for culinary purposes are obtained from the olive, cocoanut and cottonseed. Oil is also manufactured from peanuts, corn, the linden tree, the sunflower and other productions of the earth; indeed, the supply even now is so abundant there is no excuse for using animal fats.

The olive bears the seal of great antiquity, is cultivated in many parts of the world and extensively grown in California, the olive ranches presenting a very beautiful appearance. It can be obtained in its purity where it is made in California. The American Analyst tells us that "two-thirds of the olive oil sold in the markets of the world is born in the cotton fields of the Southern states."

It is a significant fact that thousands of barrels, representing millions of dollars, are exported every year to France, Italy, Spain and other countries, and is there manufactured into butter and olive oil, which is sent back to America, our country paying a large price and heavy duties on her own pure production obtained from the once despised cotton seed that, Phoenix-like, rose triumphant above every attempt to destroy it. Anything bearing a foreign stamp seems more valuable to the American than the home production, hence the purest olive oil and the pure cotton seed oil return to him mingled in the same bottle and labeled pure olive oil, the olive perhaps a minus quantity, as in some places the cotton seed oil is filtered thru the shells of the olive nuts and bottled!

Dr. Allan McLane Hamilton, the well known New York physician, says: "I consider one of the most healthful articles of diet that we can possibly have to be cotton seed oil. It is one of the best fats and is much more healthful than lard." Dr. R. O. Beard, a professor in the College of Medicine, Minneapolis,

Minn., says: "Cotton seed oil is a wholesome, nutritious vegetable oil which delicate stomachs bear without injury."

The first personal experience was with a can of "Diamond Butter Oil" (a pure cotton seed), sent for trial from the Food Fair being held in Philadelphia, Pa., in 1894, and reached me a few days before Thanksgiving. To test the new product a quiet use of the oil was made in every article prepared for the Thanksgiving dinner. The quality of the dinner having been approved and the freedom from drowsiness and internal oppression remarked upon, the large company of guests were informed that it was doubtless owing to the fact that neither milk, cream, butter nor animal fat had entered into the composition of the dinner! Even the turkey dressing and the vegetables were seasoned with oil, and a bread and nut loaf seasoned with oil was baked for the vegetarian guests. "You surprise us! No butter in these vegetables, no cream in that mashed potato, that delicious fruit and nut pudding without eggs or milk, that fine cake and good looking pies made with cotton seed oil, it seems—well, almost doubtful; let us look at that new product." "Here it is, pure, tasteless, odorless and the color of olive oil. Only an expert could detect the difference in appearance and only an epicure in taste when used in food as a salad oil." "Well, if this oil can be used as you say a good many dollars will be saved in a year, even in a small family." "Certainly, for you need only use butter on the table for our bread."

Two years ago our attention was called to "Wesson Cooking Oil," a product of cottonseed much lighter in color than the other mentioned. This has been well tested in every way (and thru correspondence with Dr. Wesson we have permission to give you some interesting items regarding the process of manufacturing this oil. "Wesson oil is, as you are doubtless aware, a highly refined cotton seed oil. Every bale of cotton produced is separated in the gin from about 1,000 pounds of cotton seed. These seed are brought to the cotton seed oil

mills, where they are first carefully examined and all decayed or fermented seed put to one side to be worked separately. The prime, sweet seed are put thru screens to separate them from waste material often found in them. They are then freed from sand and sent to the machine called the huller, where they are chopped up by rapidly revolving knives. From the huller the seed pass over the screens, which separate the meats from the hulls. The meats are carried by machinery to the crusher rolls, which break up the oil cells. The crushed meats are then cooked in a suitable apparatus, then pass from there to the presses, where they are subjected to the pressure of something like 4,000 pounds per square inch. The oil, amounting to about forty gallons per ton of seed, flows from the presses a dark, claret colored liquid, which needs refining before it can be used for edible purposes. The process of refining in large tanks dissolves most of the coloring matter and impurities, and upon heating the heaviest portion of the liquid settles to the bottom and is used for other purposes. The supernatant refined oil is drawn off into the proper tanks and tried out by the application of heat. This product varies in quality according to the kind of seed from which it has been produced and the skill of the refiner. Large quantities go abroad for a mixture with olive oil. It contains small quantities of impurities which give the oil a disagreeable odor on heating and also impart the characteristic flavor to the food cooked in it. It is on account of this latter difficulty that cottonseed oil has never been a popular article of diet. The Wesson Process Co. takes the refined oil and puts it thru a further refining process, which removes the objectionable characteristics. This process is analogous to the refining of raw sugar. In other words, the oil refined by the Wesson Process Co. bears the same relation to ordinary cotton seed oil that granulated sugar does to common brown sugar."

Dr. James J. Walsh, of New York, writes this with regard to the dietetic

quality of the oil :

"When it comes to the question of purity of product it is easy to understand at once why the vegetable or plant oils should be preferable. The modern, carefully refined, absolutely pure cotton seed oil, absolutely neutral, without free fatty acid of any kind to disturb the digestion, or the presence of any foreign substance to hinder the assimilative process in the human economy, is as desirable an addition to the human diet as it is possible to imagine." And so the beautiful cotton plant not only furnishes fabric for the world's millions, but within its snow white down is matured the seed that art and skill have made available as food for man and beast.

Let us be proud of this product of American soil,

And never hesitate to call it Cottonseed Oil!

Now the stately cocoanut comes into view and demands recognition, but not supremacy, altho with her lofty and elegantly plumed head she towers far above her lovely sister of the cotton fields. Long before the Christian era the people of Ceylon used cocoanut oil for making cement, and there is no part of the tree or fruit that has not been utilized. Coming to modern times, for many years in Germany and England the nuts have been made into butter for general use. Abundant testimonials from physicians in hospitals and private practice, housekeepers, hotel proprietors, all attest its merits in healthfulness, cleanliness and economy. It is a pure, pearly white substance, very solid when cold and contains 99.97 per cent of edible fatty substance. The manufactured product, like cottonseed oil, is entirely free from water and salt, keeps indefinitely and will not become rancid, like animal fat. First experiments were made in 1894 with a large pail of "cocoanut butter" from Mannheim, Germany. All that has been said of "Diamond Butter Oil" was equally true of the "Cocoanut Butter," but it was very expensive. Soon after this it was made in Chicago. A little later the plant was moved East, but

the product was inferior to the foreign product. It is now made and sold under the name of "Ko-Nut." Recent correspondence with the manufacturers resulted in a few items which I am permitted to use, and a large pail of Ko-Nut for experiment. It has been fully tested, is perfectly satisfactory and, with its improved quality, will not suffer in comparison with the German product of this pure fruit fat. In our hot Southern climate there are thousands of trees in bearing condition, and in our neighboring additions we may be able to produce our own cocoanut oil. "To extract the fat, the meat of the nut is dried in the sun or by artificial heat until the moisture is evaporated from it. It is then crushed, put into bags and submitted to very heavy pressure in hydraulic presses, where more than one-half of its volume is pressed out in the shape of a rich, white oil. In the tropics this oil has been one of the staple articles of food for centuries, but as it is a highly sensitive material it has been very difficult to keep it fresh and sweet during transportation. This has been an obstacle to its use in countries distant from the point of its production. No method of preventing this deterioration of quality has been discovered until the India Refining Company perfected a process for purifying and sterilizing the oil. This process renders it pure, wholesome and attractive, and it keeps in such condition for an indefinite period."

These two articles of fat are now within the reach of any purse, and supersede in every way all animal fat, one-third to one-fourth less being required to produce the most satisfactory results. Hotels, restaurants, bakeries and all public institutions would save hundreds of dollars every year thru their use, add much to the health of their patrons, which means also a great decrease in doctors' bills. One need not be a vegetarian, nor even a hygienist, to use these fats, for there are thousands using them who also use animal food and find economy in health and purse by so doing.—Health Culture.

## YOUTH'S DEPARTMENT.

### A TALE OF HARD TIMES.

Two gay young frogs, from inland bogs,  
Had spent the night in drinking.  
As morning broke and they awoke,  
While yet their eyes were blinking,  
A farmer's pail came to the swale,  
And caught them quick as winking.  
Ere they could gather scattered senses,  
Or breathe a prayer for past offenses,  
The granger grave—that guileless man—  
Had dumped them in the milkman's can;  
The can filled up, the cover down,  
They soon are started off to town.  
The luckless frogs began to quake,  
And sober up on cold milk shake.  
They quickly find their breath will stop,  
Unless they swim upon the top.  
They swim for life, and kick and swim  
Until their weary eyes grow dim,  
Their muscles ache, their breath grows  
short,

And, gasping, speaks one weary sport:  
"Say, dear old boy, it's pretty tough  
To die so young, but I've enough  
Of kicks for life. No more I'll try it,  
I was not raised on a milk diet."  
"Tut, tut, my lad," the other cries,  
"A frogs not dead until he dies.  
Let's keep on kicking, that's my plan;  
We yet may see outside this can."  
"No use, no use," faint heart replied,  
Turned up his toes and gently died.  
The braver frog, undaunted still,  
Kept kicking with a right good will,  
Until, with joy too great to utter,  
He found he'd churned a lump of butter.  
And, climbing on that chunk of grease,  
He floated round with greatest ease.

#### MORAL.

When times are hard—no trade in  
town—  
Don't get discouraged and go down,  
But struggle still—no murmur utter—  
A few more kicks may bring the butter.

### UNDER THE MICROSCOPE.

When Margaret Halsey finished her course at the seminary, she fully intended to "devote her life," as she expressed it, to her brother Philip. Hitherto he had devoted his life to her. Their parents had died when she was very young. Philip as a boy had faced the problem of supporting his sister and himself, and by prodigious effort and heroic sacrifices had solved it. She had lacked for nothing.

In this struggle he had won his way to success. He had gained an honorable reputation in his profession. Moreover, he was recognized as a moral force in the community, a leader in every good work. Margaret was sure she could help him now. If she could not promote the reforms he believed in, if she could not mix his colors, she could at least help him to be comfortable.

But her home had been so long at school that she and her brother were practically strangers. As she came to know him in the familiar intercourse of every day, his **methods and mannerisms** first amused and then annoyed her. He was so "old maidish" about the arrangement of furniture and the ordering of the household ways; he was so fussy about his food; he had such an irritating trick of pulling his beard! Margaret's nerves were kept continually on edge. She ended by persuading herself that she was very unhappy.

Then, as it befell, the grave and patient brother met with an accident that threatened his life. It was many hours before he returned to consciousness. His hand went feebly to his beard, and he tugged at it in the way that Margaret had always found so annoying. Now she shed tears of thankfulness at sight of the familiar motion.

That night a personal revelation came, when the physician drew her aside and said, "Your brother's recovery will de-

Rome was wrecked on the rocks of greed.

pend so much on you, Miss Margaret, that I must speak plainly. He must not be disturbed or excited, and you have certain peculiarities which——"

"Peculiarities! I have?" stammered Margaret.

"Trifling faults. We all have them. You are no exception. Your brother is too loving and large in his nature to notice them when in health, but now——"

"I understand. What are they, doctor?"

"You have a querulous habit of finding fault incessantly—surely you are conscious of it?—and a shrill voice which must be irritating to an invalid. You did not know it? Well, of course it is not usual to speak of these small defects; but it is essential that you should know, and try to amend yours for Philip's sake."

Contritely and with a humbler face Margaret turned to her duty. Now that she knew there were motes in her own eye, it would be easy to overlook her brother's shortcomings. What mattered his little foibles, anyway, as against his large mind and loving heart?—Youth's Companion.

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### HOW TO READ.

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By Mrs. M. A. Loper.

In these days of public libraries and free reading rooms, the tendency of many is toward surface work,—to 'know something of everything,' regardless of that more important rule to "know everything of something." But he who really succeeds in life knows more about some certain line or lines of work than he who is "Jack of all trades, and master of none."

Since "of making many books there is no end," one can not afford to spend his time in seeking to ascertain merely how much he can read. Too much reading is to the mind what too much eating is to the body. Mental food, as well as physical food, must be taken in reasonable quantities and at proper times, if the highest development is to be reached. There is a degree of truth in the statement that some persons eat but one meal a day, be-

cause they eat all the time. There are those who exhibit the same indiscretion in regard to reading; and as a consequence, the mind becomes surfeited, and the best results are not obtained.

Some seem to glory in the number of volumes read, forgetting that quality rather than quantity is the standard of excellence. The greatest good can not possibly be gained thru rapid, unintelligent reading. Several boys, some of them very poor readers, once undertook the unwise task of finding which one could read the Bible thru first; and I greatly fear that when their efforts ceased, they knew little more about the blessed Word than when they began. One who follows this method may be able to sympathize with that unfortunate person of whom it is said that, wishing to emphasize a remark, he attempted to draw upon his memory by saying, with an air of confidence, "In the language of the author——" Failing to recall what he wished, he finally added, "I forget his name, and also what he said."

It is not so much the number of volumes read as the character of the works, and the amount of study bestowed upon them, that brings lasting benefit to the reader.

A German writer says: "Select for yourself one or two (books) of superior excellence, and lay them not aside until it is observable in both you and them that they have been well used." Do not feel sad that the gilt edges of your cherished Bible become dim with daily use, or that the beautiful morocco cover is worn and dingy. Thoughts in the brain are of more consequence than gilded leaves or polished covers. Yet never forget to handle your books with care; to cultivate for their companionship something of the reverence felt by that unfortunate poet who, when deprived of his eyesight, could still find comfort in feeling the books upon the shelves of his library.

Reading without retaining is like running water thru a sieve. Yet there are times when this method may well be brought into use. One who reads ex-



changes in a newspaper office when time is limited, knows that it is possible to glance over dozens of papers without being able to give an intelligent synopsis of a single article. He reads chiefly to determine the important paragraphs which may be desirable for insertion in his own paper, or which may call for editorial comment, and not especially for the purpose of retaining.

To read newspapers properly is an art. No one can afford to store his mind with the sickening details of crime, the foolish articles that purport to describe the doings of the rich, the "fashion notes," or the exciting love stories to be found in many periodicals; yet it is desirable to keep informed in regard to the trend of events in the great world about us. It is best to form the habit of reading no further than the headings of such articles, as evidently would not be beneficial; to learn to winnow the chaff from the wheat. How to read and how to study are among the most important lessons to be learned in the whole field of education.

When the lawyer asked, "Master, what shall I do to inherit eternal life?" Jesus said, "What is written in the law? how readest thou?" It is evident from what follows that the young lawyer was familiar with the language of the law, but that he had read it in such a way as to gain only a superficial knowledge of its real meaning. He could readily answer the first question, but the second one pointed out to him the cause of his perplexity.

In reading, learn to value the pearls more highly than the shells which surround them. The shells have their place but it is the pearls for which the diver risks so much and labors so untiringly. A poor cowboy from the Western plains was once assisted to a few months of educational advantages, at the close of which his benefactors felt amply repaid when he frankly admitted that he had learned simply how to study.

In reading a book, one must enter into the feelings of the author, or he will lose much of its inspiration. He should seek to comprehend the subject by means of the search-light of truth, which must test

every idea. Some books may with profit be read more than once, and these are the storehouses whence the greatest mental wealth may be obtained.

In studying a volume it is often helpful to mark the chief points as they are passed over, and to index the subject and page in blank leaves in the back of the book. The exact wording of an important passage may thus be easily found. Some persons are averse to leaving any traces of study in their books; but there is a blessed sentiment, which largely prevails, that books are more for service than for ornament; and any method which increases the actual service rendered to the earnest seeker for true knowledge, is especially welcomed by the student of limited time.—The Youth's Instructor.

#### WHAT SHALL THE HARVEST BE?

Smoking the weed by the daylight fair,  
Smoking the weed by the noonday glare;  
Smoking the weed by the fading light,  
Smoking the weed in the solemn night;  
Oh what shall the harvest be?  
Oh what shall the harvest be?

Chorus—

Sowing the seed of a poisoned brain,  
Sowing and reaping both palsy and pain,  
Forging the chains of your slavery,  
Sure, ah, sure will the harvest be.

Smoking in faces of ladies fair,  
Poisoning all the ambient air,  
In coaches and cars, where the children  
ride,  
The room of the sick, the home of the  
bride.

Oh, what shall the harvest be?  
Oh, what shall the harvest be? ♣

Chorus—

Chewing the weed by the morning light,  
Chewing all day and far into the night,  
Defiling all places—the high and the low,  
The stairway, the carpet, the beautiful  
snow;

Oh, what shall the harvest be?  
Oh, what shall the harvest be?

Chorus—

Smoking and chewing by day and by night,  
Regardless of reason and heedless of right,  
Filling the hearts of your friends with pain,  
Resolving to quit, then yielding again;

Oh, what shall the harvest be?  
Oh, what shall the harvest be?

Chorus—

—Selected.

## OUR BOYS AND GIRLS.

### BODILY NEEDS.

By Lella Marler.

My Dear Boys and Girls: Last month we told you a few things about shelter; now, we want to tell you something about our second need, the need of clothing. Before we think of our own clothing, let us look about and see if the animals have to be clothed as well as sheltered. Think of what kind of clothes the birds and beasts and reptiles wear and then try to tell me, if you can, of something else that has to be clothed. Can't you think of something else? That's right, Jack; it is the trees. Not only do girls and boys wear clothes, but also the animals and plants, and even the earth itself has to be clothed. Do you remember what a beautiful dress the earth wore last summer? It was made of green grass and trimmed in some places with tall, waving trees, little laughing brooks, and bright-eyed flowers.

And do you remember what happened when autumn came? The grass grew brown and dry; the trees put on holiday dresses of red and gold, while their bark grew thicker and became a dull gray, and all the flowers lost their beautiful, bright-colored dresses. But the flowers and trees did not seem to feel badly about it, and neither did the great earth. They knew that the Creator had done the very best thing to be done, and they knew that He would give them some more pretty clothes when they needed them. Do you remember what happened after these pretty leaves and flowers had been taken away? The earth was clothed in a white dress of snow, which was so thick that it kept the earth warm, and now in a few more weeks this warm white dress will be taken away and the green leaves and grass and flowers will be brought back.

When Jack Frost came last autumn, the birds that did not fly south, were

clothed in a thicker dress of feathers. The coats of the fur-covered animals became much thicker and warmer. When spring comes they will shed these thick dresses of fur and feathers, and the new dresses they put on will not be so close and warm. The slimy snakes will shed their skins and have some nice new clothes for summer. And so, you see, an All Wise Father watches over the plants and the animals, and gives them the very kind of clothing that will be the very best. He knows when they should put on dull, warm clothes, for He knows when He will send the ice and snow.

Now the kind Heavenly Father gives us our clothes, too, but he lets us make them and wear them just as we choose and some of us are very unwise in the way we do.

We have learned from watching the animals and plants that they wear clothing for health and for beauty. Some of us, I am afraid, forget about these things and wear clothing that is neither healthful nor beautiful. God has given us these bodies of ours. They are temples for our spirits to live in; and He wants us to keep them well, and strong, and clean, and beautiful. In order to keep them in this condition, we shall have to be thoughtful of them. We shall have to do a great many things.

One thing we should learn to do now, is to clothe our beautiful bodies in the right way. We should think so much of them that we would not wear any kind of clothes that would harm them. Some boys and girls wear tight shoes and crowd their poor feet until they cannot grow as they should and then ugly corns come on their toes and their feet often grow crooked. The Chinese people put bandages on their little babies' feet so that they cannot grow. Their babies' pretty little feet become so tired and the toes try to move but they are held fast in the bandages, and even though the little child cries, it's

mother does not take the bandages off. Then there is one tribe of Indians that fastens boards on its children's heads to make them flat. And some of the natives on the islands of the sea, wear rings in their noses and their ears. Now, they do not do these things just to be cruel. The Chinese people think that small feet are beautiful; the flat-headed Indians admire each other's flat heads; and the islanders like the looks of rings in their noses and ears. We cannot blame them; they do not know any better. But you girls and boys know so many things that you can see how foolish they are. I hope none of you crowd your feet into shoes that are too small.

You should let your bodies grow just as the great Creator wants them to. Don't wear shoes with high heels, and don't wear clothing fastened too tightly around you. You know there is a place for your heart, and a place for your lungs, and a place for each organ, and if you wear high-heeled shoes you cannot stand properly and so some of the organs are put out of their right place. If you wear tight clothes some organs are crowded till they cannot do their work well. If you let heavy clothes hang from you waist it hurts the pretty pink and white flesh and makes your back ache. If you wear hats while you are indoors it makes your heads ache and make your hair fall out.

Now, try to think about these things, girls and boys. Take the best care of your bodies that you can. Don't wear things that will make you sick and unhappy because you think they look pretty; for your body is most beautiful, if it is natural and grows free just as your Heavenly Father desires it should.

There is one thing more I want to tell you girls. I am sure the boys will not do such a thing, and I hope none of you girls ever will. Don't ever, ever wear a poor dead bird on your hat. There are plenty of other things to decorate with, without killing the dear little birds. Let them live and sing and be happy and you wear something else on your hats and you will be happier, too.

Try always to keep your clothes neat and clean and then they will look pretty. Some girls and boys are proud of fine clothes and they think that poorly dressed children are not so good as they. But don't think of such a thing. You can't tell by the clothes he wears whether a boy is good. Some of the greatest men and women in the world, wear plain, simple clothing. If your bodies are healthy and beautiful, you have something to be proud of; for then, very simple clothes will look pretty, if they are clean, and give your beautiful body room to grow and become graceful and strong.

And now I hope that you will think of these things and try to wear the right kind of clothes. If you do, the Lord will be pleased with you and you will grow stronger and happier.

### Books Received.

THE DOCTOR'S PLAIN TALK TO YOUNG MEN. Anatomy, Physiology and Hygiene of the Sexual Organs, by V. P. English, M. D., sixth edition, 201 pages, cloth. Price \$1.00. Ohio State Publishing Co., 13 Plymouth street, Cleveland, Ohio:

The author of this book has devoted years to a study of the needs of young men. In his "Plain Talk to Young Men," he gives advice of inestimable value to boys and young men. His hints to the bridegroom and suggestions to the newly married are very valuable. The information is all given in a very interesting manner. It is one of the best books on the development of personal purity that has been written. No parent can afford to let his son grow up without reading such books. The Doctor's Plain Talk is safe and valuable.

DIETOTHERAPY AND FOOD IN HEALTH, by N. S. Davis, Jr., A. M., M. D., published by P. Blakiston's Son & Co., Philadelphia. 372 pages, cloth. Price \$2.00.

This book is one of the eleven volumes

"A System of Physiologic Therapeutics," written by eminent specialists and edited by S. Solis Cohen, A. M., M. D. This series of books on drugless medication is the greatest effort that has been put forth by Regular physicians to counteract excessive drug giving. The book before us devoted to alimentary therapeutics and dietetics, contains many valuable suggestions for physicians and nurses and may be read with interest and profit by any intelligent citizen. Teachers of physiology and hygiene should read Dietotherapy. Its teachings are not ideal, but are in advance of the practices of today and will do much to establish a more rational diet in health and disease. The author gives very complete tables of food analysis and gives a specific diet for almost every disease. Some of the author's most valuable suggestions are given in an article in this number of the Character Builder. No phase of life needs greater attention than proper eating, and it is encouraging that these subjects are receiving more consideration than in the past from the medical profession.

**OUR FUTURE POLICY.** In our last number we notified our subscribers that in the future our business will be conducted on a strictly cash basis. We are compelled to pursue this course in order to make the work self-supporting. The Character Builder will not be sent after subscriptions expire, unless subscribers renew. Those who have promoted the work thus far are not persons of large bank accounts, and as much as they dislike to see a single subscriber discontinue, the above rule must be enforced. The Character Builder has many appreciative readers, and we shall do all in our power to give them something good each month. Our list is growing every day. During the past month we have received money for subscriptions from Australia, Japan, Philippine Islands, Canada, Old Mexico, South America, besides those that have come from the various regions of the United States. We desire here to thank our subscribers and agents who

have responded to the appeal made in the last issue and have helped the magazine meet its present obligations. The work will continue to be conducted on the most economical principles consistent with the importance of the Character Builder's mission. All the money that is received will be devoted to humanity's cause. We solicit your future co-operation.

#### ACTIVE AGENTS WANTED.

The Character Builder wants active agents in every city, town and hamlet where the English language is spoken and will pay them liberally for their work. Below is a partial list of the towns in the Rocky mountain region where we need active agents to take renewals and solicit new subscriptions. Write immediately for terms. If your town has no active agent and is not on the list, you may secure the agency if you are interested in the work.

**IN UTAH.**—American Fork, Aurora, Beaver, Brigham City, Coyote, College, Clarkston, Castle Dale, Circleville, Centerville, Charleston, Deseret, Elwood, Eden, Eureka, Enoch, Farr West, Fillmore, Grantsville, Gunlock, Glenwood, Granger, Henrieville, Hyrum, Holden, Hyde Park, Huntington, Jensen, Kanab, Koosharem, Kamas, Loa, Lindon, Lee, Lemington, Liberty, Monroe, Mantua, Morgan, Molen, Mayfield, Park City, Midway, Moab, Manti, Mt. Carmel, Minersville, Milford, Marion, Mammoth, Meadow, Mercur, Nephi, Newton, Ogden, Oak City, Orderville, Oasis, Payson, Provo, Porterville, Plain City, Parowan, Providence, Pleasant Grove, Panguitch, Price, Pinevalley, Paragoonah, Riverdale, Richfield, Redmond, Rockport, Richville, Robinson, Siguard, Sunnyside, Spring City, Silver, St. George, Scipio, Scofield, Salem, Thistle, Tropic, Teasdale, Tootle, Vernon, Virgin, Wellington, Weber, Wellsville.

**IN IDAHO.**—Albion, Ammon, Boise City, Clifton, Fairview, Georgetown, Liberty, Lewisville, Leeorin, Montpelier, McCammon, Ovid, Oakley, Parker, Prospect, Paris, Rigby, Riverside, St. Charles, St. Anthony, Shelley, Teton, Woodruff, Weston.

**IN ARIZONA.**—Mesa, Pima, Pine, Shumway, Woodruff.

**IN COLORADO.**—East Dale, Freedom, La Jara, Sanford.

**IN WYOMING.**—Afton, Burlington, Diamondville, Fairview, Glenco, Oakley.

**IN OREGON.**—Baker City, Summerville, La Grande.

—○—  
All wickedness is weakness.—Milton.

# HEREDITY.

— AND —

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My Dear Friend—I have been very greatly  
struck with the delicacy and force with which  
you handle the very important questions treat-  
ed in your book. I do not write recommenda-  
tions for books, but I must say I regard this  
book of yours as the only volume treating of  
this topic which I would put into the hands of  
young people. I do not agree with all that you  
say, but I regard your spirit and method with  
profound admiration. Faithfully yours,

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### Comments of the Press.

"It is a work of mature thought and cultured  
style."—Medical Science.

"A profoundly interesting and instructive  
book, treating of subjects clearly and modestly.  
\* \* \* If millions instead of thousands, could  
take in its lessons the world would be bene-  
fited."—The Inter-Ocean.

"It is evident from a perusal of this volume  
that the author is a close student of nature.  
The practical truths contained in his book  
make it a valuable addition to any library."—  
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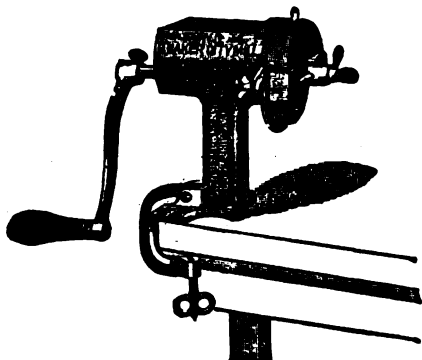
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