

# THE CHARACTER BUILDER

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## EDITORIAL.

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

### JUVENILE CRIMINAL COURTS.

For some time there has been considerable discussion thru the press and in public gathering concerning the necessity of special justice courts for juvenile offenders. Such changes in the judicial machinery of our government would, no doubt be a great improvement on present conditions, but after all they do not remove the cause of the evil. The youthful criminals that are already produced must be provided for, but how infinitely more important that the causes which produce crime be removed. In a recent number we called attention to two evils, under the heading of "Two Vice and Crime Incubators." The evil environment of messenger boys and news boys was shown as a cause of social evils. The article called forth the following excellent advice from an ex-newsboy who is now a well-known and respected citizen, but who claims that that service was detrimental to him because of the bad environment. He gives the following sound advice to parents:

Prof. John T. Miller,

Editor Character Builder.

Dear Sir:—I have read your interesting article, "Two Vice and Crime Incubators," in the last number of your magazine. Let me add a few words more on the subject, a few words of warning to parents who might be tempted some time in the future to let their sons become news boys, or join the messenger force. I wish that these articles could reach those parents whose children are at present engaged in such vocations. They are the ones, above all

others, who ought to be labored with.

I want to say to parents, if you value the moral character of your sons, never let them go on the streets to sell newspapers, or enter the messenger service. I speak from personal experience. I spent one year and a half of my boyhood life selling newspapers, and I am not at all proud of the experience I got during that time. I was a regular "Greenhorn" when I went into the business, but I wasn't so green when I come out of it. I know my parents thought that I was almost as innocent as a lamb, but I knew different. I knew a great many things that they didn't think I knew, and had it not been for the grace of God I fear that I would have fallen into some of the whirlpools of vice into which I have seen a number of my companions fall.

I am the father of six children, and will say that I would almost as leave follow one of them to the grave as to see him join the newsboys' force. And speaking for my wife, I know that she would a thousand times rather take in washing than suffer one of her children to go out selling papers. As I walk thru the streets of our city and see the poor little fellows who ought to be subjects of their parents' tenderest care, quarreling, fighting, cursing, chewing, smoking, gambling, my heart almost bleeds in pity for them. Their parents have certainly made a sad mistake.

True, we find on the rolls of fame, the names of quite a number of men who began life as newsboys, but there are others who also began life in the same way, and their names can be found on the rolls of reform schools, and on police and asylum records. There are in America today hundreds of lazy, drunken bums who, had it not been for the fact that they commenced life as newsboys and messengers, might now be decent men,

respectable members of society. I know some boys myself who entered the messenger service almost as innocent as angels, but today they are lower, very, very much lower than those heavenly beings.

Why parents will sell their children, soul and body, for a few paltry dollars, I can't make out. Can you?

#### AN EX-NEWSBOY.

Our esteemed contemporary "Truth," copied the article and devoted considerable space to a discussion of the evils mentioned and suggesting a remedy. The writer of the article in Truth has our thanks for calling our attention to Ella Wheeler Wilcox's poem, "The Need of the People." It may be of interest to our readers, as it points out the needs of today:

Oh, ye men who prate of college,  
And of books as doors to hope,  
Go and gain the living knowledge  
Where the toiling people grope.  
Like the plants in shadowy places,  
They are needing sun to bloom—  
They are hungering for life's graces,  
They are wanting light and room.

Give them something more of pleasure  
Than ten million dollar tomes;  
Give them work and give them leisure,  
Give them clubs and give them homes.  
Open wide the door of beauty  
And invite the people in—  
And you'll find the paths of duty  
Better filled than paths of sin.

Oh, I cannot sit debating  
On the issues of a creed,  
With the mighty work that's waiting  
And the world's tremendous need,  
And the cold and costly steeple  
Brings no pennies from my purse,  
While the people, people, people  
Groan beneath oppression's curse.

While the tenements are reeking  
With the striving, toiling poor,  
Do not send your churchmen seeking  
Help for heathens to my door.  
Let them go where sin carouses,  
Or where seething sweatshops stand;

Let them see the slaughter houses  
Of the children of our land.

True reform has one beginning—

The right hand of brotherhood,  
Would you help men out of sinning?

Would you lead them into good?

Would you teach that Christ has risen?

Prove it by your deeds of worth,

If you want to close the prison,

Beautify the homes of earth.

It was further suggested that conditions should be made such that the fathers and the mothers of these boys who are being led astray will not be compelled to send their children into either of these, or any other objectionable employment. We heartily approve of this suggestion, but realize that some time will be required to bring about the desired change. Our suggestion in the original article was that adults who are incapable of doing more laborous work might sell papers, as quite a number of such are now doing. Not many years ago a large per cent of bootblacks were boys, but now all that work is done by adults. It is certainly desirable that social conditions be so modified that boys will not be required to work in such an environment to earn the necessities of life. Gambling with their nickels is an every-day pastime with a large number of them. They become initiated into social vices from which it will be very difficult to extricate themselves. If these causes could be removed there would be fewer juvenile criminals and less need for juvenile criminal courts. Here is work and a subject for the study of those who will aid in overcoming the causes of vice and crime.

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**MEDICAL INTOLERANCE.** As long as a practitioner in the medical profession follows strictly orthodox lines many of his natural and acquired defects are overlooked by his fellow practitioners, but the moment he dares to leave the beaten track he is in danger of being ostracised by his medical brethren, no matter how good his character or how conscientious his practice. The history of medicine furnishes many in-



stances of intolerance that retarded the progress of the true healing art. An illustration of such intolerance is found in the experience of Dr. Holmes, who was for about forty years a professor in Harvard Medical college. He delivered a number of lectures on sanitary science and against excessive drug medication. His opinion on the evils of drugging was very pronounced, but one that has since been quite generally accepted in the profession and by the laity. On page 94 of "Physical Development" Dr. Nathan Allen gives the following account of Dr. Holmes' experience: "In pursuing this line of thought, Dr. Holmes expressed very positive opinions, accompanied with reasons and illustrations, that too much medicine altogether was given by the profession, and that there were great evils arising from over-medication. For this opinion, Dr. Holmes was not only severely criticised by prominent physicians, but denounced and abused, if harsh language could do it. But reaction soon followed this violent attack. The denunciation led many physicians to a new and more careful study of the natural laws of disease and the true effects of drugs. Great good came out of the controversy. Dr. Holmes, instead of being injured, gathered new laurels. Many young physicians seeing the propriety and force of his strictures, struck out a new course in their practice."

There can be no doubt in the mind of any intelligent observer and student of medical practice, that even at the present time drug medication is entirely too common and is producing permanent injury in many who are subjected to such medical treatment. Every physician is permitted to practice as he pleases without incurring the displeasure of his orthodox brethren of the profession as long as he carries the orthodox label, but let him publicly question the efficacy of any generally accepted practice or dogma and he will find he is doing so at a great cost. Some look upon every effort to abolish obsolete medical practices as a personal attack upon themselves as Dr. John Mackintosh said half a century ago in his "Practice of Medicine:" "The

author most heartily deplors the morbid sensibility and irritability which exists among medical men—no parallel of which can be found in the history of any other liberal profession. Few medical men can bear to know that the soundness of their opinions has been questioned; they regard any such attempt as a signal of personal deadly hatred, and view it in the same light as if their moral character were assailed. On what circumstance does this frame of mind depend? The author has always attributed it to an overwhelming conceit, selfishness and pusillanimity."

Human nature is much the same as it was half a century ago, but public sentiment has changed so materially on questions pertaining to the healing art that important truths will not be kept from humanity simply because they do not meet the approval of a few selfconstituted sensors. The tendency toward greater freedom in medical research and practice is indicated in an editorial in the "Medical Brief" for February, 1904, by Dr. Lawrence. He says:

"Investigate freely. Do not follow anybody. Whenever you find anybody is trying to lead you, kick. Open your eyes wider. We need more kickers in the medical profession. If, in the course of our investigations you change your opinion, whether political, medical or religious, do not hesitate to say so frankly. The world is always changing its opinions. Things become fads and then pass out. As one lives and moves, he may change his opinions until he goes round the circle and gets back to his starting place. This is not at all to a man's discredit. The mind is finite and the point of view is affected by changing environment and natural development.

"Whatever you do, do not be led. Continue to be yourself thru all the changes of life. Do not be afraid of any other man who considers himself an oracle. Do not care for his displeasure at your independence. All successful men have been independent thinkers. Dare to give your patients what you think is best for them, no matter what anybody says. If you believe a thing is

bad, say so; if you think it is good, say so. Mental freedom is our greatest possession, the fundamental condition of all happiness and progress.

"To be sure, we still have a few self-constituted leaders who try to put dog-collars on doctors, and lead them where they will, but the work of self-emancipation is well under way, and nothing can stop it.

"The greatest evidence of the progress made in medicine is the increasing broadness of the profession: Doctors are no longer to be governed thru their prejudices. Their self-constituted leaders do not like this, and are making mighty efforts to regain their sovereignty. Mrs. Partington with her broom could as easily sweep back the Atlantic ocean as can a handful of medical censors dominate the great medical profession."

These remarks apply to the vaccination and anti-toxin superstitions that are being so blindly pursued by the unthinking portion of the profession after the most eminent investigators of the world have abandoned them. In Salt Lake City we have new evidence of the narrowness of orthodox medicine. As soon as the mayor suggested Dr. Douglas for the office of city physician the medical society objected to his appointment, because he opposed compulsory vaccination a few years ago when an attempt was made to compel all school children to be vaccinated. As the public becomes more familiar with the real merits of prevailing medical practice and the intolerance that exists in the medical profession conditions will be greatly modified.

PLANES OF LIFE. There is a physical plane; a social plane; an intellectual plane; an esthetic plane; a moral plane, and a spiritual plane of life. All the people of the earth are scattered along these planes. Savages and barbarians live on the physical plane. Their entire thought and effort is devoted to securing that which gratifies appetites, passions and physical needs. On the social plane are found beings of a higher development, whose social nature

as well as the purely physical has been awakened. The intellectual plane embraces a class of persons who may be highly cultured, but are deficient in moral and spiritual development. The esthetic plane qualifies one to appreciate the treatise of art and nature. Those who live on the moral plane may have all the lower powers awakened and well developed, but the spiritual powers of reverence or veneration and spirituality may be dormant. All belonging to these planes are mental cripples as literally as the person who has lost the use of a limb or of any organ of the body is physically crippled. Those who live on the spiritual plane must have the spiritual powers developed in harmony with all the others in order to give the most perfect development. It has been well said: "Educate a man's head (intellect) and you have an infidel; educate his (heart) emotions and you have a lunatic; educate both and you have the noblest work of God." Each person should inspect his mental powers to find on which plane he lives, and after finding the defects should struggle to overcome them. Progress is not usually made without an effort.

The Arena is no longer published by the Alliance Publishing company, but is owned by Mr. Albert Brandt, and B. O. Flower is its editor. This fearless defender of the people's rights should be read by everybody. Under its new management it will be greatly improved. The Arena is \$2.50 per year. We can send you a year's subscription to Arena and to the Character Builder for \$2.50. Now is your opportunity to secure good reading.

During the first twelve days of June the editor of the Character Builder will be at the World's Fair, if nothing unexpected prevents. His headquarters will be at the Dodd's Hygeian Home on Washington Boulevard, St. Louis, and he will be pleased to make appointments to meet any of the readers of the Character Builder or other friends who may be at the Fair during that time.



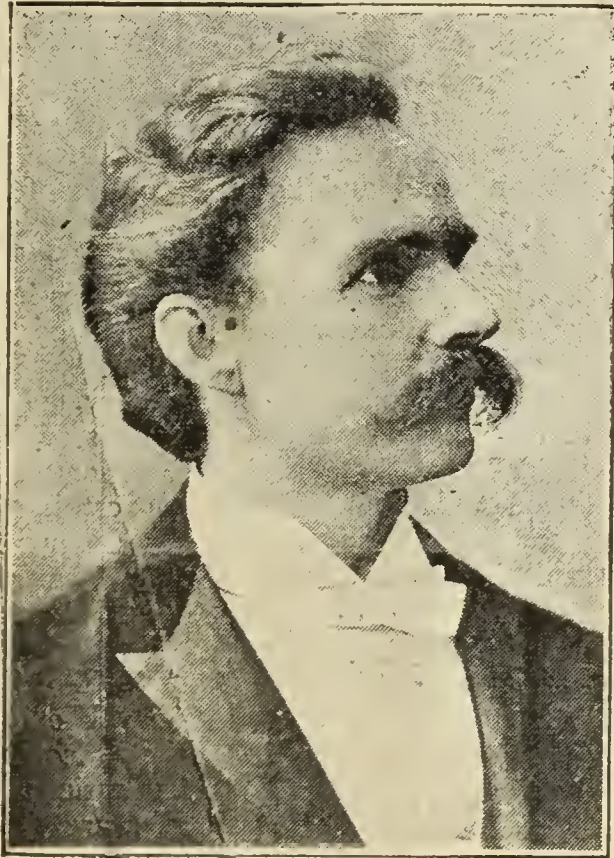
## Human Nature Department.

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

NEWTON N. RIDDELL.

Delineation from photograph. Dictated by N. Y. Schofield.

The writer took occasion to call upon Dr. Riddell in his office in New York City some years ago, but unfortunately—perhaps for both—Mr. Riddell was away, and never having had the pleasure of meeting him, the short sketch which



follows is merely the writer's opinion formed by a study of the photograph that appears herewith.

Doubtless if proper measurements were obtainable we should find exceptional material for an interesting and valuable study in human nature, as only a glance is needed to perceive in this countenance a reflection of the intelligence within. There is here unmistakable evidence of culture, refinement and very strong moral qualities combined

with remarkably active intellectual powers. The frontal lobe, also the superior-anterior regions of the brain is immensely developed and whatever peculiarities of character and habits may arise from comparative weakness in other directions not discernable in the cut, but doubtless well known to his immediate associates, we are absolutely positive that the organs composing the intellectual and moral groups not only dominate the character, but constitute the warp and woof of ambition and all that is expressed by life and activity. The selfish propensities are relatively weak and subordinate to the higher mental, spiritual and esthetic nature. The lower portion of the face and the back head, together with the neck, corresponds with the apparent absence, in a relative sense, of the animal nature, and relieves him even from the suspicion of anything gross, sensual or avaricious, while on the other hand, the pose of the head, the fixed, upward glance of the eye and the general contour of the brain indicate a hopeful, earnest disposition, with strong moral, benevolent and intellectual aspirations that have for their culmination the permanent improvement of his fellow-man. Mr. Riddell is a humanitarian in the strictest sense, benevolence being a pronounced faculty, creates a bond of brotherhood and sympathy for mankind at large, that warms and tempers his feelings towards them as the gulf stream operates to counteract or modify the cold currents from the north. He is a man with a mission and purpose in life. He will be earnest and zealous in his labors to do good and has no secrets to hide from the world. There is evidence of considerable ambition, strong persistence and a truly devout religious nature. He will be quick, fluent and flowery in speech, active in thought and expression, and capable of displaying at pleasure remarkable powers of imitation, mirthful-



ness and all the emotions essential in the successful orator or actor. He has strong intuition, giving him clear and accurate insight into human nature and the motives that actuate others. He is a keen observer, a good thinker and possesses both tact and talent to a degree not enjoyed by the average individual. Self-esteem does not appear to be developed on a par with the faculties previously named, hence his success in life will be due to his untiring energy and wonderful hope, based on practical ability to perform any labor undertaken, rather than to any inflated notions of superior powers, or to excessive dignity, as a matter of fact it would appear that he is lacking somewhat in this quality and will have more confidence in others than faith in himself. He is warm and genial in friendship, sincere in purpose, honest in statement, sensitive in his nature and possesses far more intellectual skill than physical strength.

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#### BIOGRAPHICAL.

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By John T. Miller.

Professor Riddell is not a stranger to the readers of the *Character Builder*. During the last few years he has become well and favorably known in the intermountain region thru his books. For a number of years the writer has been acquainted with Professor Riddell thru correspondence and four years ago he had the pleasure of spending a day with him and his family at their home in Chicago. Altho comparatively a young man, Mr. Riddell has done a great work for humanity. His efforts have been among the most earnest, intelligent, convincing and elevating that have been made for the moral advancement of the race. His life has been a remarkably busy and unselfish one. He has not accumulated material wealth, but has already earned and received the gratitude of hundreds of thousands, perhaps millions of his fellow-men for leading them to a higher, purer and noble life.

Mr. Riddell was born in Iowa in 1862, and moved to Nebraska with his parents in 1864. He attended the public schools

of Lincoln and worked on the farm during his boyhood years. He pursued a medical course for two years, but left the medical profession in order to study and lecture on sociological subjects. In 1887 he graduated from the American Institute of Phrenology in New York, and has since that time devoted most of his time to lecturing and writing on human culture subjects. He has traveled constantly for fifteen years, and has studied social conditions in almost every section of North America. He has studied thousands of the criminal and dependent classes and has gathered much important data on heredity, criminology, vice and on kindred subjects. His recent work on heredity and prenatal culture is the best work that has been written for the unprofessional or popular reader, and his earlier work on human nature is a most valuable treatise on the human mind and body. He has filled about 3,000 lecture engagements and has made more than 25,000 delineations of character. Many of his lectures have been given under the direction of the Chautauquas and the Y. M. C. A. The press in all parts of the country speaks in the most complimentary terms of Mr. Riddell's work. His lectures were published and created much interest in the work among those who had no opportunity to hear him. Two Hundred Points on Family Government, Character Building, Manhood, Blunders of Life and Mistakes of the Age, The Solution of the Liquor Problem, Womanhood and his other published lectures have been a source of inspiration to many. His two largest books are Heredity and Prenatal Culture, and Human Nature Explained. If he had done nothing for humanity except write these books he would have won the respect and gratitude of his fellow-men. But his smaller works, Child Culture, The New Man, A Plain Talk to Boys, and 100 Life Lessons are gems on the several subjects treated in them. Two years ago, when we began our work of publishing the *Character Builder* and books on human culture, Professor Riddell permitted us to publish an edition of

Child Culture, and of A Plain Talk to Boys for distribution in the inter-mountain region, 12,000 copies of the first and 10,000 copies of the second were published; about half of them have already been sold, and the success of our work is due in a large measure to the aid received from this source, as every dollar that has been received from the books has been devoted to the cause. Other evidences of his unselfishness are known to us. Mr. Ridde'l has shown by his works that he believes in laying up his treasures where neither moth nor rust corrupt and where thieves cannot break in and steal. His entire thought and life is devoted to the uplifting of humanity, and he is ably supported in the work by a faithful and devoted wife.

Being still in the prime of life we may hope for his influence to increase for many years to come. His achievements have cost an effort and furnish another instance where the farm boy by earnest work and noble ambitions was transformed into the polished orator and the facile, impressive, vigorous writer whose influence will bless humanity thru all future ages.

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## THE TEMPERAMENTS OR PHYSICAL TYPES.

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By John T. Miller.

The powers and activities of the mind are known to us by their action on the body. Physical and mental capacities and abilities of individuals are indicated by the form and structure of the body. There are three distinct physical types and many degrees of differences. These types are determined by the predominance of certain organs. In the animal organism there are three classes of organs: 1. Organs of nutrition, such as the heart, lungs, liver, stomach, intestines, pancreas, spleen, etc. 2. Organs of motion: bones, ligaments and muscles. 3. Organs of sensation: brain and nerves. When either class is much more strongly developed than the others a distinct physical type results, and certain mental powers are associated with

each type. These physical types are called temperaments.

The study of temperament received considerable attention among the Greeks. Aristotle wrote a book on the temperaments. Until less than a century ago the classification was based upon the complexion and diseased conditions of the body. That classification is now known as the pathological. For our purpose the anatomical classification, based upon the structure of the human body, is preferable. In the old classification there are the bilious, sanguine, nervous and lymphatic temperaments. These terms are misleading. Some persons in whom the nervous system predominates are not nervous. There are persons that have the bilious temperament who object to the term because they say they were never bilious in their life. Those who should be placed in the sanguine class are often heard to say that they are not sanguine in their nature. In the anatomical classification these difficulties are overcome.

The terms motive, vital and mental used in this classification do not convey the desired meaning, the words, motor, nutritive and sensory are suggestive of the three systems upon which these temperaments or types are based, and are more suggestive.

In future articles photographs will be used to illustrate the types. The physical characteristics of each type, with the corresponding mental tendencies, will be given in order that each student may study his own temperament and classify his associates. In human nature there is no study more fundamental than temperament. We know that some persons are tall, others are short; some are slender, others are corpulent; some are slow, others are quick; some are awkward, others are active; but few people study the cause for these conditions.

One of the greatest benefits of a knowledge of temperament is that we learn which organs of our body are defective, and by scientific methods may correct the defect. All normal human beings have the same number of mental faculties and bodily organs, yet no two



are alike. There are general laws that apply to all, but each individual is a law unto himself. This individuality is stamped on the physical organization, and may be modified by the thoughts and life of the person. When one follows intellectual pursuits exclusively, the organs of sensation receive special development, and the organic quality of the body is refined. All kinds of physical labor develops the organs of motion. Food, exercise, sleep, air, sunshine, mental conditions, etc., modify the development of the various organs, and thus influence temperament.

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FOR US.

Charlotte Perkins Gilman.

If we have not learned that God's in man,  
And man is God again;  
That to love thy God is to love thy brother,  
And to serve the Lord is to serve each other,  
Then Christ was born in vain.

If we have not learned that one man's life  
In all men lives again,  
That each man's battle fought alone,  
Is won or lost for every one,—  
Then Christ hath lived in vain.

If we have not learned that death's no  
break  
In life's unceasing chain;  
That the work in one life well begun,  
In others is finished, by others is done,—  
Then Christ hath died in vain.

If we have not learned of immortal life,  
And a future free from pain;  
The kingdom of God in the heart of man,  
And the living world on Heaven's plan,—  
Then Christ arose in vain.

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COLORS.

Colors not only influence cattle, but human beings also. On this point some curious experiments were reported from Italy as to the effect of colors on the nerves of the sick and insane. In the hospital for insane at Alessandria special rooms are arranged with red or blue paint on the walls. A violent patient is brought suddenly into a blue room and left to the effects of that color on his nerves. One maniac was cured in an hour; another was at peace in his mind after passing a day in a room all violet. The red room is used for the commonest

form of dementia (melancholy), usually accompanied by a refusal to take food. After three hours in the red room, a patient afflicted in this way began to be cheerful and asked for food.—The World's Events.

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THE PHILIPPINE INDEPENDENCE COMMITTEE is composed of more than forty eminent Americans. President Eliot of Harvard, Bishop Potter, Judge Gray of Delaware, President Jordan of Leland Stanford University and Wayne MacVeagh are among its members. The committee will do what it can to commit either or both great political parties to the independence of the Philippines, on terms similar to those granted Cuba. This is a move in the right direction and will remove one cause of contention among American citizens. The humane spirit and the desire for justice is growing and will, in time, secure for all their rights.

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A NEW ASPECT OF LOVE.

In our teachings on love, it seems to me that we have left out a very important thing, and that is the necessity of loving our bodies. By our bodies I do not mean only the mind which governs the body, but the body itself, the actual flesh and blood body. The beautiful machine which we have built up to express us.

Just the beliefs of our grand-parents and our parents have helped to make us what we are—ignorant or wise, sick or well, as the case may be. Then when we begin to think for ourselves, we continue the work already begun for us, and generally in much the same line that we have started, so our bodies are built up out of a mixture of race beliefs.

So far as I can remember, I was taught that our bodies were no good, we were worms of the dust, that to look in the glass was a vain thing to do, and not good. To love the body would be a most terrible sin. No one dreamed of saying we must love our bodies.—Eltk.



## EDUCATIONAL NOTES.

### LAWLESS CONDITIONS.

The following is an appeal by the Educational Council of Colorado Teachers' association, to parents, teachers, school officers, the public press, and the courts, in behalf of law and order, in accord with a resolution of the National Educational association, adopted July 10, 1903, which says: "Disregard for law and for its established modes of procedure is as serious a danger as can menace a Democracy. The restraint of passion by respect for law, is a distinguishing mark of civilized beings. To throw off that restraint, whether by appeals to brutal instincts or by specious pleas for a law of nature which is superior to the laws of man, is to revert to barbarism. It is the duty of the schools to so lay the foundations of character in the young that they will grow up with a reverence for the majesty of the law. Any system of school discipline which disregards this obligation is harmful to the child and dangerous to the state. A Democracy which would endure must be as law-abiding as it is liberty-loving."

The Educational Council of Colorado, after careful inquiry during the past year into existing conditions in schools and colleges thruout the country as regards decorous conduct and obedience to law among pupils and students both in and out of school, regrets to affirm as its deliberate opinion that these conditions, at least in many localities and institutions both in Colorado and elsewhere, are such as to call for the serious consideration of all thoughtful people.

This opinion is founded upon disgraceful occurrences which are alarmingly frequent, and of which the following are typical illustrations.

1. The organization in all grades of schools from the elementary school to the college, of "strikes," so-called, to compel those in authority to grant vacations, lengthen recesses, discharge or reinstate

teachers, remit the punishment of fellow-students who are under discipline for committing serious offences, thus often paralyzing, in whole or in part, the work of the schools.

2. The treatment of school and parental authority with insolence and contempt when it is opposed to the carrying out of student ideas of "fun" or whims born of the mob spirit.

3. Riotous conduct on the street, in public conveyances, theatres, public halls and other public places in utter disregard of the rights of others and of the refinements of demeanor that should characterize ladies and gentlemen, apparently under the assumption that membership in educational institutions justifies such conduct.

4. Deliberate insults to teachers and others in authority under circumstances which, if tolerated, render it practically impossible to exercise discipline or maintain authority.

5. Class contests which cripple, temporarily at least, the work of the school, and lead to the invasion of the private dwellings, the destruction of public and private property, thus entailing not only pecuniary loss upon the community, but also irreparable loss of time upon students and teachers.

6. Serious bodily injuries and even death, resulting from hazing, fraternity initiations, and class fights.

7. The subordination of everything else by students and too often by instructors to the preparation of athletic contests, thus making a business of athletics to the detriment of true ideals of sport.

The frequency of such occurrences fully justifies grave apprehension lest the schools, instrumentalities which exist at the expense of the state for the purpose of protecting the state by training for intelligent, patriotic citizenship, may become rather a menace to the state by bringing together large numbers of im-

pulsive, irresponsible young people under conditions favorable to manifestations of mob spirit and without restraints sufficient to prevent or control such manifestations.

While society cannot expect immunity from youthful indiscretion, lawlessness, and crime, the school and college should ever stand firmly for order, reverence for, and obedience to, law, and, tho ephemeral disturbances may cause annoyance and even apprehension, the tide of sentiment among educators should ever set strongly toward higher standards of conduct and social service.

The oft-repeated plea that "boys will be boys," and that "young people ought to be allowed to have a good time," is not worthy of a moment's serious consideration when offered in extenuation of such acts as those enumerated. We deplore the sentiment that seems to have gained so strong a hold upon some minds that dissipation, rowdyism and lawlessness are essential to the happiness of young people or that they add anything to their real enjoyment; and it is with a view to making their school life more truly happy that we appeal to parents and teachers generally to give their fullest co-operation to all efforts to eliminate these evils from student life.

There is no more important function of school and home training than to teach obedience to law and respect for lawful authority, without which popular government cannot long endure, and when our young citizens imbibe the notion in any way that the deliberate violation of either school law or civil law is a matter to be treated lightly, there is cause for grave apprehension. It is unpatriotic and un-American to allow a school boy to suppose that what the law justly characterizes as a crime is only a harmless prank when committed by himself, yet it is only too evident that laxity of school and home discipline is producing just this impression upon the youth of this age and generation.

We are convinced that the conditions which we have enumerated are due in large measure to dangerous excesses in the encouragement of class spirit, athletic

contests and social pleasures. Such recreations are undoubtedly good and wholesome when kept within reasonable bounds, but it does not follow that they can be given a free rein without bringing serious results. There should be the fullest co-operation between the home and the school in an earnest effort to put them upon a proper basis as valuable auxiliaries to educational work instead of permitting them to overshadow more important matters.

We earnestly appeal to directors and boards of control in all classes of schools to strengthen the hands of those who are in direct charge of the management and discipline, both by effective legislation against lawless acts and by firm support in the enforcement of such legislation. With special earnestness do we address this appeal to boards of control in the higher institutions, for it appears that one of the chief incentives to lawlessness in elementary and secondary schools is the example set by students in the higher institutions.

We earnestly appeal to the representatives of the press to aid the cause of education by giving fair and uncolored accounts of lawless and rebellious conduct on the part of pupils and students, and by refusing to represent the perpetrators of lawless deeds as heroes or martyrs, or by entirely ignoring such occurrences. We also urge that careful supervision be exercised over school and college papers with regard to such accounts.

We express our gratitude to those courts which have co-operated with other educational agencies in convincing children and youth that any misdemeanor or crime will meet with the punishment it deserves, and that pupils in the public schools are amenable to the law to the same extent as other citizens. We deem it a wrong both to society and to young offenders themselves to allow them to assume that they are privileged characters and may trample the laws of their country under their feet with impunity, when they should be made to understand that a crime is a crime, whether committed by a school boy or by some



one else. We feel it would be a serious error for any court to discharge any incipient criminal without an attempt to impress him with the seriousness of his offense.

Fully realizing that the home, the school, the press, and the courts have individually done all they could do to aid in suppressing lawlessness among young people, we believe that existing conditions demand the energetic co-operation of all these agencies.—*Pennsylvania School Journal*.

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During the past month two of the most worthy citizens of this earth have passed to the great beyond. Altho both of these eminent persons were located in one country, their influence has been felt for good thruout the world. Both reached a ripe old age. Samuel Smiles is known on both hemispheres thru his books, "Self-Help, Character and Thrift." Few men have had a greater influence over young people than Samuel Smiles, altho he has passed away, his influence for good will affect generations yet unborn. He was indeed a character builder and deserved the admiration and respect of his fellowmen.

Frances Power Cobbe was in her 82nd year at the time of her death, and she fought to the time of her death for truth and for justice to her fellow creatures. She was so full of sympathy for her fellow creatures that her combativeness was aroused whenever an injustice was done any of them, and she devoted her life to fighting the battles of the helpless. Samuel Smiles and Frances Power Cobbe labored for the establishment of a nobler manhood and a truer womanhood. They were real nation builders.

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Congressman Shafroth of Colorado did a fine act by renouncing his seat in the house when he found that his majority had been padded by fraudulent votes. It is a commentary on our politics, however, that an act of such obvious morality should be heralded as a thing so surprising. Probably Mr. Shafroth will in the end lose nothing by his honorable attitude; at least he will have the satisfaction of mind that comes with fearless honesty. Few men, however, are so scrupulous as he showed himself.

## THE TYRANNY OF FASHION.

(By Mrs. Eda Dehlin, Instructor in Domestic Science, L. D. S. University.)

It has been written: "Man's inhumanity to man makes countless thousands mourn," and it might be truthfully added of our present generation: Woman's inhumanity to herself affect nations yet unborn.

Upon opening a current fashion book a few days ago, the writer was struck with the following advertisement: "Fashion says, 'hips in.' Our model is one that reduces the hips to conform with present modes in gowns." In glancing over the fashions contained in the book and in fact all fashion books of the day, one becomes familiar with the same idea. There is a limit to the saying: "Better be out of the world than out of fashion." One does not wish to attract attention, either by eccentricity in dress or by eagerly conforming to every new fad in fashion, at its first approach. The well-dressed woman, the woman who is respected by her own as well as the stronger sex, is she who has no desire to attract attention, either by her dress or actions; who fashions her gowns to fit the body her Creator gave her to care for and preserve in a state of health, and not to warp and twist it out of shape to conform to foolish modes, introduced by women whose names are unfit to be breathed in the pure atmosphere of home. One cannot go against fashions and customs, especially when they are pleasing and harmless, but when the body must conform to the pattern of the gown, it is time for sensible people to draw the line.

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## WHAT EARNEST WORK WILL DO.

Philadelphia has a Vegetarian church, presided over by the Rev. Henry S. Clubb, who for over seventy years has followed the doctrine of vegetarianism. A vegetarian mission is connected with the church and the following figures tell their own story. In a short time 70,000

guests have been served with lodging and 460,000 guests with meals. There a week's lodging with three meals a day, with the use of a bath, a shaving set and the laundry, costs \$1.12. The lodging is clean, the bath is of porcelain, the shaving set better than the average barber's and the laundry is well equipped.

A sign gives the following prices:

2 rolls or 4 slices of bread.....	1 cent
Peanut butter .....	1 cent
Cup coffee (cereal) .....	1 cent
Bowl soup .....	1 cent
Mush and milk .....	2 cents
Oatmeal and milk .....	2 cents
Pudding .....	2 cents
Stewed potatoes .....	2 cents
Beans .....	2 cents
Peas .....	2 cents
Stewed tomatoes .....	2 cents
Macaroni .....	2 cents
Stewed fruit and sauce.....	2 cents

Mary J. Studley, M. D., connected a long time with the State Normal School for Girls at Farmington, Mass., says: "It has been my privilege, for more than twenty-five years, to be intimately associated with young woman, either as a teacher in the school room in the earlier years, or as medical practitioner or teacher of hygiene during the latter ones, and every day's added experience only confirms me in the position I have occupied from the first relative to the various forms of nervousness which characterize our sex. That position affirms that the best possible balance for a weak, nervous system is a *well-developed muscular system*. Weak, shaky, hysterical nerves always accompany soft, flabby muscles, and it is a mournful fact that the *majority of the young women* whom I meet in schools are notably deficient in muscular development."—Physical Development, by Nathan Allen, M. D.

Rev. T. DeWitt Talmage, in a sermon on "Tobacco and Opium," once said:

"One reason why there are so many victims of this habit is because there are so many ministers of religion who smoke

and chew. They smoke until they get the bronchitis, and the dear people have to pay their expenses to Europe. They smoke until the nervous system breaks down. They smoke themselves to death. There has been many a clergyman whose tombstone was all covered with eulogy, which ought to have had the honest epitaph: 'Killed by too much Cavendish.' Some of them smoke until the room is blue, and their spirits blue, and the world is blue, and everything is blue. How can a man preach temperance to the people when he is himself indulging in an appetite like that? I have seen a cuspidor in a pulpit, where the minister can drop his quid before he gets up to read about 'rolling sin as a sweet morsel under the tongue,' and in Leviticus to read about the unclean animals that chew the cud. I have known Presbyteries, and General Assemblies, and General Synods, where there was a room set apart for the ministers to smoke. O! it is a sorry spectacle—a consecrated man, a holy man of God, looking around for something which you take to be a larger field of usefulness. He is only looking for some place where he can discharge a mouthful of tobacco juice."—Selected.

RECITATION METHOD WRONG. President Woodrow Wilson of Princeton repudiated the present methods of college instruction, and especially the recitation system, in an address before the Schoolmasters' Association, at New York. He declared that the recitation was practically useless in developing any initiative in the student, and that the elective system was not much better. He said there was no place for the lecturer or teacher who merely tried to impart information; he could only outline a subject and stimulate interest. The proper way was to give the student material to work with and tell him to get the results himself, holding him responsible at examination.

When nations calling themselves Christian have 2,000,000 men under arms, and spend more for rum and war than they do for religion, how can they say "Merry Christmas?"



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

THE EDUCATION OF THE FUTURE. Under this title an excellent article by Eltweed Pomeroy, A. M., appeared in "Arena" of May, 1904. The thoughts there expressed are not the imaginations of an idle dreamer, but are the products of clear observation and vigorous thinking. No radical change is advocated. All that is good in the present system is to remain; but the power to do receives much more attention. The child is to become stronger physically and shall be instructed in the laws governing his own development. After giving an outline of the improvements that are to be made in physical and mental training, Prof. Pomeroy says: "A gymnasium will be attached to every school-house and in it there will be a physical laboratory where every boy and girl will be measured and examined physically, told their defects and how to remedy them. Hygiene, sanitation, etc., are already being taught, but largely from second-hand books. They will be vitally connected with the physical laboratory.

"There is another branch of physiology which is now not only neglected, but indecently smothered, which in the education of the future will be taught carefully and thoroly. At the proper age, by mature, discreet teachers, the young of both sexes will be told in this physical laboratory about their sexual natures and the laws which govern reproduction, and how they can beget the best children and become fitting physical mates, the girl for a wife and the man for a husband. A false modesty relegates the acquirement of a haphazard knowledge of the most important side of every man's and woman's nature to the chance indecencies of the street. Many a life is wrecked from lack of such training. The state is eternal. It depends for its future on the children to be. In this light, child-bearing is a social and state function. This fact will be recognized in the training which the state will give to the youth of

both sexes in sexual matters. Of course this training will have to be done with scientific plainness, truth and modesty."

Dr. Karl G. Maeser was a pioneer in this specific training among the young people of the Intermountain region. For seven years the editor of the Character Builder has taught these subjects and during most of that time conducted classes for young men in higher institutions of learning in this region. The false modesty that has prevented proper instruction in these subjects is rapidly disappearing. Proper instructions in heredity, parenthood, and personal purity will greatly reduce the social evils that are common today, and will aid in developing a stronger and more perfect race of men and women. Much physical weakness and disease attributed to other causes is produced by secret vices and sexual excesses. The cigarette has been made the scapegoat of all the ailments of boys and young men, and any attempt to under-estimate its evil effects should be severely criticised, but if the truth were generally known it might be safe to say without fear of successful contradiction, that the abuse of the sex function is a greater cause of physical degeneracy than the cigarette or tobacco evil.

In teaching the youth the laws advocated above, the morbid should be eliminated as much as possible. Positive instructions should be given the same as in any other science. Every possible effort should be made to keep the morbid and the obscene from the youth. We have frequently stated in the Character Builder that if obscene conversations and pictures, and books that produce obscene thoughts could be kept from young people, a social evil would be greatly reduced. This fact cannot be too frequently stated, and every intelligent person should use his influence to stamp out those conspicuous and evident causes of degeneracy. The interest in this import-



ant phase of education is growing so rapidly that the most pessimistic should become hopeful and should aid in establishing better conditions.

After the revival of learning in Europe, a liberal education consisted mainly of language or word study, mathematics was later needed in the establishment of the physical sciences. Later a study of geology, astronomy, botany, zoology and other studies were considered essential in a liberal education. Now man is being studied, and the laws governing his physical, social, intellectual, esthetic, moral and spiritual powers are being applied for his own development and for the advancement of the race. The light of truth is becoming more brilliant every year and all will be able to see it, except those who close their eyes to it or wear spectacles with opaque glasses in them. These truths deserve the best thought and effort of humanity.

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THE DOUBLE STANDARD. Libertinism, seduction and vice are all fostered in society and kept alive by that erroneous, one-sided, abominable, mediaeval idea that "it is man's privilege to try and woman's to deny." And tho you may disagree with me here, I must deny and denounce this commonly accepted claim as criminally wrong. If woman is the weaker vessel what right has man to throw upon her the entire weight of keeping this master passion? This accursed idea that it is a young man's privilege to test the virtue of every young lady with whom he may become intimate, is snatching thousands of as good and pure girls as the sunlight of heaven ever shone on, from paths of virtue and leading them into disreputable lives. The innumerable houses of prostitution of this land are being filled with the victims that are falling before the destroying hand of this society-fostered monster. Public conscience is wrong, society can never be what it should be, or virtue more than a by-word, until man is held equally responsible with woman, and I hope the day is not far distant when the same virtue and social purity will be demanded

of man that is today demanded of woman.

Libertinism, if kid-gloved, is admitted into the best society. The young man may become fast and dissipated, a wrecker of lives, a slayer of virtue, the associate of harlots, and then when he has "sown his wild oats" he may "reform," "repent," retrace his steps, and the doors of the church are open, the arms of society receive him, and the white hand of innocence is extended to meet him. But if our sister goes astray—even tho "tempted as we are tempted" and spend but a single night in shame, the doors of the church are practically closed, the arms of society are folded against her, and the white hand of innocence is extended only to push her farther away. Thus the inhumanity of man and the seductive powers of evil combine to complete the poor girls ruin.

Go to one of our large cities and stand for a moment on the street. The boys nudge each other as a shriveled form passes, and say: "There is an old hag, an old blister." Suddenly they straighten up, lift their caps, who is going by? There is an elegant carriage, fine team and uniformed driver. It's Governor Brown, he lives in that brown stone front palatial mansion at the head of the avenue. Go back twenty-five years and these two characters were innocent children together. Twenty years ago they were lovers, she the daughter of a good family, beautiful, refined, amiable, and lightly accomplished; fully the equal of Mr. B., who was in the language of the world, "A fine young man." He was proud to have the honor and pleasure of Miss Jennie's company, and to introduce her to his friends. Those tender ties of affection draw them together. They exchange those sacred promises. This intimacy and its fond caresses excite in each a deeper passion, the gratification of which he most affectionately urges. She could control self, but what won't a woman do for the man she loves? He tells her that they will be married soon, that no one will know of it, and he means just what he says, for Mr. B. is really a truthful young man

with a conscience fully up to public conscience, which says it is his privilege to try. She, true to her self and the demands of society earnestly refuses, denying herself and the man she loves too well. Finally, some evening in the quiet hour of midnight, at a time when the sea of passion surges heavy, under the persuasive power of love, she yields. Virtue has flown the angel of peace has hid her sunny face behind a scarlet cloud. In a few hours in his quiet room he thinks over the night's experience, but again he reasons to himself to be true to his promise. She is condemned by her own sense of right, but she rests on those sacred promises. The ice once broken, it is so easy to fall again. She is now more loving, more intimate, to which he says: "We must be more discreet or people will think there is something wrong." They have tasted the forbidden fruit, their eyes are opened, and they know they are naked. Virtue gone, respect soon follows, and love the same. He now begins twitting about going with "that other girl." This makes her all the more loving, affectionate, clinging. The saddest sight in the world is to see the girl clinging fondly to the man that has taken her virtue, and he turning the cold shoulder of indifference toward her—and this is usually the case. Her saddest fears are realized when she sees him in company with another. Now she begins to realize her sad condition. Day and night she weeps with that repressed sorrow, the depth of which the world can never know. If Mr. B. is conscious of this, the excuse is she did not have to, and what I did others may have done. He is soon moving in good society again, wins the affection of one who loves wiser if not so well. Thus he goes on to fame and fortune. The friends say: "Jenny, I would not mind it, there are plenty more." Ah! little do the friends know what is troubling poor Jennie's heart. She would gladly make a hole in the water and put an end to her sorrow. All the weary night she tosses on a sleepless pillow and when morning dawns we hear her say, with poor Charlotte Temple:

"Thou glorious orb supremely bright,  
Just rising from the sea,  
To cheer all nature with thy light  
What are thy beams to me?"

"What are all nature's charms combined

To one whose weary breast  
Can neither peace nor comfort find,  
Nor friend whereon to rest?"

"In vain thy glories bid me rise  
To hail the new-born day;  
But, ah! my morning sacrifice  
Is but to weep and pray.

"Oh! never, never, while I live,  
Shall my heart's anguish cease!  
Come, friendly death, thy mandate give,  
And let me be at peace."

When weeping ceases and love to hatred turns, she re-enters society, but how changed. No confidence in herself and less in humanity. She soon becomes a "flirt," then a "little fast," she is yet beautiful and attractive, which is all the worse for her. She soon becomes somebody's mistress. She has entered that lane which extends from the parental door to the den of vice. We now find her in an "up town" ten-dollar house of prostitution; from this she goes to a five-dollar one. Then, as time wears on and decay overcomes her, we find her sinking lower and lower, three, two, one, a hovel in a back alley, and tonight she is an "old hag, an old blister," in our streets, burned, charred and consigned to a life of misery and degradation, thru the accursed idea fostered in modern society "that it is man's privilege to try, and woman's duty to deny," while the man who seduced her is our honored Governor Brown. If two sinners have gone astray let them suffer condemnation alike until the kind hand of mercy shall reclaim both.—N. N. Riddell, in the lecture, "Manhood."

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What is a gentleman? I'll tell you: A gentleman is one who keeps his promises made to those who cannot enforce them.—Philistine.



## SUGGESTIONS ON HOME MAKING.

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

### THE KINGDOM OF HOME.

Dark is the night, and fitfully, drearily  
Rushes the wind like the waves of the sea;  
Little care I, as here I sing cheerily,  
Wife at my side and baby on knee;  
King, king, crown me the king;  
Home is the kingdom and love is the king.

Flashes the firelight upon the dear faces,  
Dearer and dearer as onward we go;  
Forces the shadow behind us, and places  
Brightness around us with warmth in the glow.  
King, king, crown me the king;  
Home is the kingdom and love is the king.

Flashes the lovelight, increasing the glory,  
Beaming from eyes bright with warmth of the soul  
Telling of trust and content the sweet story,  
Lifting the shadows that over us roll.  
King, king, crown me the king;  
Home is the kingdom and love is the king.

Richer than miser with perishing treasure,  
Served with a service no conquest could bring;  
Happy with fortune that words can not measure,  
Light-hearted I on the hearthstone can sing.  
King, king, crown me the king;  
Home is the kingdom and love is the king.

### WHY DO WE EAT?

Mary Wood-Allen, M. D.

Ninety-nine times in a hundred the answer to the question, "Why do we eat?" would probably be, "we eat to live;" but just how eating keeps us alive would be a question unanswerable by the majority of people. We know practically that food is necessary to the preservation of life; and is not that all that is necessary? We have eaten, we have lived. What more do we require? It might be questionable whether we all have lived in the fullest sense of the word. It is true we have stayed upon the earth, but living means more than that: It means the state of being alive, buoyant, strong, full of vim, purpose, power; it means a sane mind in a sound body, a body capable of achieving. Where do we find the people who are actually alive from head to foot, tingling with health, burgeoning with power? People are very anxious to eat, very much afraid of going a few hours without food; yet it is the minority who understand what food does, and

are able to select wisely that which they eat.

Most of us are like the little chap, who convalescing from an illness, was taken to the country to spend some time with grandma. When he saw preparations being made to continue the prescribed invalid diet, he broke out in open rebellion.

"Grandma," he said, "I don't want to have nourishment. I want what I would rather!"

What are foods? Briefly defined, foods are those substances which supply new material to the body in place of that which has been used up and cast out. And to this we might add—and for the child furnish material for growth.

In order to have a science of eating, we shall be obliged to learn about the different kinds of food and the special use of each kind. A very large part of our food is carbonaceous, as it is called, and this includes starch, sugar and fats. The carbonaceous foods serve three purposes in the body. (1) They furnish material for the production of heat. (2) They are a source of force, or energy. (3) They build up the fatty tissues.

We see at once that these foods do not build up bone, muscle, or nerve. If we are to be kept in perfect health we must have something besides starch, sugar and fats, important as these foods may be. We find starch and sugar in all vegetables and grains and in most fruits, each particular one having its own kind of starch.

In potatoes, turnips, and most fleshy roots, starch is the most abundant element. Several kinds of sugar are manufactured by nature, as cane, grape, fruit and milk sugar.

Butter, lard and suit are the principle animal fats. Most of the grains, some vegetables, a few fruits, and especially nuts, contain fats.

The so-called nitrogenous or albumin-

ous foods furnish elements to build up all the bodily structures, and the inorganic substances aid in furnishing food for bones and nerves. The white of an egg is a type of nitrogenous food, as it is nearly pure albumen.

There is a considerable amount of albuminous substance in all grains, in peas and beans, in milk and in meat.

The problem is how to combine these various foods in just the right amount to suit the needs of the individual.

In order to approximate the solution of this problem we must recognize the fact that the individual will need different arrangements of food at different ages and under different circumstances.

One very important fact to know is that babies are not able to digest starch at the outset of their lives; for they do not manufacture saliva, which is a digestant of starch. Dr. Monti of the Polyclinik in Vienna, Austria, used to tell us that white bread and other starchy foods were the principal causes of bowel ailments in young children; and he was very impatient with the mothers who gave white bread to their babies.

In studying the question of artificial feeding, this fact of the inability of infants to digest starch should be borne in mind. Also, in the feeding of older children, the mother should remember that starches, sugars, and fats, alone, do not build up bone and muscle. Therefore, fine white bread, potatoes and cake are not sufficient to give the little ones strong, vigorous bodies. To these must be added nitrogenous foods. This is why whole wheat is more nourishing than fine flour. It retains the nitrogenous elements which have been removed from the white flour.

Inorganic substances are not assimilated, if taken in a crude form. That is, we do not eat lime and potash and soda as such; but these substances exist in an organized state in the various foods, and we are told that one great use of fruits is to liberate these inorganic substances, so that they can be appropriated by the system. The fruits also contain various minerals, or salts (not salt), as they are called. The

water of fruits is a very valuable ingredient, increasing the activity of the kidneys and bowels.

It is quite generally supposed that meat is the most nourishing of foods, and it is a great surprise to many to learn that it is not the case. From authoritative tables of nutritive values of foods we learn that the total nutritive value of whole wheat is from 84 to 87 per cent of the whole, while the nutritive value of lean beef is but 28 per cent. Seventy-two per cent of beef is water. Of apples the value is 13 per cent; of raisins, 66; of figs, 56; of chestnuts, 89; of peanuts, 79, and so on. We see, then, that one may live entirely without meat, and be even better nourished than by its use, if the menu be wisely chosen.

The proportion of nutrient material in a substance is not an absolute measure of its value as food, as one may have too large a proportion of one element, and another too much or too little of some other element. Potatoes and most vegetables have too much of the carbonaceous elements, while beef and eggs are deficient in these elements. This is why it is wise to combine those lacking with those abounding.

Persons exercising vigorously use up tissue rapidly, and therefore need more food than those who are idle. Children are growing and so eat more, proportionately than those who are only maintaining the balance between waste and repair, and not making new structure. Persons working hard with their brain are in actual need of food to repair waste, more than mere muscle-users, but are obliged to eat more carefully, because not able to endure over-eating with as much impunity. It is said that three hours of steady mental toil is equal to ten hours of ordinary physical labor.

Being able to answer the question why we eat, we see that the house-mother needs a thoro study of foods in order to arrange her table to meet the varying demands of her family. A woman may have earned the reputation of being an excellent cook and set what is called "a good table," and yet her family may be suffering from lack of nourishment. It



is not the taste of food that gauges its nutritive value, tho taste is not to be disregarded. Taste, however, is largely a matter of education, in fact of suggestion. Children hear certain things commended and others condemned, and they form their judgments accordingly. It would be quite interesting to learn how many grown folk, even, are influenced by the criticism of others in their use or disuse of foods. People have talked slightly of "bran and saw-dust diet," when hygienic foods have been mentioned until they have come to believe that all wholesome food, if called hygienic, must be unpalatable. They are quite like an Englishman whom I heard say at his own table, where potatoes and cabbage were the only vegetables week after week: "I know I wouldn't like American foods. At any rate I wouldn't try them."

Having studied foods and learned their relative values, it is the duty of the mother to create in her children a liking for all simple, wholesome foods. It is also her duty to teach them that eating has a higher purpose than the mere gratifying of taste, and that we should "eat to live, not live to eat."—American Motherhood.

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### IMPURITIES AROUND THE HOUSE.

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By Mrs. Susannah W. Dodds, M. D.

The care of the sewerage of our bodies is of the utmost importance as related to health, tho not one individual in a hundred gives particular thought to the subject. To understand how to disinfect the excretions of our bodies and render them harmless is one of the crying needs of the hour. This could easily be done with very little trouble and expense. Not only in our cities, towns and villages, but in country places, open sewers run rampant and life is constantly threatened. Typhoid fever, diphtheria and the whole brood of infectious diseases are generated freely and may be found wherever human beings exist. These diseases are a perpetual menace to health as well as a serious reflection

upon our boasted civilization. Every farm place and town house has its vault or privy, and poisons the most deadly are thrown into the atmosphere. In our colleges, seminaries and private schools the presence of typhoid or other infectious diseases is proof positive that the conditions are unsanitary.

The simplest and most obvious of health rules is not observed. The poisonous excrement in every privy or vault should be disinfected on the spot. The free use of dry earth will do this; it contains the animalculae or germs which eat up the offending substance and prevent atmospheric contamination. It is an easy matter, as shown by some of our writers on sanitary science, to do away with all this source of impurity; a keg of dry earth may be used for disinfecting, the matter so treated being removed at frequent intervals to prevent its accumulation. The trouble is that the attention of our people has not been called to this particular subject. Unfortunately it is not the atmosphere alone that is contaminated in these cases; the poison gets into our water supplies, the wells and cisterns and epidemics of disease prevail in consequence.

In all our town and cities and in every country district we should have sanitary boards (made up of intelligent people, of course), whose duty it is to look after these things; to find out where disease prevails, and to discover their causes. These boards should be composed of men and women who have made a careful study of the subject in hand. There should also be state organizations, co-operating with the local ones. It should be the duty of such boards to correspond with each other and to devise methods for abating nuisances, whether in public places or private homes. They should also appoint teachers and lecturers to instruct the masses and drill the people in the rudiments of sanitary science. Moreover, there should be a national association, which will receive and compare all the facts gathered by the state boards and try to aid them in disseminating the principles of sanitation.—Health Culture.



*THE SEA OF LIFE.*

We are pleased to present this month to the readers of the Character Builder

of the L. D. S. University, and portrays in an excellent manner the two roads that are before young people during the character-forming period. Under the cut



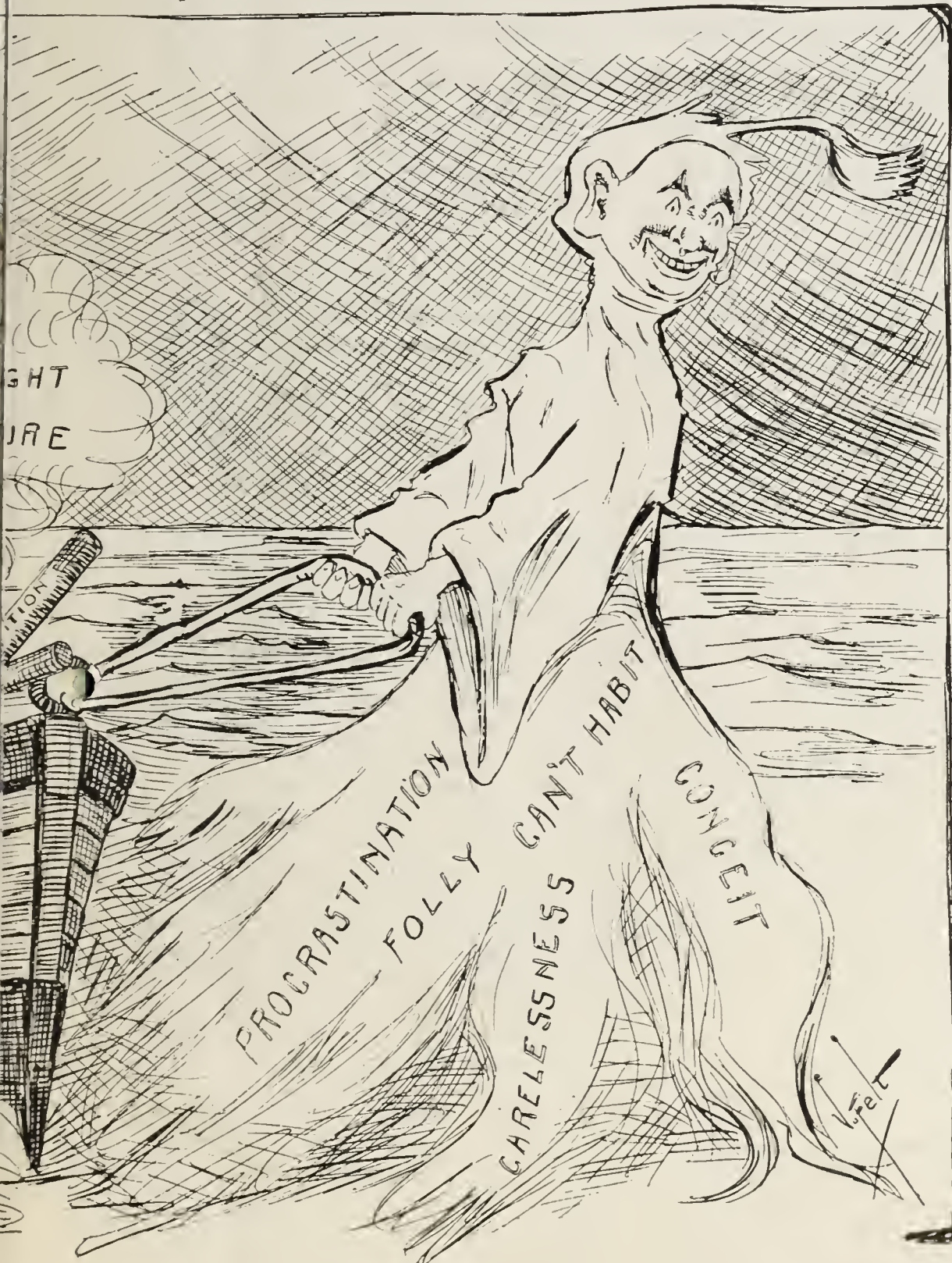
a cut that recently appeared in the Gold and Blue, the students paper in the L. D. S. University. The sketch was worked out and drawn by Vernon Felt, a student

were written the words, "Turn, Ply the Oars, Foolish Boy." The picture is self-explanatory, and is well worth the earnest study of every reader of the Character



Builder. It contains more material for thought than some long, well written articles on the same subject. Student Felt has promised to furnish sketches for the

SUGGESTION.—He who makes two thoughts exist where but one existed before is a benefactor to untold millions yet to be.



Character Builder. He has a talent which is well worth cultivating, and our readers may look for something good from his pen.

A financier is a man who handles other people's money for them and lets them stand the losses if they lose and takes the profits if they win.—Birmingham



## Physical and Moral Education.

### MANUAL TRAINING SCHOOL.

In farming communities there is usually little difficulty in finding work during the summer months, for the boys and girls, but even in Salt Lake City, where there are only about 75,000 inhabitants, many parents are perplexed to know how to keep the young people profitably employed during the summer vacation. It has been truthfully said that "an idle moment is a dangerous moment." All persons who are interested in the physical and moral progress of the youth, are pleased to encourage any effort that is made to properly direct the energies of our young people, and the Character Builder is pleased to keep its readers informed concerning the practical efforts that are being made to improve social conditions, by creating a better environment for the youth. We are pleased to inform our readers that the manual training department of the L. D. S. university will conduct classes in mechanical drawing, practical arithmetic, shop practice in wood and pirography for a period of eight weeks, beginning June 13. The work is adapted to boys and girls 12 years of age and upward. The work will be given from 8 to 12 o'clock during regular school days. These courses will be a recreation for those who pursue regular courses during the school year. This is an opportunity that parents should not neglect.

### ANOTHER INDUSTRIAL SCHOOL

The Purity Industrial Home is an industrial school for boys, located at Marionville, Mo. The superintendent of this home is Charles A. Mitchell, a national White Cross lecturer. Professor Mitchell believes that boys should work while gaining an education. He believes in some other things which Emmanuel Missionary College advocates, and the following paragraph from the Purity In-

dustrial Record shows some similarity in the two institutions. He says:

"The past month the family have worked as follows: Three have cooked, one washed and ironed, one barbered, one acted as stenographer in the office, several cut wood about town, three or four cleared land on our new lot, and six or eight worked in the broom factory, and we have now contracted to clear five acres of timber land, using a stump-puller, and grubbing out the roots. The boys have also laid floor, carried mortar for the masons, and done several odd jobs in town. They are truly an industrial family, and seem contented and happy.

"We now have plenty of work, and can take more boys, provided they are in dead earnest and are willing to pledge themselves for life against the use of alcohol and tobacco, refrain from obscenity and profanity, read books and attend lectures on purity, and are willing to work. Don't recommend anyone unless he can show a good record.

"The boys use no coffee, and very little meat and spices. Some of them say they had considerable trouble with their temper before coming here, but find it more easily controlled with this diet. Another one who had been having trouble with his health before coming, says he is now putting in more hours at hard work and study than ever before in his life, and yet he has gained ten pounds in six weeks."—Advocate.

### DECLINE OF JOURNALISM.—

The modern journalist has pitifully descended from the high estate which once was his. He is more deeply interested in the mere accidents of life than in public affairs, and a sensational murder is more to his mind than a change of government, for the excellent reason that it attracts a larger number of readers.

Success for him means to jump with the cat. He must follow, not lead, his



public; and as his public desires before all things to be amused, he must fill his print with strange snippets and vain excitements. For the modern reader is possessed by what Robert Burton called "an itching humor, or a kind of longing to see that which is not to be seen, to know that secret which should not be known, to eat of the forbidden fruit"; and the newspapers neglect nothing to gratify his desire.—Blackwood's Magazine.

#### THE WIZARD OF GAIN.

By Singleton Waters Davis.

Enthroned in a corner of man's fertile brain  
Sits, sleepless and tireless, the Wizard of Gain!  
Persistently meddling with all earthly things;  
An absolute monarch—e'en ruler of kings—  
Magician and tyrant, controlling the fate  
Of millions of people, both humble and great.  
His wand (a weird scepter of glittering gold)  
His wealth-seeking subjects continues to hold  
In willing subjection and magical spell,  
With promise of heaven and safety from hell.  
This wonderful wizard, relentless and sly,  
Compels his mad victim to ceaselessly cry,  
"O, give! Give me treasure—O, give me the  
earth!  
My soul I'll surrender for what it is worth!"  
His ways, they are wiley; his manners suave;  
His tongue, it is oily; his promises grave.  
No methods too wicked, no means he rejects;  
No places too sacred, no times he respects.

#### IN INFANCY.

The innocent infant, so helpless and fair,  
The very first moment gasps—wanting the air!  
Then eagerly clamors, impatient and rude,  
To draw from the fountain of infancy's food.

#### IN CHILDHOOD.

In childhood's bright morning (unconscious how  
vain)  
As, urged to possession by the Wizard of Gain,  
He clutches at sunbeams that stream on the  
floor  
Thru the vine-covered lattice at his nursery  
door.  
Then sensuous pleasures, like glittering toys,  
As seen in the distance, give promise of joys—  
Enchanting and luring him on in pursuit  
Of butterfly treasures and bitter-sweet fruit.

#### IN YOUTH.

At the threshold of puberty, by mystic art,  
The Wizard drops ...to his ingenuous heart  
A rose-tinted philter, and cooing like a dove,  
Entices his senses to conjugal love—  
(A primitive passion, subjected aright  
To careful dissecting in science's light,  
Is found to proceed from the organs of brain  
For amorous pleasure and desire of gain!)  
The Wizard, thus acting in his favorite role  
Of Royal Magician at the court of the soul,  
Much falsehood instilling with little of truth,  
Succeeds in deceiving the credulous youth—  
Transfiguring an object of menial worth  
From crude base metal but mined from the  
earth  
(By presto illusions and alchemy bold)  
To seeming par excellence with purified gold!

#### IN MIDDLE AGE.

Then visions of riches—magnificent state—  
Political honors—a name with the Great—

An evil obsession sound sense to betray,  
Inflaming the passion for envied display,  
Usurps the crown, scepter and throne of his  
mind,  
Intended for Wisdom and Virtue combined.

#### IN OLD AGE.

When life's frosty winter with hope-blasting  
breath,  
And lowering shadows of imminent death,  
Appall and dishearten to utter despair  
The dupe of the Wizard's acquisitive snare,  
(This strong ruling passion controlling him still)  
He wastes his last moments inditing a will  
Securing possession of that which remains  
Unused in his lifetime to heirs of his gains.

#### AT THE GRAVE.

While trembling and reel on brink of the  
grave,  
And calling on Heaven his spirit to save,  
He prays to be given the "crown of pure gold"  
Provisioned and promised by prophets of old!

#### THE WIZARD IN THE GRAVE.

As Chemical Force in elements of earth,  
Now carries him back to the soil of his birth!  
—Humanitarian Review.

#### NEW BOOKS.

New books have been appearing at the rate of a hundred or more a week; but the great mass of these books are ephemera—shallow and short-lived. Publishers complain that the public appetite is vitiated to such a degree that the demand runs far too strongly in the direction of mediocre fiction; trashy novels hold supremacy, while belles-lettres lag in the background. The majority of our readers use books only to "kill time," and one is led to think that our youth is troubled with a mental dyspepsia, judging from the constant craving for the sensational, and the hurried skimming thru the many books that fall into their hands. A few books, well chosen, closely read and mentally assimilated, would be greatly to the advantage of both our old people and our youth. But our best books are seldom taken from the shelves, while on every chair and window ledge can be found the cheap, trashy novel, the reading of which seems only to whet the appetite for more of the same kind. Who is to blame?—The Commoner.

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It is easy to see that the mere existence of a serious war between the nations stimulates the war fever in the other countries that are mere spectators of the struggle. Thus a war tends to demoralize the whole world.—Springfield Republican.

# HYGEO-THERAPY OR DRUGLESS MEDICATION.

THE AMERICAN MEDICAL MISSIONARY COLLEGE.

By John T. Miller.

It is the purpose of the Character Builder to take notice of all efforts that are being made for the advancement of the human family. In the medical world the A. M. M. C. holds a distinguished position. It is preparing medical missionaries to labor among the uncivilized peoples. The idea for such a college was worked out by Dr. George Dowkount of New York, who organized the International Medical Missionary Society, for the purpose of assisting and encouraging young men and young women to study for missionary purposes. He established a Home in New York City for students who were attending various medical colleges. These students spent a portion of their time at the missionary dispensaries established by Dr. Dowkount in different parts of the city.

In 1893 Dr. David Paulson was encouraged by the Medical Missionary Board of his church to go to New York to pursue medical work at Bellevue hospital, and become connected with Dr. Dowkount in his medical missionary work. Dr. Paulson immediately saw the need of a medical college where the medical missionary idea could be worked out. In July, 1895, the American Medical Missionary College was incorporated under the laws of the state of Illinois. In October of the same year the college was established under the direction of the Medical Missionary Board and opened with an enrollment of forty students. The college is a member of the American Society of Medical Colleges, and gives a course of instructions extending over a period of four years, of nine months each. The work done cannot be excelled for thoroughness and completeness. In addition to all the studies given at other medical colleges, including materia med-

ica, this college gives a very thorough course in physiologic therapeutics or non-drug medication. Hygiene, sanitary science, massage, hydrotherapy or water treatments, electrotherapy, dietotherapy or the influence of foods in curing disease, Swedish gymnastics, and other rational methods of treating disease are taught. In these important branches the A. M. M. C. surpasses all other medical colleges and is certainly in the vanguard, because these studies are now being recognized as a most important part of a medical education, and are rapidly correcting the abuse of drug medication.

A few years ago the editor of the Character Builder entered this college as a regular student and completed nearly two years of the course. He was impressed by the thoroughness of the work and the pure moral atmosphere of the college. Profanity and obscenity are not heard there, tobacco, liquor and other stimulants are not indulged in by the students. They abstain from the use of meat, but have a nutritious and wholesome diet composed of nuts, grains, legumes, fruits and vegetables. The college is an industrial school. Students without families board at college and pay their board and tuition by performing a few hours' work each day. Students who do not promise to work under the direction of the Board after completing the course are required to pay a tuition of \$100 per year besides laboratory fees. The college is under the control of the Seventh-day Adventist church, but students of all religious faiths are admitted. In our class a number of religions were represented and there were students from Germany, India, Turkey, Mexico and from all parts of the United States. Most of the class work and practice in physiological therapeutics is at Battle Creek, Mich., in connection with the great Sanitarium, but the clinics are at Chicago. The industrial phase of







the college makes it possible for persons of limited means to secure a medical training. Dr. J. H. Kellogg, the eminent author and physician, is president of the college, and is ably supported by graduates from the leading medical colleges of America.

The cut of the graduating class composed of my classmates, recently appeared in the Life Boat of Chicago. Thru the courtesy of Dr. David Paulson, the editor, we are permitted to use it in the Character Builder. You will see from this picture that the college is co-educational. This is an admirable feature of it. There are some phases of medical practice to which women are better adapted than men, and in the A. M. M. C. there is the most gentlemanly and ladylike courtesy shown in class work. The writer has only words of praise for the students, and professors of the college. Altho not of the same religious belief as most of them, there was no discrimination shown, but a high moral and religious tone characterized the institution. The college is doing a good work. In providing rational treatment for the sick the Seventh Day Adventists are the Good Samaritans of modern Christendom. Good advice is valuable, but to lend a helping hand and give intelligent aid in sickness should bring the lasting gratitude of those who are aided, and is a service much needed today in all parts of the world.

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#### DR. OSLER'S PROPHECY.

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We need interstate reciprocity which will obviate the necessity for a doctor to take a special examination in each state in order to practice. This is an outrage, and we ought to set our faces against it. We should see that it is changed and that we have reciprocity between boards having respectable qualifications.

Today we are facing the need of a merger in medicine. We should look forward to the consolidation of our teaching bodies. We waste much money in duplicating plants. There is not the shadow of a doubt that ten years from now in this city (New York) there will

be only one large medical school, all teaching being in the central body, and all practical work being done in hospitals under a central organization. We should frown on the system of several medical schools, especially in the smaller cities.

These are labors we have before us. Some we shall see come. Our profession today, gentlemen, is not what it was twenty-five years ago; but what has been done is little compared with the things we shall see done in the future.—Dr. Osler, in a speech at the St. John Roosa dinner.

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#### BEWARE OF HEADACHE POWDERS.

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Most people think of headache as an ailment in itself, whereas, like all pain, of course it is only a danger signal intended to warn you that some part of your system is out of order and needs looking to. Those who take medicine to "stop the headache" are getting at the problem in about the same way as the engineer who ties down the safety-valve of a steam boiler or takes off the steam-gage. A physician writing in the New Century Path gives some wise counsel on this subject as follows:

"There are signs of a healthy awakening to the dangers of the general use of the coal-tar derivatives, anti-kammia, acetanilid, phenacetin and the rest. Some years ago there was a number of deaths from these drugs, due to heart failure. This led to the addition of heart stimulants, and the deaths became less numerous. Accordingly the market is full of these combinations, and in every drug store window you may see the "Headache Powders" freely on sale, with the added legend, 'harmless.' In nearly all cases these 'harmless' powders consist of a coal-tar poison, and some variety of heart stimulant.

"The coal-tar products do stop a large proportion of pains. But they do it by lowering the whole organism below the level at which it is sensitive to pain. They take it, let us say, one-tenth to one-quarter of the way down to that level at which there would be death. Along with



this the heart is poisoned in another way.. Its reserves, or capital, of vitality are drawn upon—in most cases never to be replaced. The coal-tar poisoning passes and the patient is perhaps as before, less that much capital of heart vitality.

"Pain is a symptom. When it occurs, its cause should be hunted for. In the case of our almost universal American headache, the causes are usually late hours; far too little exercise; and over-feeding, especially of sugars, but also of all other things. A walk before breakfast with some athletic exercises, an earlier retirement to bed, fresh air by day and night, a lower house temperature in winter, three smaller meals and a removal of sugar and sweets from the diet, would quickly bring to a final end the vast majority of headaches, and add thousands of years annually to our collective life."—Pathfinder.

#### WATER DRINKING.

By J. H. Kellogg, M. D.

The free use of pure water is even more immediately necessary for the maintenance of life than the taking of solid food. Three-fourths of the weight of the body is made up of this limpid element. Some tissues, as the blood, are nearly nine-tenths water. The quantity of water which escapes from the body each day thru the skin, lungs, and kidneys is about six pounds. This volume must be taken either as food or drink. Not infrequently the amount of fluid which escapes is generally increased, as when one is exercising vigorously on a hot day. The body has been known to lose one-fifth of its weight during violent muscular exertion, during exposure to great heat. Under such circumstances it is necessary, of course, to increase very greatly the amount of water taken into the system, as nature requires that a sufficient amount of water should be taken each day to compensate for that which has been lost. In certain diseases, as cholera and cholera morbus, the loss of water thru the bowels is so rapid that the patient very quickly acquires the sunken cheeks and eyes and generally

haggard appearance which is characteristic of those diseases.

Fruit and fruit juices may to a large extent take the place of water. Water-melons, oranges, grape fruit, and many other juicy fruits are highly useful in quenching thirst. The sugar which these juices contain is very nourishing, furnishing nutrient materials completely digested, and ready for immediate absorption.

Fruit juices are decidedly refreshing, and afford a valuable nutrient which is ready for immediate absorption. Fruit juices have the advantage over water that, when obtained directly from the fruit, they are absolutely free from impurities, containing neither germs nor mineral impurities of any sort. The acids of fruits are also valuable, because of their germicide properties. All fruit acids destroy germs very rapidly when brought into contact with them. They may be used as a means for purifying water. The juice of one good-sized lemon will, in half an hour, destroy any dangerous germs which may be present in a pint of water. Acid fruit juices taken into the stomach destroy the germs present in the stomach, or prevent their development. They are thus a valuable means of preparing the stomach for good digestion in persons suffering from hypopepsia, with so-called biliousness, coated tongue, and the like.

Very hard water probably tends, to some degree, to disturb digestion and also to produce calcareous deposits in the urinary and bile passages. Water which contains more than one part of mineral to one thousand parts of water should not be used without first boiling. When boiled such water deposits a large part of its salts, thus materially softening it. In some cases the addition of a little lime water or a piece of lime aids in the precipitation of the salts.

Mineral waters, especially those containing large quantities of chloride of sodium or other alkalies, are highly detrimental, not only to the stomach, but also to the bowels, the liver and the kidneys. Catarrh of the stomach and bow-

els is a common result of the long continued use of laxative mineral waters.

Ice water should never be used, because it is damaging to the stomach when introduced at so low a temperature, the free drinking of ice water being in some cases almost instantly fatal; and because ice is very likely to be impure, being gathered from the surface of natural waters which are sure to contain germs of various sorts, animalculi, or decomposing organic matter. Iced fruit juices, fruit ices, iced lemonade, iced tea, iced milk, and other iced drinks are all objectionable for the same reason.

Water may be taken with advantage by most people on going to bed at night and immediately on rising in the morning. The best temperature is 60 degrees to 70 degrees F. Warm water is relaxing, hot water debilitating, very cold water chilling, whereas water at 60 degrees to 70 degrees has a tonic influence upon the stomach, promoting its muscular and glandular activities, and thus aiding digestion. The drinking of a couple of glasses of cold water before breakfast is an excellent means of relieving constipation. Water may be taken in sufficient quantity to satisfy thirst an hour before meals and a couple of hours after meals, but free drinking with meals or immediately after meals should be avoided. Of course, a few ounces of water, that is, a quarter or a third of a pint, may be taken at any time without injury, except in special cases, in which all fluids must be avoided, on account of dilation of the stomach, irrepressible vomiting, or some other unusual condition.

It is quite possible that by drinking too much at one time, injury may be done by overloading or overdistending the stomach. A glassful of water, or a half pint, should generally be found sufficient, two glasses at the most. Thirst is more readily satisfied by drinking slowly, taking frequent small sips, rather than drinking a large quantity at one time. When large quantities of water are swallowed, the kidneys are stimulated, so that a large amount of serum is removed from the blood, more, in fact, than is

compensated for by the amount of fluid taken in, so the thirst may be actually increased.

In certain diseases, as in fever, chronic rheumatism, gout, and auto-intoxication, it is sometimes necessary for patients to drink three or four times the amount usually required, twelve to fifteen glasses, or half as many pints, daily. In such cases great care must be taken to avoid injuring the stomach by swallowing too large a quantity at once. A glassful of water, or of water flavored with acid fruit juice of some sort, may be taken every hour while the patient is awake.

Patients suffering from acidity, and those who have catarrh of the stomach, may drink two or three glasses of hot water with advantage three or four hours after eating. Those whose stomach from an excess of hydro chloric acid, and who suffer from acidity almost immediately after eating, should take half a glassful of very hot water half an hour before eating. Those who have a deficiency of hydrochloric acid, or hypopepsia, should take half a glassful of cold water, not ice water, half an hour before each meal.—Good Health.

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### CHRISTIAN SCIENCE.

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In a defense of Christian Science at Washington, Judge W. G. Ewing said: "Christian Scientists simply are trying to live the life Jesus lived. His mission was not only to preach the gospel, but to heal the sick. The declaration of Jesus to His disciples, 'the works that I do ye shall do also,' was made to the people of this day as certainly as to the apostles and the people among whom they wrought.

"Christian Science is not a religion of beliefs, but of works: not of theories, but of demonstrations. If a man says he believes that 'In God we live and move and have our being,' and then resorts to a druggist, doctor or climate for life and health, you will know at once that he has mistaken his belief."—Pathfinder.



## YOUTH'S DEPARTMENT.

### BEFORE IT IS TOO LATE.

If you have a gray-haired mother  
In the old home far away,  
Sit down and write the letter  
You put off day by day,  
Don't wait until her tired steps  
Reach heaven's pearly gate,  
But show that you think of her  
Before it is too late.

If you've a tender message  
Or a loving word to say,  
Don't wait until you forget it,  
But whisper it today.  
Who knows what bitter memories  
May haunt you if you wait?  
So make your loved one happy  
Before it is too late.

We live but in the present,  
The future is unknown;  
The letters never sent,  
The long-forgotten messages,  
The wealth of love unspent,  
For these some hearts are breaking,  
For these some loved ones wait:  
So show them that you care for them  
Before it is too late.

—New World.

BY BEN H. BRODNAX,  
Brodnax, La.

(January Medical Brief, Page 7.)

From my own experience, being now seventy-two years of age, and having used liquor in rather an excess from 1860 to 1879, nineteen years; also tobacco in the way of smoking a stone pipe all the time from 1858 to 1897, thirty-nine years, I would say that whisky and tobacco are a detriment to the health of a man at any age, and should not be used in even moderate quantities. I say this from the difference in my feelings and in the condition of my heart and stomach since I have quit their use. I do not say this because I am an extra temperance man,

but from my experience; that except as a medicine used as a stimulant only in an emergency, alcohol is not of any benefit to a man at any age, much less to a man who has turned the fifty-year point in his life.

Respectfully submitted after about sixty years of study and scrutiny in their use in the lives of others and myself.

**HUNGRY FOR LOVE.** The world is hungry for love. It is not hungry for great poets, great soldiers, great inventors, but it is longing for great lovers. A great lover is simply a soul set free enough from selfishness to live in other lives, and free enough from reserve and cowardice to tell others how he loves them.

One of the most beautiful stories we have ever read is told of Wendell Phillips, the orator. He was passionately devoted to his invalid wife, and one day after he had lectured, his friends urged him not to return to Boston that night. "The last train has left," they said, "and you will be obliged to take a carriage. It will mean twelve miles of cold riding thru the sleet."

"Ah, yes," he replied, "but at the end of them I shall find Annie Phillips."

No journey is too long with love at the end of it, no task is too hard with love for its reward. The most successful men, not only as God counts success, but even according to men's poor measure of success, are those that care for others. They live in others' successes as well as their own. They add the happiness of others to their own joy.

That is, all the world worth having. Not the world of greed and gold, not the world of war and murder, not the world of pride and envy. God is the chief lover, the one pattern of love. Every one that loveth is born of God, and whatever his Father has is his.—Christian Work.

## FRIEND AND ENEMY.

Maurice Smiley, in Leslie's Monthly for March.

My friend was perfect in my sight  
And all he did was done aright;  
I saw in him no flaw or blot,  
When men assailed him I was hot  
His dear perfections to defend,  
Because he was my trusted friend.

Mine enemy was wholly bad,  
I saw each weakness that he had,  
I wondered what men saw to praise  
And heard approval with amaze.  
No worth or goodness could I see,  
Because he was mine enemy.

Yet I was wrong, for after all  
In him I thought was wholly small  
I've found so much greatness,  
I've found so much of littleness  
In him who had my perfect trust  
That time has made my judgments just.

And now with keener eyes I see  
That neither friend nor enemy  
Is wholly good or wholly ill,  
For both are men and human still.  
In both is much the years shall prove  
That we should hate—but more to love.

—o—

'TIS SWEET TO BE REMEM-  
BERED.

(Written for the Character Builder.)

'Tis sweet to be remembered  
In childhood's holy hour.  
The world with all its beauty  
Is moved by magic power.  
The mind is like an opening bud  
Unfolding to the sun.  
'Tis sweet to be remembered  
As Christ the Lord has done.

'Tis sweet to be remembered  
In days of thoughtless youth,  
When life is full of mysteries  
And errors mixed with truth.  
There needs a constant struggle  
To keep the balance right.  
'Tis sweet to be remembered,  
It helps to win the fight.

'Tis sweet to be remembered  
In the turmoils of this life,  
While toiling up its pathway  
And mingling in its strife,  
While laboring for the Master  
Within the vineyard here,  
'Tis sweet to be remembered  
By true friends, kind and dear.

'Tis sweet to be remembered  
To souls all steeped in sin,  
A gentle admonition  
The erring ones may win.  
Oh, to be exemplary  
A worker with your might  
'Tis sweet to be remembered  
By those who do the right.

'Tis sweet to be remembered  
In life's declining years,  
The soul has grown so weary  
Of strife, and toil and tears.  
Will some kind soul remember  
To smoothe the furrowed brows?  
'Tis sweet to be remembered  
When age the body bows.

'Tis sweet to be remembered  
Descending to the tomb.  
'Tis sweet to be remembered  
While passing thru the gloom.  
But when you've passed the portals  
And reached the other shore,  
You then will be remembered  
By kind friends evermore.

—Mrs. S. A. Cooper.  
Springville, Utah, May 3, 1904.

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SILENT GROWTH.

By Jeannette La Flamboy.

The trees grow silently, and God alone  
Can hear the sap rise to the budding  
shoot,  
And hear, how in the daytime and the  
night,  
The brown earth nourishes the hid-  
den root.

Our senses are so dull, else could we  
hear  
The young grass breaking thru  
the dampened mold,



And hear the dew fall on the barren  
fields,  
And white frosts gather when the  
nights are cold.

All silently the little streak of dawn  
Grows into some faint haze of softest  
gray,  
Gray turns to pearl until, in garments  
white,  
All gloriously comes forth the perfect  
day.

The bud becomes a flower; the flower a  
fruit;  
The silken leaves all silently unfold;  
The dainty bud, it slips its slender  
sheath,  
And noiselessly puts on its dress of  
gold.

All human growth is silent to our ears,  
And but brings out some great, eter-  
nal plan

That, perfected, runs thru the  
rounded years,  
The stage of youth, the high estate  
of man.

Within its narrow bounds, expands and  
grows,  
The soul shut in by common walls of  
clay,  
Too narrow are the confines, and at  
length,  
It spreads its unseen wings and flies  
away.

O, power of God! it speaks in these  
dumb ways;  
Great moving force, unseen and never  
still,  
That in mysterious, hidden ways comes  
down  
To work, in silence, Heaven's eternal  
will.

## OUR BOYS AND GIRLS.

### ORPHAN ANNIE.

By Katie Grover.

It was something very unusual for Annie to be late for school, but this morning it was fully a quarter of an hour after the gong sounded before she made her appearance, her pale face flushed with annoyance. Close at her heels followed a large, handsome Newfoundland dog.

No sooner did the children see the dog ere they began to laugh, and to add still further to poor Annie's mortification, several boys began to chant in a loud whisper:

"Annie had a little lamb."

"Miss Brown, he just would come," sobbed the little girl, her hand on Rover's black head. "I begged and begged him to stay home, but a boy hurt him with a stone last night, and since then he won't leave me a minute."

"Well, never mind, dear. Just let him

lie there by your desk, and he won't disturb us. Tell him to lie down."

But Rover refused to do so. His great form fairly filled the little aisle, while his bright sharp eyes took in a general survey of his new surroundings. He wagged his tail, and showed his teeth, at which some of the tiny tots were frightened until the teacher explained that that was a dog's way of smiling.

Suddenly he gave a quick, savage growl and turned fiercely on Tommy Tupper. He seized the boy by the coat and seemed as tho he would devour him, but at Annie's quick call he let go his hold and ran to her, his mute, eloquent face imploring her pity and sympathy.

"Tommy Tupper, what did you do to that dog?" demanded Miss Brown, sternly. "You did something mean, or he would not have sprung at you."

"Didn't do nothin'," was the sullen reply. "but I'll fix him, see if I don't."

"Miss Brown, he stuck a pin in him,"

cried Annie, "and he is always throwing at him, and tormenting him until Rover just hates him."

"Tommy, you will go upstairs to the principal immediately. I fear you are naturally a very bad boy. Annie, you may take poor Rover home. He is trembling all over."

The misused animal was only too glad to get away, so quickly had his confidence been turned to distrust; while the malicious Tom was hastened up to the floor above to meet the punishment he deserved, and was seen no more that day.

Next morning Miss Brown went to school with a heavy heart. She had labored long and patiently with the intractable Tommy, and was sure there was some good in the boy, which would yet prove his salvation if only she had patience and endurance enough to keep on trying until she reached the soft spot in the deep inner recesses of his heart. Now she was discouraged and disheartened. The boy could go. She would give up the battle, and care not what became of him. His nature was so cruel, so destructive and callous that she shuddered to contemplate what would be his end.

When she entered the school room the children, who were gathered in a group talking very excitedly, turned and called out, two or three speaking at once:

"O, Miss Brown, that wicked Tom has gone and poisoned poor orphan Annie's dog. She found him dead this morning."

Poor Miss Brown turned away sick at heart. Was he so bad? All that day she went about very stern and pale, and had Tommy appeared on the scene it would have fared rather roughly with him for once; but the naughty boy was not seen again in the school room for several days. His teacher was beginning to hope he was gone for good, when one morning he slunk back into his old place. No one had a smile or a greeting for him; the children turned from him in scorn, and Miss Brown seemed unaware of his existence. Annie was still out of school, grieving her little heart out over

the untimely end of her dog, so Miss Brown decided to go and see her that evening after school, and try to comfort her.

She rapped on the door, then, not waiting for a response, walked in. A wan little figure lay on a cot in one side of the room, her large dark eyes full of the sadness and gloom thru which she was passing.

"I just couldn't come to school, Miss Brown," she said, shaking her head sadly. "I guess you think it queer that I should be so sick just over the death of a dog; but he and I loved each other so, and have played and eaten and lived together since we were babies. He was all I had to lose, all I had to talk to, cause grandpa is deaf; and anyway he couldn't understand and sympathize like Rover could."

"I think we shall have to have that wicked Tommy expelled," exclaimed Miss Brown, indignantly. "You poor child, to suffer like this just because of that malicious boy's wanton deed. He came back to school today, but I haven't punished him yet, because I could think of nothing severe enough."

"Don't punish him, please, Miss Brown," begged tender-hearted Annie, laying her thin hand beseechingly on that of her teacher's. "I believe he is sorry. I'll tell you why. Most every night since then he passes here, and always stops a few minutes by the gate like he wants to come in, but is afraid."

Just then there was a bold knock on the door, and as Annie went to open it, Miss Brown caught a glimpse of Tommy, so stepped behind a curtain ere he saw her. Humbly and abashed, he came awkwardly into the little room, leading a handsome Newfoundland pup by a chain.

"Say, Annie, I know I'm the meanest boy in the world," he began, "but I've been awful sorry I done it, sorrier than I ever was before, but that don't mend matters. You was the only one in school that ever spoke a kind word to me, too, and that makes it worse than ever. I worked until I earned enough money to buy the pup here. He isn't



Rover, but I hope you'll like him. And say, Annie, come back to school soon, won't you? It's lonesome. Good-bye."

Out he ran, before Annie could say one word; but she was deeply touched.

"Isn't he a beauty, Miss Brown?" she said, patting the dog's curly head. "He is a fine dog, but as Toomy said, he isn't Rover. No other dog can be Rover. He understood everything. But, doggie, I'm going to love you; and, Miss Brown, Tommy is very sorry, so you won't send him away; will you?"

### WISDOM IN WIT.

#### FATHER GOOSE RHYMES.

Taffy was a financier,  
Smooth beyond belief;  
Taffy sought a tariff law  
And cornered all the beef.  
I went to Taffy's house  
Determined it to wreck,  
But taffy took a campaign fund  
And smote me on the neck.

Tom, Tom, the magnate's son,  
Watered stocks and then he run.  
The stocks were so wet  
They are leaking yet,  
And Tom's papa paid for his fun.

When women become real neighbors  
they run across for a chat without stop-  
ping to tie something around their necks  
and dabbing at their cheeks with a pow-  
der rag.

"How do you like civilization?"

"Civilization," answered the Sultan of Morocco, "is like the bicycle I have been learnig to ride. It's great as long as you can manage to stay on top."—Washington Star.

Once they watered their stock in a mod-  
erate way,  
On the sly, as it were, and a little each  
day;

But their courage has grown till it  
shocks and appals,  
For they water their stock with Niagara  
Falls!

—Memnon, in *The Whim*.

#### COLLEGE FOOTBALL.

Mrs. H.—I can't understand this game.

Mr. H.—Well, please don't say any-  
thing about it, but the fact is that it is  
simply a gambling prize-fight multiplied  
by eleven.

Those M. D.s who opposed the ap-  
pointment of Dr. Douglas to the position  
of city physician of Salt Lake City, for  
no other reason than that he opposes com-  
pulsory vaccination, must be very proud  
of their achievement. It is astonishing  
how a superstition sticks to a profession,  
or to the unprogressive members of it at  
least. The popular medical practice of  
today is stullifying to many of the most  
conscientious practitioners in the profes-  
sion and it is gratifying to see more ra-  
tional methods displaying old, worn out  
superstitions that the profession will be  
ashamed of when abolished. It would be  
a blessing to the race if some of the Rip  
Van Winkle members of the profession  
would take a twenty years' sleep. They  
would certainly find a new order of things  
after hibernating for a quarter century.  
The change is coming, but we must en-  
dure the methods of the "Dark Ages" a  
little longer.

ORIGIN OF IMPURITY.—A good  
deal of the sin in the world, and nearly  
all of the impurity, may have had its  
origin in the previous false teaching of  
good people. It was intimated at least  
that the body was vile and that bred for  
it unconscious disrespect. This notion  
was, of course, unchristian. It is now  
plain that physical purity depends upon  
educating reverence for the body on the  
part of both old and young. The body  
should be kept pure because of its value.  
—Purity Advocate.

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Sept. 18, 1900.

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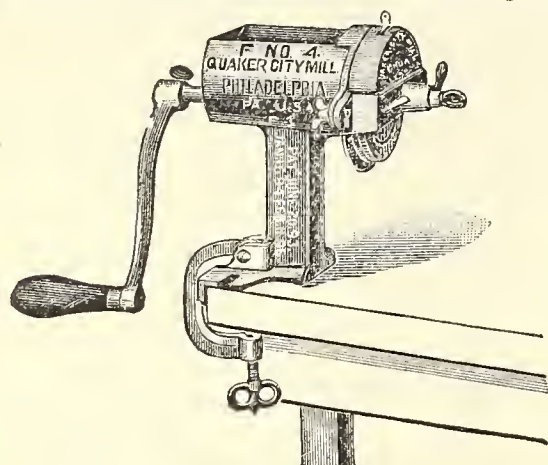
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