

# The Character Builder

AN EDUCATIONAL JOURNAL FOR EVERYBODY

VOLUME 18.

NOVEMBER-DECEMBER, 1905.

NUMBER 11.

## GREETING TO OUR DEAR SUB- SCRIBERS.

"We wish for thee  
Light snowfalls in thy heart,  
To make its chamber pure and  
white  
For Christmas-tide of love and  
light  
And comradeship so dear.

We wish for thee,  
The holly wreaths and Christmas  
bells  
That symbol what the music tells  
Of Christly life that richly swells  
The stream of human love.

We wish for thee  
The sweetest gifts that e'er can  
come  
Within the heart or realm of  
home—  
That rare and never-ending song  
Of "Peace on earth, good will to  
men."

We wish for thee  
A symphony of sweet content,  
That like angelic voices blent  
May fill thy soul with melody, and  
bend  
Thy heart and will toward God."

—N. Y. M. M.

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Our Boys and Girls.  
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# THE CHARACTER BUILDER

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THE CHARACTER BUILDER is a magazine devoted to sane living. It contains most valuable suggestions each month on the principles of personal and social purity, health culture, human nature, and other subjects that are intimately related to the life of everybody. It is free from sectarian, partisan and class influences. Its mission is to develop true manhood and womanhood; to prevent disease, vice, crime, poverty, social injustice and other conditions that retard the progress of true civilization. It exists for the good it can do, and seeks the co-operation of all persons, regardless of creed or party, who will labor for the advancement of humanity's cause.

The Character Builder has been consolidated with the Journal of Hygeio-Therapy, which was published for 17 years at Kokomo, Indiana, by Dr. Gifford and his associates; 175,000 copies have already been circulated, and 12,000 copies of this issue are being circulated. It is receiving the approval of intelligent people everywhere. Here are a few of the numerous unsolicited testimonials that have come to us:

"A copy of the 'Character Builder' came last week, and I have read it with a great deal of interest. It is a great improvement on the previous issues; the short paragraphs, pointed and pithy, will attract the general reader much more than longer articles. I notice the wisdom of your selections; every item carries a good moral lesson with it—which is just the thing needed, and especially for the young."—S. W. Dodds, A. M., M. D., author of "Health in the Household."

"I read the Character Builder with pleas-

ure. If merit deserves to win, the Character Builder should live to old age."—N. L. Nelson, Prof. of English, B. Y. University, Provo, Utah, and author of "Preaching and Public Speaking."

"I like the Character Builder very much. It supplies a want in our common school curriculum which I have felt for years. Success to the Character Builder."—A. L. Larson, County Superintendent of Schools, Ephraim, Utah.

"I congratulate you on the appearance of your neat little journal, and wish you every success in your worthy undertaking."—Ida S. Dusenberry, Director of Kindergarten Training School, B. Y. University, Provo, Utah.

"I am very much interested in the Character Builder. It is an excellent magazine."—W. L. Secor, Dean of the College of Science, Ruskin University.

"I read the last number of the Character Builder and enjoyed it. You are doing a good work."—Editor "Human Culture," Chicago.

"One of the most earnest, honest, uplifting, soul-inspiring publications that comes to our exchange table is the Character Builder, published monthly by the Human Culture Co., John T. Miller, D. Sc., editor, 334 South Ninth East street, Salt Lake City, Utah. You can not read a number of it without making new resolves. Its teaching thru and thru is for right and justice, unselfishness and education. The Character Builder is one of the brightest and cleanest and purest magazines with which we are familiar. Your boys and girls need it."—Editor "Eclectic Medical Gleaner," Cincinnati, Ohio.

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## THE HUMAN CULTURE CO.

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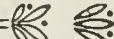
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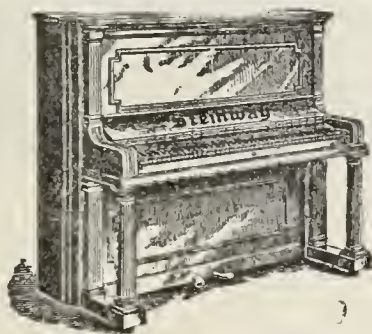
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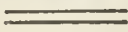


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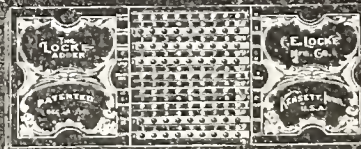
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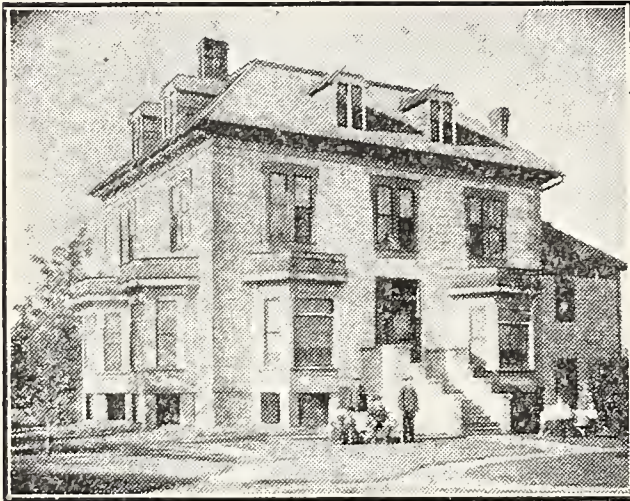
The Vegetarian Magazine stands for a cleaner body, a healthier mentality and a higher morality. Advocates disuse of flesh, fish and fowl as food; hygienic living and natural methods of obtaining health. Preaches humanitarianism, purity and temperance in all things. Upholds all that's sensible, right and decent. Able contributors. Has a Household Department which tells how to prepare Healthful and Nutritious Dishes without the use of meats or animal fats. Gives valuable Tested Recipes and useful hints on HYGIENE, SELECTION OF FOODS, TABLE DECORATION, KITCHEN ECONOMY, CARE OF COOKING UTENSILS, etc. Full of timely hints on PREVENTION AND CURE OF DISEASE. Gives portraits of prominent vegetarians, and personal testimonials from those who have been cured of longstanding diseases by the adoption of a natural method of living. TELLS HOW TO CUT DOWN LIVING EXPENSES WITHOUT GOING WITHOUT ANY OF LIFE'S NECESSITIES. EXPLAINS THE ONLY WAY OF PERMANENTLY CURING THE LIQUOR HABIT. WAYS TO INCREASE MUSCLE AND BRAIN POWER. Valuable hints on Child Culture—how to inculcate unselfishness, benevolence and sympathy in children. A magazine for the whole family. Uniquely printed, well illustrated. Pages 8 by 10 inches in size. Published monthly. Sent post-paid to your address one year for \$1; six months, 50c; three months, 25c; one month, 10c. No free copies. Send money to

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## EDITORIAL.

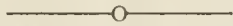
The Character Builder uses the reformed spelling recommended by the National Educational Association.

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## AN EXPLANATION.

For some time the editor of the Character Builder has been out on a lecture tour and has been unable to give the magazine the attention it should receive.

The November issue was delayed so long that we have decided to publish one issue for November and December. In the future the Character Builder will appear at the first of each month. We trust our readers will pardon the delay. Matters are being so arranged that the usefulness of the magazine will be greatly increased and that its numerous friends will continue to find it worthy of their support.



## WHAT SOME PEOPLE SHOULD KNOW.

Purity is not merely a system of mock piety. Neither is it effeminate, lacking the intellectual or physical quality of masculinity. On the other hand, purity is a rule of life, and represents a course which tends to make men and women healthy, wise and useful in this present world.

Men and women, old or young, desire long life, and they desire that life may be enjoyable. We therefore believe that those who burn life's candle at both ends do so because of ignorance, that the evil they do is wrought in the main for want of thought.

Nothing is more correct physiologically than that correct social habits tend to length of days, and also tend to make those days full of the kind of enjoyment

which is best for today and surely best for tomorrow, because it lasts.

It is well that young people should understand certain things regarding the regulation of their lives. The young man who sows his wild oats broadcast, who contracts shady if not criminal sexual practices, should remember that he is not only laying up wrath for himself against the day of wrath, but is also providing sorrow for his children and his children's children. Of all the sins of men which are sure to find them out, social sins are the most certain.

A good many young women rather like the fellow who has had his "experience" and whose reputation is as loud as his real character; they fancy it smart to keep company with these young men without principle, and the finality is that they marry their admirers with shady reputations. Girls should understand that men who are perpetually careless before marriage are pretty certain to be conveniently criminal after marriage in violating the marriage contract.

A little wisdom and foresight regarding the relations of the sexes will lead to good results and that constant conjugal purity and happiness, so necessary to the preservation of our homes and the perpetuation of a safe and progressive society.

Young folks do not need preaching to so badly as they need the blessing of a wise parental example, and such counsel as may be appropriately given, as occasion requires, and as the way opens.

The strongest men are those who can resist the temptation to evil and whose integrity is built upon the solid rock of social purity. The manly man is too manly to indulge in the cowardice of secret sin.



### BUILD CHARACTER.

Character is individuality. Individuality is immortal. Day by day as we live and think and work in this world, do we realize our responsibility? Are we building character? Are we loving? Are we doing to others as we would that they should do unto us? Are we true in every way and under all conditions? Then we are building character—we are building out immortal self. Are we kind, forgiving, strong to speak the true word at the right time? Do we scorn deceit and selfishness? Are we steadily advancing each day, conquering our errors? Then we are building character. Unless we are conquerors over flesh, when we journey on, we shall remain in the land of errors until our character is builded—our immortal garment woven.—The Abiding Truth.

### UTAH TEACHERS' ASSOCIATION.

The annual meeting of the State Teachers' Association will be held in Salt Lake City January 2 to 5, inclusive. Dr. G. Stanley Hall, the eminent educator, will deliver a series of lectures. An excellent program has been prepared. The Institute should be attended by parents as well as by teachers, as there are numerous valuable suggestions given for home training. A parents' section has been organized and should receive the support of parents.

School teachers who desire to keep in the vanguard in their profession will be on hand to make the Institute a success.

### A DEFECTIVE METHOD.

One of the glaring follies of modern high school education is the teaching of physiology up to the point where it becomes most vitally important to young men and women, and then stopping—leaving them in ignorance of facts which they ought to learn from wise and pure minded teachers of their own sex and letting them remain ignorant or learn where they ought not. The mother who took her daughter out of an ordinary

physiology class because she thought it wasn't modest for Jane to learn about her "insides," only carried this false modesty a little further than those who let ordinary physiology end all instruction in this direction.

### THE HARMONY OF LAW.

By Rev. George B. Vosburgh.

God is on the side of law and order. His is an empire of law. Order is not only heaven's first law, but it is the first law of earth as well. Throughout the entire universe there is never the slightest infraction of law. Look up into the deep canyons of the night sky and you will find the vast universe moving harmoniously onward. If a single star were to violate law it would throw the universe into chaos. All nature moves in harmony with law. The sun rises and sets at just such a time; the buds form, the harvests wave, the fruits ripen, seasons come and go all in harmony with law. The animal life of the globe as well as its vegetable life reaches its destiny only in consonance with law, and every infraction of law entails loss, and, if persisted in, destruction and death. The same is true of the faculties of man's intellectual and moral nature. They reach their development and destiny only in obedience to law. By daily living in obedience to law, human and divine, capital will be secure, labor will be protected and prosperous, and the people will be virtuous and happy. Tired men will fall asleep in life's quiet evening, only to awaken amid the soft splendor of the eternal dawn.

We live in deeds, not in years; in thoughts, not breath;  
In feelings, not in figures on a dial;  
We should count time by heart throbs.  
He most lives who thinks most,  
Feels the noblest—acts the best.

—Bailey.

If there is any one object more pitiable than another in the world it is the man or woman with nothing to do.



## Educational Items.

### GIRLS OF THE FARMS.

Pretty and healthy and strong,  
Noblest the world ever knew,  
Gladdening the heart with a song,  
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Smiling the weary day through,  
Adding each day to their charms,  
Tender and loving and true—  
These are the girls of the farms.

Every day battling with wrong,  
Every day striving anew,  
Helping the old world along,  
Living a life that is true;  
Lovely and fresh as the dew,  
Toiling with uncovered arms,  
Smiling through all that they do—  
These are the girls of the farms.

L'Envoi.

Think of the work that they do,  
Think of their grace and their charms,  
Think of their modesty, too!  
These are the girls of the farms.

—George B. Wrenn.

### WHAT CAN BE DONE FOR DULL PUPILS.

By Supt. R. M. Shipp, Winchester, Ky.

When I consented to discuss this subject, viz: "What can be done for dull pupils?" I thought that the discussion would prove to be an easy task, but the probabilities are that those who read this article will decide that a very dull subject is being discussed by a very dull writer.

What constitutes dullness in a pupil? Is dullness a definite, definable quantity, or is it an educational chimera or *ignis fatuus* emanating from the weary, worried or incompetent thinkery of a discouraged pedagogue? Is dullness inherent in the pupil, or is it a reflection of the incompetency of a schoolkeeper?

To present this subject in a more concise form, we desire to invite your attention to a few opinions of what constitutes dullness and illustrate these opinions with a few examples of so-called dull pupils.

To the teacher of mathematics the pupil who can not readily understand the difficulties of cube root, who does not appreciate the, to him, inexplicable mystery of finding the area of a scalent triangle, who is unable to restore with facility a lost payment in partial payments, or who has not mathematical imagination sufficient to appreciate the questionable beauties of the rule for finding the contents of the frustrum of a cone, is a most pronounced dullard—yes, the king of dullards. The same pupil if able to translate with ease the more difficult passages of Caesar, or of any other Latin text, if he understands the ablative absolute or the various subjunctive constructions, will be regarded by his Latin teacher as an intellectual wonder.

A boy may be very proficient and efficient in most of the departments usually taught in our public schools, and yet if he cannot sing in a melodious manner do, re, mi, fa, so, la, ti, do, some music teacher may pronounce the judgment dullard and perchance will quote and believe that

"The man that hath no music in his soul,  
And is moved not by concord of sweet sounds,

Is fit for treasons, strategems and spoils."

One of the greatest of modern generals was a very slow pupil and at the close of the Civil war said of himself that he knew only two tunes, viz: "Dixie" and the other. Was he a dullard?

Birds that know as little about the laws of melody as an infant knows about the atomic theory, we are told, can and do sing correctly the musical scale. If it is evident that God has not given musical talents to a certain pupil as he did to Blind Tom, does it follow that that pupil is a dullard?

We doubt not but that Andrew Jackson, who was ever ready to start "a rough house;" U. S. Grant, who was regarded as slow, and that great southern military genius, of whom it was said that it required two or three days for him to learn what many boys could master in one day, and who was known during his school days as "Fool Tom Jack-



son," would be regarded as more than dull by the average public school teacher of the twentieth century.

It is said that Adam Clark, of whom it was asserted in the House of Lords by a member of Parliament, "that he was the greatest scholar of that age," was frequently required by his instructor to wear the dunce cap, and Oliver Goldsmith, "who conversed like a poor poll and wrote like an angel," was often called "the Inspired Idiot."

If the teacher carefully studies the dull pupil may he not discover that he is trying to develop faculties that do not exist? Let the teacher remember that all pupils have not all faculties to the same extent. Let him remember that every child—the dull as well as the precocious—has an individuality of his own, and that it is the supreme duty of the teacher to help him to find his individuality and develop it to the fullest extent.

Often, too often, the teacher concludes that a pupil who is deficient as to some particular faculty or faculties, is dull, when that pupil may be accomplishing wonders along other and more important lines.

A friend and a leading educator of this state recently told the writer of a young man who, when in college, offered a substitute two years in French, two years in German, and two years in Hebrew for the usual course in mathematics, but the faculty, slaves of a curriculum, were not willing to make the substitution.

Is the boy with one talent any more of a dullard than is the boy with three or five talents? We repeat, is not dullness a relative term?

May we not safely assert that the pupil who learns less rapidly than others of the same capacity or seemingly of the same capacity is, as far as this discussion is concerned, a dull pupil? As to such pupils, we would suggest that you should diagnose their intellectual status, but be certain that the diagnosis is carefully done and done in the proper spirit or the prognosis, as in the case of Adam Clark, may demonstrate that the teacher and not the pupil was the dullard.

In considering this question it might be well to recall that Dr. Edward Brooks declares that:

1. The culture of the mind should be modified to suit the different tastes and talents of the pupils.

Questions. Do we ever modify our curriculum to suit the capacity of the dull pupil? Do we not attempt to fashion all pupils in the same mold? Do we sufficiently recognize the individuality of our pupils?

2. The culture of the mind is not creative in its character; its object is to develop existing possibilities into realities.

Questions. When pupils are dull, may it not be that their tastes have been ignored or that there has been no special effort to develop their natural talents or existing possibilities?

Fellow Teachers: If the child is a dunce, remember that the greatest of all commentators was so regarded and that a few kind words spoken by a visiting stranger kindled the pride within his boyish breast that developed that ambition that caused him to become a great scholar. If the child is obstinate, remember that so was Grant, and that obstinacy was partly the secret of his success on the battlefield. You recall that during the battle of the Wilderness, when Grant's cry was "On to Richmond," on the fourth morning of the battle Mrs. Grant was asked: "What is your husband doing?" she answered: "He is on his way to Richmond." The interrogator exclaimed: "He is certainly moving slowly. Do you not know that in three days he has lost three battles? Do you think that he will ever reach Richmond?" Mrs. Grant instantly retorted: "I do not know, but he is a very obstinate man."

When the pupil is lazy, obstinate, slow, dull, exercise the greatest patience for with such the teacher should be long-suffering, gentle, loving—and the greatest of these is love.

In the language of Lowell, we would say:

"Be noble; and the nobleness that lies  
In other men sleeping, but never dead,  
Will rise in majesty to meet thine own."



Be noble and though there may be little evidence of permanent results growing out of your efforts, you should remember that:

"Not all who seem to fail have failed indeed,

Not all who fail have therefore worked in vain;

For all our acts to many issues lead."

Let the teacher learn to recognize the good there may be in the dull child's soul and strive to unwind the bonds which hold him prisoner.

Teach him to teach himself by looking, listening, observing and reflecting about what he has seen and heard. Every what he has seen and heard. Ever keep open the road from the known to the unknown.

Permit me to say at this point that the so-called dull pupil should not be permitted to monopolize the time and attention of the teacher to the detriment of other pupils. Also permit me to quote a Spanish proverb that applies to all grades of pupils.

"He who knows not and knows not that he knows not, is a fool; pass him up.

"He, who knows not, and knows that he knows not, is simple; instruct him.

"He, who knows, and knows not that he knows, is asleep; awake him.

"He, who knows and knows that he knows, is wise; follow him."

In conclusion, in teaching so-called dull pupils, suffer long, be kind, not easily provoked, and think no evil. Bear all things, hope all things, endure all things. Have faith, hope and charity.—Southern School Journal.

### HONESTY IN CHILDREN.

By Mary Sidney.

There is nothing that so degrades a child in the school-room as "telling stories." There is nothing that raises the ire of senators, lawyers, preachers and other consequential men to the extent that being called a liar does. And the more truth there is in the charge, the more they bristle up and rave around and want to hurt somebody. Nobody

knows how much of his falsity may have been bred in him at his mother's knee, when she made meaningless threats and promises, or while helping his father in a business not conducted in harmony with the Golden Rule. It is not wise to prevaricate before children or anywhere else, for what is done in secret shall be revealed on the housetops.

One of the best legacies that we can leave the children is a good name, and there is no good name that does not embrace truth and honesty as cardinal principles. It is a sad day for a child when he discovers that his parents are not to be trusted; it disheartens him from trying to be good, for the belief prevails that children are judged by their parentage. It is too true that "the evil men do lives after them," and the pity of it is that it so often lives in the children. It goes without saying that the environment and training of the child color all his later years. It has been the testimony of many of the best men who ever walked the earth that they were indebted to a wise mother, or stepmother, or some other good woman, for all that they were. Let mothers think of these things as they are guiding their children from infancy to manhood and womanhood, and I feel sure they will want to drop some of their mistaken ways. A mother's influence is never wholly lost.

### CULTURE OF BETTER, BRIGHTER, STRONGER, NOBLER CHILDREN.

Luther Burbank, the great horticultural wizard, whose vine-clad, flower-embowered home in California is the mecca of thousands, is turning his attention from flowers to children, to the propagation of the human race. What he has done in the horticultural field he will now try to do in a broader, nobler way for the boys and girls of the coming generation. Rev. Dr. James W. Lee, pastor of St. John's Methodist Episcopal church of St. Louis, had the subjoined interview with Mr. Burbank:

Mr. Burbank has twenty thousand

visitors a year from all parts of the world at his laboratory at Santa Rosa, Cal., and because of his absorbing work he can see but very few of them. When I called a few days ago at his home he granted me an interview.

When I said to him that I realized how precious his time was, and that I did not intend to take much of it, he remarked:

"My time is worth \$250 per hour."

While looking at some of the marvelous results of his scientific experiments in the plant kingdom I said to him that in a sermon delivered before the National Conference of Charities and Correction in Portland, Ore., I said that the time had come when we should apply the scientific principles used by Mr. Burbank in the transformation of plants in the bringing up of children.

Mr. Burbank's eyes flashed, and he remarked with deep feeling: "That is the great aim and object of my life."

This remark of my host so surprised me that I at once asked him if he had considered the work of Dr. Thomas J. Barnardo of London. He said that he had, and that Dr. Barnardo was doing in the realm of human life what he was doing in the realm of plant life. He said:

"I care but little for these weeds, these flowers and these trees, only as they afford me opportunities to show what can be done by directing natural forces."

"My hope is that what I am doing to show how the natural forces may be guided in the finest specimens of each species of plants will be adopted by those in charge of the young life of the children."

"A plant is responsive to only a few influences, such as are found in the soil, sunshine and rain, but a child is infinitely responsive."

"Weeds are weeds because they are cropped, trampled upon, burned by fierce heat, tormented by innumerable pests, or perhaps permitted to suffer from cold, wet, frost."

"There is not a weed in the whole

realm of nature that, if given proper nourishment and sunshine, will not grow up into a beautiful and useful plant."

"The undeveloped, dwarfed and broken specimens of the human kind are such simply because they have grown up without having the elements which environed them and the possibilities to which their natures are related brought into touch and contact with them. The diminutive specimen of the daisy that we pass unnoticed has possibilities wrapped up in it of the magnificent schaster daisy; all that is necessary to turn the little, poverty-stricken daisy into the beautiful schaster is simply to touch the possibilities within it with the elements of its environments to which it is related."

Mr. Burbank then moved across the room to a table, and picking up a manuscript, said:

"This is the original of the only speech I ever made for children. I delivered it at the closing exercises of the San Rafael public school."

He then read to me from that speech these words:

"I love the sunbeams, the blue sky, the trees, the flowers, the mountains, the green meadows, the running brooks, the ocean when its waves ripple along the sandy beach, or when it is pounding the rocky cliffs in its thunder and roar; the birds of the field, the rainbow, the dawn, the noonday and the sunset, but I love the children above them all."

"The vast possibilities bound up in each child are far beyond anything else which we shall ever see or know."

According to Mr. Burbank, in order that children may grow up and realize and fill out completely the outlines of the life pattern, capsule in each one of their young lives, it is necessary that the spiritual forces environing them must be recognized.

He said for a while he had worked with the idea that the natural forces were sufficient, but that, in pursuance of his studies and experiences, he had been led to see that, in order to get the human results out of child life, that he was getting by guiding the natural forces in the



plant life, the spiritual life in which every child lives, moves and has its being must be considered and utilized.

The experiments which Dr. Barnardo has been making with child life for the past forty years demonstrates the correctness of Mr. Burbank's views.

Dr. Barnardo practices exactly the same methods in developing his waif children that Mr. Burbank does in developing his weeds into plants. And in changing the thorn cacti into the thornless cacti and interbreeding the wild potato with the tomato and the true potato he develops a specimen that bears tomatoes on top and Irish potatoes in the soil.

Mr. Burbank simply by living with plants, sympathizing with them and watching them day and night, has learned the elements in their environment for which they have an affinity, and he has brought the undercurrents of influence in touch with the plants' interior possibilities.

Dr. Barnardo recognizes that a child is not simply an animal capable of being fed and nourished by food which builds up the body, but that it has a mind which must be called forth by the truth to which it is related, and that it has a spirit which must be put in harmony with the spirit of God, which also environs it.

Dr. Burbank remarked in closing that whenever it came to be generally recognized that children were infinitely spiritual, were susceptible to the spiritual environment, and that the same scientific principles were observed in bringing the undercurrents of a child's life in correspondence with the spiritual facts environing it, that the human race would enter upon a new realm of hope, holiness and happiness. Hitherto, old theological theories, long out of date, have stood in the way of human progress. Assuming that children are totally depraved, dead in trespasses and sins, it has been thought proper to let the little things grow up with old Adam in them, sow their wild oats and in God's good time come back to a happy and normal life. But to Mr. Burbank they are neither sinners nor

saints by birth, but bundles of palpitating possibilities.

In the speech to which reference has already been made, Professor Burbank says:

"Well-grown trees and shrubs and flowers speak of loving care by some one, and they are full of responsiveness, as far as it is in their power, to all the care bestowed upon them. But how much more appreciative is a child? Just watch these sensitive, responsive, quivering creatures of sunshine, showers and tears. In all the world you will never find anything so sensitive to its surroundings.

These young lives for a few years are at our mercy; then we all who follow are at theirs. Here, in child and youth life, is the material for building up knowledge, beauty, health and strength, and with them happiness; or to wreck and twist into ugliness and pain that which is now a precious possibility."

The experiments of Dr. Barnardo are based upon science. That the child must be taught in hand, mind and heart is not dogmatic, no more than the experiments of Mr. Burbank are dogmatic. It is the truth, firmly established beyond a doubt. —Light of Truth.

#### EDUCATING CRIMINALS.

Commenting on the effects of the dime novel and the sensational play in increasing crime the Insurance Monitor says that the criminal classes in America are increasing faster than the population and that most of the thefts and burglaries are committed by minors or men in their early 20's. They receive their inspiration, it continues, from the dime novel and plays of the "Raffles" order. It is well understood, it continues, that these are the two great sources of youthful debauchery, yet 'strange to say no effectual means have yet been found to suppress them. Freedom of the press and of the stage is assumed to be endangered if they are interfered with. Public morals and public safety must be sacrificed to a specious misconception of popular rights."

It thinks there is no good reason why

both drama and novel should not be subject to a censorship for the protection of immature minds and that unless something is done to break up the sources of these evils the cost of insurance against thefts and burglaries is likely to increase.

Many candid observers regard the yellow daily as even more depraving in its influence than the dime novel. Dealing as it does with current sensations and crimes written up in the exciting and picturesque style of fiction, it carries many times the power for evil that the cheap blood-and-thunder story does. But all agree that any censorship of press and stage which would stop the corruption of the young is absurdly out of the question in this country; so that the responsibility falls back on the homes, the schools and the churches to combat the influences at work. The yellow dailies take the view that they are aiding in the cause of morals by giving publicity to crime.—Pathfinder.

#### PHYSICAL CULTURE IN PUBLIC SCHOOLS.

We, as Americans, pride ourselves upon the freedom and liberality of our laws and our institutions, yet we have within our midst one of the greatest tyrants that ever crushed out the life blood of a nation. A Nero with his death-dealing tortures is not more to be dreaded. I mean the tyrant *mind*. That ever exacting and unceasing agent that is hurrying and worrying our race into a state of nervous prostration. Stand within the portals of the school-room, and you will behold bodies crooked and bent, sapping their meagre vitality to satisfy the cravings of the mind. Stand upon the street corners and behold the mass of humanity in their every day occupations, countenances often pinched and drawn, nerves in a tension, their whole state indicative of severe mental strain in the ceaseless battle for wealth and position. This state has become chronic with us. So much so that foreigners look upon it as one of our national characteristics.

You are all doubtless familiar with the

beautiful little story of Paul Dombey, painted and sketched in living words by the master English novelist, Charles Dickens. Paul Dombey was an angelic little character, his precocious mind and mystic soul seemed fraught with a celestial light as they gazed through the liquid blue of his large eyes. The cord which bound him to this world was a tender one; but should it snap, what anguish to the father. That father was a doting one, being especially proud of the unusual intellectuality of his little son. He determines to stimulate the already tyrant mind to still greater efforts. He sends his little one to school, with the instruction to teach him everything in the curriculum. The teachers gladly accept the commission, thankful for having such an exemplary student. That father and teacher beheld but one manifestation of the being under their charge. A mind already abnormally developed. The little, quivering body, which alone should have been the subject of their attention, was subjected to new tortures, instead of strengthened as the weakest manifestation of the trinity. Time but increases the wrong. Day by day the body becomes weaker and weakens under the domination of the over-active mind. At last he is missed from his accustomed place. I need not carry the story further. You have all wept over the touching scene which depicts the deathbed of little Paul. I wonder if, amid that tribute of tears humanity pays to the pictorial skill of Dickens, it also observes the lesson he desires to convey?

Paul Dombey exists not alone in fiction. His feeble voice prolongs the wail of many a wasting form. Remember, teachers, you have in every student under your control a trinity consisting of a life, a mind and a soul. There must be a harmonious development of all of these manifestations, ere the criterion of a true education be obtained. Should these elements be of unequal development, give most careful culture to the weakest element. Never allow a domineering mind to sacrifice a delicate body.—Southern School Journal.



## BURBANK ON CHILD CULTURE.

As time goes on in its endless course, environment will crystallize the American nation. Its varying elements will become unified and the weeding out process will probably leave the finest human product ever known. The color, the perfume, the size and form that are placed in the plants will have their analogies in the composite, the American of the future.

And now what will hasten the development most of all? The proper rearing of children. Don't feed children on maudlin sentimentalism or dogmatic religion; give them nature. Let their souls drink in all that is pure and sweet. Rear them, if possible, amid pleasant surroundings. If they come into the world with souls groping in darkness, let them see and feel the light. Don't terrify them in early life with the fear of an after world. There never was a child that was made more noble and good by the fear of a hell. Let nature teach them the lessons of good and proper living. Those children will grow to be the best men and women. Put the best in them in contact with the best outside. They will absorb it as a plant does sunshine and the dew.

LUTHER BURBANK.

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 THE CHILD'S PHYSICAL DEVELOPMENT.

Stuart H. Rowe, Brooklyn, N. Y.

So much progress has been made in lighting, heating, ventilating, and seating schools that these former scapegoats for the mistakes of teachers and supervisors no longer serve their ancient useful purpose. There is a decline in the physical condition of children from September to June even in the best built and equipped schools.

The following are submitted explanations as possible causes:

1. Failure to make proper use of school equipment.
2. Faulty postures in sitting (especially while writing) and in standing and

walking (especially while carrying books).

3. Lack of provision for out-of-door play.

4. Lack of freedom from restraint in doors.

5. Methods productive of worry and confusion.

provide rest periods or proper alternation of the harder and the easier work.

6. Over-stimulation due to failure to

7. Failure to adapt method to individuals lacking normal physical development.

Important suggestions are: Abundant time for free play in the open air winter and summer and in daylight, more short vacations rather than one long vacation, better knowledge of school equipment by teachers, more attention to postures (sittings, standing, and writing), plays, games, out-of-door observation, free constructive work, adaptation of the child's instinctive forms of expression, necessity of making important forms of reaction habitual and not merely suggested, essential healthfulness of clear and definite method and straightforward discipline in avoiding confusion, the reduction to the minimum of sources of worry (such as examinations, tests, marks, rules and regulations, and arbitrariness or nervousness in teachers), provision in the program for rest periods and alternation of work, preparation of teachers to detect symptoms of eye and ear defect, spinal curvature or indications of disease, to test where it is desirable, and to adapt method to such physical defects as cannot be removed, and, finally, positive gymnastic exercises.—American Education.

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 THE GENTLE ART OF LETTING ALONE.

I was once a guest of a family of girls and boys whose affection for each other was a marked characteristic, and who were considerate and unselfish; yet there was an atmosphere of contention in the household that marred the peace and happiness of these well-meaning people. At last I ventured on a suggestion (being so

much older and a relative) to the eldest daughter, a lovely girl of eighteen years.

"Don't you think, my dear," I said, "that it would be better to let Fred go his own way sometimes, without any controversy, even if you are sure it is a mistaken way, and will bring him into trouble?"

The dear young thing looked at me in wild-eyed surprise. Let Fred take a mistaken course! Evidently the suggestion seemed rank disloyalty.

"I do think," I went on, with some hesitation, "that, next to loving God and your parents, the very most important thing in your home life is that it should be saturated thru and thru with the sunshine of love and kindness and perfect sympathy."

"Yes," said Fred's sister, doubtfully.

"It really does not matter, lastingly," I kept on, "whether Fred brings his dog in the house or not, whether he cleans his gun on the back porch or in the woodshed, whether he wears his patent-leathers out in the wet or puts on overshoes." I stopped and looked anxiously at the flushing cheeks of my young listener, but I was "in for it."

"It does matter, indefinitely much," I then continued, "whether or not the boy finds home the jolliest place in the world, whether or not he turns to his sister as his best chum and confident, sure of her sympathy, not fearing any small, stinging criticisms."

There was no response to my suggestion. "My dear Ellen," I said, "I am sure that, nine times out of ten, when we feel impelled—almost compelled—to say 'don't,' we ought to restrain the inclination; and even that tenth time we should think twice before criticizing one who is pretty sure to know his own business better than we do, and quite sure to think he does. Will you not try my plan of letting your brothers and sisters make their own mistakes, and get their own experience, while you make yourself the joy of their lives?"

I must not be boastful, but I had the joy of seeing my suggestion take root and bring forth peaceable fruits of happi-

ness and sweet content in that household.—School Journal.

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There is no more reason why an untrained teacher should be allowed to practice upon the mind of the child than there is why one should, without special training, treat our bodily ills. But teaching school means more than hearing recitations, and the cost of ripe experience and skill must come either thru one's own training at a normal school or thru the children thru whom, unfortunately, she gains her experience. All experience is purchased at a cost. It is so in all other kinds of business. It is so in teaching.—Superintendent Francis S. Brick, Uxbridge, Mass.

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### THE BEAUTY QUESTION.

By Charles Jack.

Beautiful faces never wear  
The look of hate or selfish care.

Beautiful eyes should ever show  
The kindly thoughts that dwell below.

Beautiful lips have words of love,  
For all below and all above.

Beautiful hands no work will do  
That is not earnest, good and true.

Beautiful feet with gladness go  
On helpful errands to and fro.

Beautiful shoulders ever bear  
Of some one's daily cross a share.

Beautiful souls are those that shine,  
Filled with the love we call divine.

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A Baby—What It Is: The prince of wails; an inhabitant of Lapland; the morning caller, noonday crawler, midnight brawler; the only precious possession that never excites envy; a key that opens the heart of all classes, the rich and the poor alike, in all countries; a stranger with unspeakable cheek, that enters a house without a stitch to his back, and is received with open arms by every one.—London Tid-Bits.



## Domestic Science.

### *Apples as Food.*

"The apple is rich in phosphoric acid, is an excellent brain food and a promoter of digestion." This should cause us to consider the apple as a most desirable fruit upon our table, and when we take into account its keeping qualities and its being a general favorite with nearly everyone, surely, we must place the apple first in rank among fruits.

It stands in its relation to other fruits as does the potato to other vegetables, or as wheat to other grains—the first—the choice of all for the every-day menu. It may not be as pleasing to the palate as the product of vine or bush, but it has a flavor that endures, and again, and yet again, we will put aside the showier product for the dear old apple. "King of Fruits" it has rightly been called, and in no way does it seem to so fully claim its crown as when served in its natural state, polished, clean, cool, shedding forth its fragrance and delighting the eye. A basket of apples, whenever, good eating apples can be procured, should grace every table. A few people may think a raw apple in the evening objectionable, but there are others who do not—let personal taste decide. There are times, however, when the table apple is not to be had and we must depend upon the cooking apple. Every family has its own recipe for apple dumplings, sauces and bakes apples, but very few families know that these dishes, properly prepared, hold a food value. This value can be increased by the addition of cheese, and when cheese does not seem desirable, nuts or nut cream. One of the most simple and healthful lunches that can be prepared is an apple, a handful of nuts, and a biscuit; and this lunch can be slipped into the pocket, or it can be served at table. Now take this thought as a base, apples, wheat, and nuts—or cheese—and combine, cook and season to taste—you have the meal before you.

### *Apple Shortcake.*

Prepare a plain baking powder biscuit dough and bake in a thin sheet. Split and butter and cover the lower half with well flavored apple sauce, seasoned to taste. Put on the top crust and cover with sauce, giving a sprinkling over all of finely shredded cocoanut. Serve with a piece of cheese. If baking powder is objectionable, also the labor, take wheat biscuit, split, toast and cover with apple sauce, using some fine flakes as a top crust, and sprinkling over with cocoanut.

### *Apple Potpie.*

Pare and quarter half a dozen well flavored, rather tart apples; put them in a granite kettle, sprinkle over them a little sugar, with a dash of nutmeg and cinnamon; cover them with a shortcake dough and pour into the kettle a quart of boiling water. Cover closely and boil forty minutes. Serve with nut butter, nut cream, dairy cream, cheese, milk—some favorite hot sauce, or a cold one—this dressing should be left to personal taste.

### *Apple Omelet*

Make a plain omelet, and when ready to fold, cover with well flavored apple sauce; fold and serve immediately.

### *Apple Omelet* A No. B.Q

Separate four eggs; beat the whites and yolks separately, then put them together and beat again, gradually adding two tablespoonfuls of powdered sugar. Oil a hot omelet pan, pour in the mixture and cover; when it begins to thicken, spread over a layer of apple sauce. Fold, turn out and serve at once with powdered sugar.

### *Apple Batter Pudding.*

Fill baking dish with apples, pared and sliced; cover with a shortcake dough that is thin enough to spread with a knife, making a split in the center of the cover and taking care that the batter comes well against the edge of the pan. If preferred, an egg batter can be used, in the proportion of one egg to one cup of flour, a pinch of salt, and half teaspoon baking powder. Thoroughly beat the

eggs, and sift the baking powder in with the flour. Thin with sweet milk to a good batter. Bake well done, and serve with sweetened cream or milk and cheese.

#### *Apples and Rice.*

Pare and core the apples and stand them in a baking dish; put some seeded raisins or some chopped raisins, dates and citron in the spaces from which the cores were taken; fill the dish with boiled rice. Cover the dish and bake till nearly done, then remove the cover. Serve warm with milk or cream.

#### *Brown Betty.*

Fill the baking dish with layers of sliced apples and bread crumbs, bread crumbs on top, dusting in a bit of cinnamon and putting in a few seeded raisins with each layer of apples. Place the dish in a hot oven, covering it for fifteen minutes, then remove the cover and bake for ten or fifteen minutes more. Serve with a hard sauce.

#### *Apple Sago.*

The sago should be washed and soaked in four times its bulk of water, and then stand it over hot water until it becomes transparent. Fill a baking dish with apples, pared, cored, and quartered—and pour in the sago. Cover the dish and bake in a moderate oven about three-quarters of an hour. Serve with sweetened cream. Or, if liked, bake the sugar in the pudding, and serve plain cream. A few raisins, chopped dates, citron, or figs are nice sprinkled in with the apples.

#### *Baked Apples.*

Every one knows how delicious baked sweet apples are with milk and bread, but not every one knows that to bake them perfectly a little water must be kept in the pan to prevent the apples scorching. If baked apples are too closely covered, they partake of the quality of steamed apples, and lose the richness that comes from baking—so keep water in the pan and leave it uncovered. A sweet apple cut in halves and laid skin down in the pan, cooked carefully, so as to be tender and whole is delicious sprinkled with shredded cocoanut and

served cold. A tart apple is fine cooked in the same way, dusted with sugar and cinnamon as it comes from the oven, and can be served hot or cold. The stewed apple sauce can be varied by the baked apple sauce. Fill a baking dish with tart apple, pared and sliced, and sprinkle sugar in among the slices. Bake for twenty minutes or till done.—The Vegetarian Magazine.

### INFLUENCE OF THE MOTHER.

hue from her, and if a woman is, in its best sense, womanly,—if she is true, loving, courageous, patient, wise, and tender,—she, consciously and unconsciously, organizes and puts in operation a set of influences that do more to mould the destiny of nations than any man, uncrowned, with exceptional powers as a leader and worker, can possibly hope to effect. She it is to whom are given the unwritten tablets,—the impressionable minds of little, confiding children. To her it is given to write the first lessons, to awaken the first ideas. She colors them indelibly with her own. If she keeps herself always an ideal to her children, as a wise and loving mother may, her influences follow them, even when they are merged into manhood and womanhood, even when they are swallowed up in the whirlpool of active life, and her teachings are never forgotten; the ideals she has held up before their childish eyes are vested with a sacredness of which nothing can despoil them. The voice with which men speak, in the expression of power, is the voice of the mother who bore them.—Pacific Health Journal.

There is nothing more potent than this. There is no possible way in which women can so surely extend and tensify their influences and power, or make them felt in so great a measure upon the moral and social questions of the day, as by carefully and wisely rearing honorable, close-thinking, broad-minded sons and daughters. This is the highest duty—the greatest distinction conferred upon any one in this world, and woman alone was deemed worthy of the work, when



God set her in the home as its queen.

For this work, then, she must prepare herself by enlarging every virtue, eliminating every vice. She can not hope to wear the vestments of high priestess over a vicious heart or a besotted mind. She must learn to rise above the "taking of endless thought for the ignoble morrow," to hold herself above vulgar interests and mean details. She must rise above neighborhood gossip and petty meanness, and by holding up to her own eyes grander and purer ideals, she will come to see that the life is more than meat, and the body greater than raiment.—Commoner.

### COOKING A HUSBAND.

#### Old Recipe.

A great many husbands are utterly spoiled by mismanagement in cooking, and are not tender nor good.

Some proceed as if their husbands were balloons, and so blow them up; others keep them constantly in hot water; and still others let them freeze by their indifference and neglect. Some keep them in a stew all their lives by irritating ways and words. Others roast them.

Some keep them in a pickle. It can not be supposed that any husband will be tender and good when managed in this way; but they are really delicious when properly treated.

In selecting your husband you should not be guided by the silvery appearance, as in trying mackerel; nor by the golden tint, as in salmon. Be sure you select him yourself, as tastes differ. Do not go to the market for him, as the best are always brought to the door. It is far better to have none unless you will patiently learn how to prepare him. A preserving kettle of the finest porcelain is best, but if you have nothing but an earthen pipkin it will do, with care.

See that the linen in which you wrap him is nicely washed, neatly mended, and with the required number of buttons and strings.

Tie him in the kettle with a strong silken cord called "comfort," as the one called "duty" is apt to be weak. He is

liable to fly out of the kettle and be burned and crusty on the edges, since, like crabs and oysters, you have to cook 'em alive. Make a clear, steady fire out of love, neatness and cheerfulness. Set him as near this as seems to agree with him. If he sputter and fiz do not be anxious; some do this until they are quite done. Add a little sugar in the form of confections called kisses, but no vinegar or pepper on any account. A little spice is good, but it must be used with judgment. Do not test him with any sharp instrument to see if he is browning tender.

Stir him gently and you can not fail to know when he is done. If thus treated you will find him very digestible, agreeing with you nicely, and he will keep as long as wanted, unless you become careless and set him in too cold a place.

In order to distinguish a poison stimulant from a harmless substance, nature has thus furnished us three tests: First—The first taste of every poison is either insipid or repulsive. Second—The persistent obtrusion of the noxious substance changes that aversion into a specific craving. Third—The more or less pleasurable excitement produced by a gratification of that craving is always followed by a depressing reaction. The first drop of a wholesome beverage is quite as pleasant as the last; the indulgence in such pleasures is not followed by repentance, and never begets a specific craving. Pancakes and honey we may eat with great relish whenever we can get them, but if we can't we won't miss them as long as we can satisfy our hunger with bread and butter. A Turk may breakfast for thirty years on figs and roasted chestnuts, and yet be quite as comfortable in Switzerland, where they treat him to milk and bread. Not so the dram-drinker—his "thirst" can not be assauged with water or milk, his enslaved appetite craves the wonted tippie—or else a stronger stimulant. Natural food has no effect on the poison-hunger; nature has nothing to do with such appetites.—Popular Science Monthly.

## Rational Medicine.

### NEURASTHENIA — THE AMERICAN DISEASE.

By Margaret Evans, M. D.

The nervous system, while distinct from other systems and organs of the body, regulates all the processes of life. It is the medium through which all impressions are received and it governs every movement of the body. Without the nerves there could be no action of any organ, no sight, smell, taste, or hearing, no instinct or thought, or even knowledge of existence. So entirely dependent are we upon the nervous system that the most insignificant gland is powerless to secret without its aid. We thus see that the healthy action of all the other organs of the body depends upon the perfect adjustment of this delicate organism, and with a nervous breakdown we may expect to find a disturbance of other bodily functions. The sufferer presents not only symptoms of disturbed motion and sensation, but is the victim of indigestion, poor circulation, and a host of other ailments.

Neurasthenia, or nervous exhaustion, is one of the most frequent of all nervous disorders. It is a condition of nervous breakdown, or a general fatigue of the nerves, with a deficient development of nerve force. The affection gradually develops in most cases, and it seems to be rapidly increasing from year to year. While it is a disease by no means confined to the wealthy, it is most common in the upper ranks of society. It is not usually met with in childhood or old age, but is most frequently found between the ages of twenty-five and fifty years. Among the principal factors bringing about the trouble may be mentioned overwork, whether physical or mental, especially when of an irksome or worrisome emotional excitement, worry, anxiety, the depression of failure, the stress of modern life, or ill-regulated and poor nutrition. Women are especially prone to the trouble, but it is not to be wondered at when we remember the profound

changes taking place in her organism and the subtle and complex activities of her life. Business men, teachers, and journalists, together with others whose affairs entail emotional unrest, form a large quota of neurasthenic sufferers. In many persons the cares and anxieties attendant upon the gaining of a livelihood produce undue strain upon the nervous system, and unless the condition be taken early and the patient given rest, nervous exhaustion will result.

Some individuals start in life handicapped because of the deficient amount of nerve capital they possess, on account of its having been squandered by their ancestors. Parents who have led irrational lives, indulging in excesses of various kinds, or who may be nervous or mental wrecks themselves, transmit to their children a predisposition to nervous weakness, and thus is formed a considerable proportion of our neurasthenic patients.

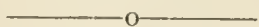
Although the affection can not be classed with such grave diseases as softening of the brain, or incurable spinal troubles, yet, considering the great army of neurasthenics which we have in all civilized countries and the increase with the advance in our higher civilization, it is deserving of the most serious attention. Then, too, it not infrequently leads to much more serious disorders. A condition is developed in which the whole nervous system is below par, and the symptoms following are extremely varied. There may be a loss of weight, or an increased amount of fat. The patient becomes anxious, and emotional and mental symptoms gradually alter, and everything is complained of. He is deeply interested in his condition, and desires the greatest consideration, but often manifests little consideration for others. In some cases anxiety becomes intense, and he complains of compression about the throat and palpitation of the heart. Aching or weariness of the eyeballs, especially after reading a short time, is often experienced. Ringing or buzzing in the ears is a common symptom, and a dull pain in some portion of the head



is especially annoying and constant. Aching in the back or nape of the neck is usually present. The patient has a troubled sleep, and wakens more tired in the morning than when he went to bed. His digestion is interfered with, and his appetite impaired. Many complain that what they eat rests in the stomach like lead. Gas in the colon frequently interferes with the heart's action, giving rise to intense fear of heart disease. Pain in the bowels and stomach often develops along with indigestion and constipation. Fortunately all of these symptoms do not present themselves in the patient at the same or at any time.

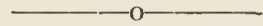
Nearly all cases of neurasthenia are curable if the proper conditions and treatment can be supplied. Often the symptoms are obstinate, and a lengthy course of treatment, together with the thorough cooperation of the patient, is required. Faith, hope, and all his strength of will power will be absolutely essential in securing recovery. Remove him as far as possible from the influences which led to his downfall. Take him away from his cares and old associations, and surround him by an entirely new state of things. Give him complete mental and nervous repose. Outdoor exercise is often beneficial, but over exercise and fatigue must be avoided. The diet should be nutritious but non-stimulating. Tea, coffee, tobacco, and alcoholic drinks only do harm. Frequent tepid baths and salt rubs are valuable tonic measures, also the cold mitten friction. Alternate hot and cold applications to the spine, and fomentations to the spine and over the region of the stomach and liver, do much good. A prolonged holiday away from the ordinary environments, in the woods, in the mountains, or at the seashore, is of paramount value.

Above all other things, educate him to be not self-centered, to be not dominated by mental depressions, but "to love his neighbor as himself."—Pacific Health Journal.



If you have a sore throat, or a sore

mouth, or a bad cold, or a chronic catarrh, don't kiss a healthy, innocent one on its mouth, and thereby incur the risk of communicating to it a disease which may terminate its life. The fashion of passing a baby around to be kissed by any one who may take a fancy to do so is always foolish and sometimes fatal. Strangers should not be allowed to kiss the little ones. Most loathsome diseases are sometimes communicated in this way.—Pacific Health Journal.



### COLIC IN CHILDREN.

By David H. Reeder, Ph. D., M. D.

One of the terrors of all young mothers, and older ones, too, for that matter, is colic. It is also believed by most young husbands to be the quintessence of torture, not only for the baby, but for all who have the welfare, peace and happiness of that diminutive specimen of humanity at heart. Although never considered a dangerous disease, the evident suffering of the little one is a severe strain upon its own vitality, as well as the sympathetic nerves of its caretakers.

There seems to be no special age when children are peculiarly liable to have it, nor is there any special age when they may be considered entirely exempt from it. From six weeks to six months of age it appears to come more frequently than at any other period, although there have been many cases of colic noted in children not over two weeks old.

The severe cases of colic are usually attributed to a derangement of the liver, or, where the mother is poorly nourished and the child has been deprived of the store of good health which by rights belongs to it, there may be a cause antedating its birth. Where such conditions prevail it is harder to overcome than where it is brought on by errors in diet. In either case there is, as a rule, a deficiency in nitrogenous elements, as well as phosphates, in its food, or in the nutritive elements from which its body was formed. Its little system is oversupplied with carbonaceous elements, found in the fats, sugar and starches.

The mother should not partake of any food that is liable to set up an inflammatory condition, but instead should select a diet with a view to building bone, muscles and nerve; tissue builders, such as contain a generous supply of albumen, gluten and fibrin. She should avoid dishes that are made from many different and highly seasoned ingredients, as well as greasy and syrupy foods.

Of course almost all of my readers will understand also that if she partakes freely of fruits during gestation these will not cause the child any inconvenience during lactation. Therefore she should from the beginning be liberally supplied with fruit, as well as with an abundance of the cereal foods, such as barley, wheat, breakfast foods and whole wheat bread, and also fresh milk, eggs and other foods of that nature. It should be further remembered, as taught in the lessons on "Feeding the Baby," that when fruit is indulged in only occasionally and is of exceedingly acid nature it is quite likely to affect the child unfavorably and quickly cause colic, even in a comparatively well baby.

Remove the cause and the trouble will disappear. But what to do for the little sufferer until the cause is removed is a serious question, and must be met. For is not the baby yelling at me from a thousand homes? and I cannot sit quietly and say, "Just wait, little one, until your mother studies out the proper laws of diet, and then, if she follows those laws, you will soon get well."

How many mothers, or babies either, think you, would be satisfied with that kind of treatment? No; I must first teach how to prevent, so that those who will may learn, and then how to relieve, so that those who do not learn the better way may at least be enabled to give relief.

Heat is a wonderful agent, and, as I have frequently stated, the expansive and contractile forces of heat and cold are the most powerful forces in nature.

The baby that is suffering with colic must be warmed. Hot water baths, hot fomentations and plenty of warm cloth-

ing or bedding are necessary in such cases. If the child be placed in a warm bath, no matter what the cause of the griping pains may be, relief will be almost instantaneous. In some cases placing the child's feet in a warm bath and placing a cloth wrung out of hot water over the abdomen will stop the suffering at once. After it is once quiet the hot water bag placed in its bed will usually keep it asleep until the regular time of awakening.

One of the things I wish I could most emphatically impress upon the mind of all human beings is, don't give opiates. More babies have been murdered, rendered stupid or left invalids for life by the use of soothing syrups and paregorics than any one can conceive of, and if you have within you any sense of love or duty to posterity don't give opiates to quiet a colicky baby. The bowels are rendered inactive; constipation follows; then pills to correct that; indigestion and all the evils the word implies bring up the rear, and when an acute attack comes on the brain and spine are liable to be seriously affected.

There is hardly a mixture of quieting nature that does not contain morphine or opium. One very popular remedy contains enough morphine in one bottle to kill two men, and yet I have seen it carelessly administered and left where children who liked syrupy things could have ready access to it. One of the London newspapers had a lengthy article upon the subject a few weeks ago, and, in speaking of doping, said:—

"The Tewkesbury Almshouse horror once more calls attention to the frightful abuse of narcotics, for which the medical profession is to a great extent responsible. In the Tewkesbury Child's Hospital the nurses were provided with morphine in half-pint bottles. No wonder the babies were kept so still. They died at a rate never before heard of. An idea of the extent to which narcotics are given to infants in English manufacturing towns is gleanable from the deposition of a Hanley chemist before a coroner's jury. He testified that he made up and



sold six gallons a day of an article called 'Mothers' Friend.' This stuff contains seven and one-half drops of laudanum to the ounce. With this it is customary to dose their babies so that they shall sleep during the time the young mothers are engaged at the factories. Of course the infant mortality of the place is frightful.

"In contradistinction to this practice of barbarously working young mothers, Mr. Schneider, the owner of the great Creuzot Iron Works in France, compels a mother to stay from work a few months before and after a child is born. For the carrying out of this humane purpose he has created a fund out of which the wages of the mother during the period of her incapacity are paid."

There are many ailments, slight in themselves and harmless if properly treated, but if the child is subjected to the deadly drugs usually sold for stupefying and causing sleep, they have a great tendency to run into summer complaint, brain fever and finally convulsions and death.

Much, yes, very much, better to give a few teaspoonfuls of hot water, or, as I have once before suggested in this department, a little old-fashioned catnip tea. Another old-fashioned remedy, harmless, but almost magical in bringing quick relief, is molasses in hot water; a teaspoonful of the molasses in a cup of hot water and given in half teaspoonful doses until the child is quiet.—Health Culture.

#### MASSAGE FOR DYSPEPSIA.

A French medical journal cites a number of cases where great and lasting benefits were derived by people suffering from dyspepsia and abdominal diseases from a gentle massage treatment of the abdomen. One case mentioned is that of a young man aged 20 years, who for six months had been suffering with his stomach. In spite of varied treatment he was gradually growing worse and looked like one in the last stages of phthisis. He suffered from constipation and insomnia. He was very nervous and

was convinced that he was about to die. After instituting the abdominal massage his condition rapidly improved. His abdomen, which had resembled that of a child with meningitis, became supple and daily enlarged. The treatment was not severe, nor very special. His pain disappeared, and he was able to digest all that was given to him. The patient gained in six months about 65 pounds.—Leslie's Weekly.

#### TOBACCO AND GROCERIES.

Mrs. A. M. OJiner, Hillsdale, Mich.

Should tobacco, pipes and cigars be sold from the grocery and bakery? No. Every time, all the time, every day in the week, no! If there is any place on earth that should be free from tobacco smoke, smell and tobacco spit, it is where the food which is to be eaten by the people of the community is kept and sold.

Just think of you folks who are so dainty and neat in your homes, and so careful about flies and dust. You all have to eat food more or less seasoned with tobacco smoke, because your grocer wants to make a little more money by adding tobacco to his wares.

Why, yes! You have to endure it. You can go into every grocery in any town and you will find on the counters exposed, tobacco, fish, cigars, oranges, sugar, butter, lard, coffee, tea, breakfast food, cigarette trimmings, flour, etc., mixed up generally. You simply look at it, buy your groceries and take them home to eat; you have gotten used to it.

The sweet tobacco perfume, how good it tastes in butter and lard. How nice the crackers and cookies are flavored with it.

The fruit also takes its share. Oh! don't turn up your nose, it will do no good. Just keep still, will you? Perhaps your husband is a grocer or baker; you know he gets a large tobacco trade, so grin and bear it, sister. You can have a finer hat and more dresses through those tobacco sales. What matters it if your food does taste of it? Well, Mr. Grocer, what do you think? What are you going to do about it? I sup-

pose you must sell cigars and tobacco. You had better quit the grocery trade and keep right on selling the death-dealing, foul-smelling, filthy, dirty stuff.

Let some sensible person who prefers clean food take the grocery and bakery business. He will get the largest patronage in town. Why? Because there are more people who prefer their food separate from tobacco filth, than those who wish it mixed. Make the great change in your groceries. Let the tobacconist sell tobacco, and the grocer his wares. You will find your customers will appreciate your good sense.—Medical Talk.

### THE ACTION OF COLOURED LIGHT.

At the annual congress of the Swiss Odontological society held at Lausanne, Dr. C. Redard, medical professor at Geneva, drew attention to some experiments he had made with coloured light. Being opposed to the ordinary methods of anaesthetising, he sought to produce the same effect by means of coloured light. With blue light he succeeded in inducing analgesia, which lasted long enough to permit of the painless extraction of five teeth.

The patient is made to look fixedly at a blue globe lighted by electricity, his head and the globe being enveloped in a blue veil to obscure the daylight. In three minutes the patient is quite insensible. The "Journal du Magnetisme," referring to the above, points out that this resembles hypnotic suggestion, and questions whether the blue light exercises any special influence. It is known that blue has usually a soothing effect, while red is exciting, and yellow depressing.

Dr. Redard claims that the analgesia is not obtained hypnotically, since neither red nor yellow light has the same effect as the blue, but that the action of the blue light on the retina causes inhibition in the brain or in that part of it connected with the sensory facial nerve. The analgesia seems to cease suddenly, the pupil contracts rapidly, and the patient awakes as if from sleep after a period

of insensibility sufficiently long for the performance of short dental operations.

### PROGRESS OF PHRENOLOGY.

A public meeting of the British Phrenological society was held in the Essex hall on October 10, Mr. Bamford Slack, M. P., being in the chair, supported by Dr. Bernard Hollander, Dr. C. W. Withinshaw, and others. Excellent addresses were given by Miss E. Higgs on "The Science, Art, and Philosophy of Phrenology," and by Mr. J. B. Eland, on "The Ethics of Phrenology." "Practical Illustrations" were given by Messrs. C. P. Stanley, G. Hart-Cox, and J. Webb, which went to prove how valuable a knowledge of phrenology would be to both parents and teachers in enabling them to understand the mental and moral tendencies of the young, and so to deal with them as to strengthen the weak points, develop the good, and counteract the evil, and to give such education as will best fit them for such profession or employment as they are by nature most suited for. Dr. Bernard Hollander treated of phrenology from the point of view of medicine and surgery, and ably showed how useful a knowledge of the science is to the physician and surgeon. He gave an instance of an injury to a man which affected the man's moral character. The phrenologist sought and found the explanation, a scar across the cerebellum, with pressure, which was removed by a surgical operation. In dealing with criminals and with the insane a thoro knowledge of phrenology must also be valuable. The meeting was well attended.

### THE REASON.

"Why do you call your servant girl 'Dove'?"

"Because she is such a piece maker."

Mold and decaying vegetables in a cellar weave shrouds for the upper chambers.



## Youth's Department.

### "WHEN GREEK MEETS GREEK."

By Carroll Watson Rankin.

"I hate a collarband that's too wide!" muttered Alma, critically inspecting the neatly-made waist, the result of her mother's three days of patient labor. "These sleeves aren't half full enough, and I wanted hooks, not buttons; I *never* get what I want!"

Weary Mrs. Boyce, however, paid no heed. An open letter fluttered from her hand. She dropped limply into the nearest chair. "It's your Granduncle Timothy!" she gasped.

"Dead?" asked Alma.

"No," replied Mrs. Boyce. "He's coming to spend six weeks with us."

"Is it our turn?" asked Alma.

"Yes," said Mrs. Boyce, "it's past our turn."

Poor Mrs. Boyce was greatly perturbed. She had spent a trying morning with grumbling Alma, and although trying mornings with that inconsiderate young person were no novelty, their frequent recurrence made them no easier to bear. Granduncle Timothy's news found the poor badgered lady quite unfitted for the receiving of unexpected evil tidings.

Indeed, close association with Alma when the girl was having her wardrobe replenished would have unfitted anybody for anything. In the first place, there was the choosing of the goods, a fearfully trying process, for no material, however beautiful, was precisely the shade that Alma had set her affections on. Mrs. Boyce, who had supposed herself, until disillusioned by Alma, fairly skillful with her needle, always did the family dress-making. For sweet-tempered, easily-pleased Ruth, two years older than Alma, the task was a genuine pleasure; but sewing for the younger girl was a burden almost too great to be borne.

As she grew older she grew stronger, but unfortunately, so did her temper. There were moments—usually when she was among strangers—when she was fairly amiable, but there were other mo-

ments when the girl's outbursts of acute dissatisfaction drove harassed Mrs. Boyce to the verge of nervous prostration.

"I'd rather have every tooth in my head extracted," the poor lady had confided to Ruth that morning, "than make that tan etamine for Alma, but she was so dissatisfied the last time I employed a seamstress that I'm simply afraid to try it again."

"Are you going to make it like my blue taffeta?" Ruth had asked.

"No. Alma says she doesn't like the pleats, that she won't have tucks, ruffles or bias folds, and that off-the-shoulder effects are going out."

"What does she want?"

"Well, so far," said discouraged Mrs. Boyce, "she has spent three hundred and sixty-four days a year mentioning things she doesn't want, so she hasn't had any time left to say what she does like. She's precisely like your father's Uncle Timothy. I suppose I spoiled her when she was little. If I had it all to do over again I'd bring her up very differently."

At that moment a peevish voice had floated down the stairway. "Mother," it wailed, fretfully, "did I hear you say you were going to make tomato soup for dinner? I'm just sick of tomato soup!"

"What kind do you want?" asked far too tolerant Mrs. Boyce.

"Oh, I don't know!" Alma had returned, impatiently. "Anything but tomato, or bean, or pea soup, or mutton, or—"

"How would you like potato soup?"

"I *hate* potato soup. Isn't there some kind we've never had?"

Afterwards, for almost two hours, Mrs. Boyce, with fashion-plates and patterns all round her, had gazed despairingly at the tan etamine. For the same length of time Alma had disapproved of every suggestion her mother had offered. Then came Uncle Timothy's unexpected letter!

Uncle Timothy was, if such a thing were possible, even harder to please than was Alma. Possibly there was some slight excuse in his case, for from infancy

he had been troubled with nervous dyspepsia.

Naturally, he was not a desirable visitor, which was peculiarly unfortunate, for visiting was poor Uncle Timothy's only occupation.

Invariably it was Uncle Timothy's inconvenient habit to announce his coming by one train and to arrive on the next, giving the prospective host or hostess no opportunity to escape his threatened visit. His letters never failed to fill the recipients with consternation; yet Uncle Timothy led a respectable, upright life, had no vices except the one vice of universal dissatisfaction with everybody and everything, and was scrupulously neat in appearance. He was old, he had no children of his own, and each one of his flock of grown-up nieces and nephews felt he was entitled to consideration and tolerance; but entertaining Uncle Timothy was certainly more a duty than a pleasure.

Mrs. Boyce lived farthest from Uncle Timothy. He had spent some never-to-be-forgotten weeks with the nervous little woman when Ruth was eight years old, but for eleven years she had, owing to distance, escaped a second visit.

Now she was to have six weeks of Uncle Timothy—too much for any woman to contemplate with equanimity. At first she began absent-mindedly to snip Uncle Timothy's letter into tiny fragments. It looked to the two girls, who were busy with their embroidery, as if their dismayed mother were deeply engaged in making plans for the comfort of the coming guest, but they were mistaken.

"Girls," said Mrs. Boyce, rising suddenly, and in her agitation scattering a small snowdrift of paper on the rug, "I know it's cowardly—I know I ought to be ashamed of myself—but—but I'm all worn out. I haven't a scrap of courage and—girls, I'm going to run away!"

"Run away!" echoed Alma.

"Yes—to your Aunt Emily's. Really, girls, I haven't the courage to plan meals for your Uncle Timothy. I—I just can't do it. You've kept house before and

Hannah is perfectly competent to do all the cooking. I ought to—O dear! I've been sewing too steadily, or something! It isn't right of me, but I'm—I'm not able to stand Uncle Timothy!"

"You shan't have to," said Ruth, gathering her mother into her strong young arms and presenting a rounded shoulder to be wept upon. "You may be perfectly easy in your mind, mother. I'll look after Uncle Timothy. There, you've had a lovely cry. Now let's go and pack our trunk. It'll certainly do you good to go to Aunt Emily's."

Mrs. Boyce departed at noon. When Uncle Timothy arrived, an hour later, he looked at Ruth and said, "Humph!" Then he looked at Alma, and said "Humph!" again, but there was a vast difference in the two "humphs!"

"You've a sort of dried-apple countenance, haven't you?" said the always brutally frank old man, eyeing Alma with quick disapproval. "Got a peevish disposition, I guess."

From the very first moment Alma's sullen eyes glued themselves with an odd, irresistible fascination upon Uncle Timothy's wry countenance. It seemed oddly familiar. Where had she seen that puckered, peevish mouth; those fretful eyes, the little, dissatisfied wrinkles in the forehead; the thin, pointed nose, with its half-scornful, wholly disapproving lift?

"When I was young," snapped Uncle Timothy, "it wasn't considered polite for young folks to stare their elders out of countenance! If that's coffee I smell, I don't want any."

"Would you rather have tea?" asked Ruth.

"No!" thundered the visitor. "I drink hot water, and I won't touch *that* if it isn't exactly right!"

Ruth regarded the guest with an odd mixture of amusement and pity, but between Uncle Timothy and Alma there was certainly no love lost. It was evident that this belligerent pair were antagonistic from the moment of their meeting, but they preserved a kind of armed truce. Ruth managed for several days, with Hannah's help, to keep the grum-



bling guest from the volcanic outbreaks for which he was famed, but the atmosphere was far from serene.

"I think," said Alma, one day, when the sisters were in the kitchen, trying to cut bread to a thickness that should meet with the nearest approach to approval that the visitor was able to feel, "that Uncle Timothy has the vilest disposition of anybody I ever knew, and such a sour-apple-and-vinegar expression! I wish I knew whom he reminds me of; it bothers me because I can't find out."

"Well, you needn't be bothered any longer," said outspoken Hannah, who had lived with the Boyces for twelve years and was therefore privileged. "Go look in your glass, Miss Alma, and you'll see the living image of him. He's enough like you, barring age, to be your own twin."

But horrified Alma did not need to look. It was the disheartening truth, with no need for doubt. She herself was the unfortunate person of whom shriveled, vinegary-countenanced Uncle Timothy so unpleasantly reminded her.

"Of course," soothed Hannah cheerfully, "your face is smoother, the lines ain't so deep and puckery, like you'd been eating choke-cherries, and your voice ain't quite so much like a rusty saw, but in another twenty years—"

"Well, maybe there is a family resemblance," admitted Alma, grudgingly, "but don't you dare to say that my disposition is like his!"

"My saying so wouldn't make any difference," said candid Hannah, "but two dispositions more alike I never did see."

This was at noon. At six that night Hannah confessed to having felt ill all day. By midnight she feared she had quinsy. By morning, when the doctor was hastily summoned by Ruth, who had been called to the sufferer's bedside at daybreak, the faithful maid learned that her quinsy was that unusual and absurd malady, a case of grown-up mumps. In Hannah's case, however, the disease was aggravated by a severe cold. She was really ill and in need of careful attention.

Now, delicate Alma had been sedulously safeguarded against all the usual childish ills, and it seemed far from wise to expose her now to mumps, so Ruth, who had survived a double attack, decided a sequester herself in Hannah's part of the house. This, of course, left Uncle Timothy to Alma's tender mercies, Alma to Uncle Timothy's; and a worse arrangement could not be imagined.

Alma made an honest effort to provide Uncle Timothy with meals to his liking; but to her granduncle's mind she failed so lamentably that relations very speedily became strained. The toast at breakfast-time was really excellent, the dainty luncheon was certainly palatable, the boiled water at night was of the proper temperature, and the cook was anxious to please. But Uncle Timothy had been awakened during the night by Hannah's groans, he disliked Alma quite as thoroughly as Alma disliked him, and he flatly declined to be satisfied with anything she offered. He was perfectly candid, too. He said that in all his sixty-nine years he had never known such a disagreeable girl, nor had he attempted to worry down such absolutely detestable meals.

Alma, who was proud of her ability as a cook, was at first dumb with amazement. She was doing her best for Uncle Timothy, and he grumbled, grumbled, grumbled. Very well, she would show him what she could do. She would do better than her best. He should have perfectly sumptuous meals.

But the perfectly sumptuous meals, too, failed to please him. In fact, they made him ill, and for twelve hours more Alma labored faithfully, if not altogether uncomplainingly, to make her querulous guest comfortable. Her efforts, however, were not appreciated.

Just before dusk on the third day of Hannah's illness, Mrs. Boyce unexpectedly returned. Alma gave a delighted cry when her mother walked in.

"Where's Uncle Timothy?" asked the returned traveler, who appeared much benefited by her trip.

"On a feather bed on the sewing-

room floor," returned Alma, in a tone of deep aversion. "He said his bed was too soft, the couch too hard, the other spare-room bed was too springy, and that the wallpaper every place else made him dizzy. But what brought you home?"

"An accusing conscience. I shouldn't have run away, and I wasn't thoroughly happy until I had decided to run back again."

"Mother," demanded troubled Alma, "do you think I'm like Uncle Timothy? Of all grumbling, hypercritical mortals—"

"Well," admitted Mrs. Boyce, trying not to smile, "there have been moments when you've reminded me of your Granduncle Timothy. You certainly have characteristics—"

"Then I'll get over 'em!" declared Alma, grimly. "I don't like what I'm coming to—an Uncle Timothy in petticoats! Ugh!"

Oddly enough, a few days later, Uncle Timothy, recovered from his illness, expressed a fear that he was growing to like Alma, who for the moment had forgotten her intention of reforming,—a seventeen-year-old habit does not vanish in a moment,—and was grumbling because the etamine skirt sagged in the back.

"I abominate a skirt that hangs in scallops!" said Alma, twisting to cast a displeased glance over her shoulder at the long, graceful folds behind her. "All the skirts you make, mother, go up and down in waves."

"Ruth," demanded Uncle Timothy, in a loud whisper, "am I anything like as disagreeable as your sister?"

"I am afraid you are, sometimes," confessed truthful Ruth, with a smile that came near to pleasing even captious Uncle Timothy.

"Well, if that's the case," he returned, "I'd thank anybody that'd just say 'Alma' whenever I seem to be getting cantankerous. If I thought I was getting as hard to please as she is, I'd—I'd join a don't-grumble club."

It really seemed afterward as if

Granduncle Timothy's visit had proved generally beneficial, for it was noticed by all the large family connection that with time Alma certainly grew sweeter, far more considerate toward her mother, and decidedly less petulant; and that Uncle Timothy occasionally stopped short in the middle of some sharp tirade, exclaimed "Alma!" and then became, in his suddenly altered mein, almost lamblike. —Youth's Companion.

### OUR FRIENDS, THE TREES.

To know the trees, especially our fine American forest trees, is to possess friends whose character can always be depended upon, and whose intimate acquaintance brings continual and increasing pleasure.

As one becomes acquainted with these noble and beautiful plants, he soon finds that each tree differs from every other tree just as each human being differs from his fellows, and yet there are families and classes of trees just as there are races and nations among men.

It is quite a wonderful thing to know that in a forest containing thousands of trees, with their millions of leaves, no two leaves are exactly alike, and yet we can readily distinguish the maple leaves from those of the oak, the beeches from the birches, and so on through the list, just as we can tell Chinese from negroes and Indians from white men, in the human family.

On the other hand, some leaves are so nearly alike that we must observe them very carefully in order to discover whether they belong to the same kind of tree. For example, in Figs. 5 and 6 we have two leaves, which, at the first glance, seem quite similar, but which, on closer examination, prove quite different. The one on the left is the chestnut, so dear to all of us, while the other, which is wider and has rounded instead of sharp teeth along its edges, is the chestnut-oak.

Of course, if we had the two trees standing side by side, we could distinguish them immediately by their fruit, because one would bear burs containing



chestnuts and the other acorns. The **chestnut-oak** is a true oak, and is so named simply because its leaves so closely resemble those of the chestnut. It is a noble tree and grows to a great size, often being found a hundred feet in height. There is one near Fishkill-on-the-Hudson famous for its age and size. This tree is seven feet in diameter. It is claimed that in 1783 Washington used to mount his horse under it when he rode from his headquarters to the army encampment at Fishkill.

Sometimes we better appreciate the value of a tree if we know of what use it is to us. The chestnut-oak, besides being one of our most beautiful trees **and valuable for the timber** it furnishes, has a bark which is rich in tannin, a substance used extensively in tanning leather.

The chestnut tree needs no description to American boys and girls, as we all have spent glorious days in the crisp **autumn weather** searching for the plump brown nuts in the dry leaves, and afterward roasting them over blazing hot fires during the long winter evenings.

The boys may be interested to know that chestnuts prove a very profitable crop. Experts claim that an orchard of chestnuts will bring greater returns to the owner than an apple orchard of the same size, as the nuts are retailed on the street corners at about six dollars a bushel, while the Italian who sells roasted chestnuts receives pay for them at the rate of at least eight dollars a bushel. The tree is one of our most rapid growers and has been known to bear fruit at five years of age.

The large family of American oaks is one of which we are justly proud, and it is difficult to say which is the finest. Among trees the oak stands for all that is sturdy, reliable, hardy and useful—a symbol for the honest, true and patriotic citizen among men. Although it is perhaps not as graceful as the elm, nor as luxuriant as the magnolia or the palm, its strong and heavy trunk, its gnarled branches, and its clean, healthy foliage give it a prominent place among our

American trees. Its wood ranks high as valuable timber, being strong, hard and durable, with a handsome grain **which takes a fine polish.**

Figs. 7 and 8 show the leaves of the **two oaks which are the best known** and most common about New York City. Their leaves are so different that they can never be confounded. The *white oak* leaf is deeply indented and has rounded lobes; there is *not an angle nor sharp point* anywhere on the leaf; while the red oak leaf on the right is sharply toothed and bristling with points. Both of these leaves are large, the white oak being of a beautiful light green color, while the red oak is darker, stiffer and very glossy.

Both trees grow to a very large size and their timber, which is used extensively in ship-building, carriage-making, cooperage and cabinet work, is the standard among woods for strength and durability.

**There are several kinds of oak** closely related to these two trees. For instance, the post oak has a leaf resembling **the white oak in shape**, yet it is a simple matter to distinguish either the trees or individual leaves. The leaves of the post oak are very much darker, thicker and more leathery than the delicate and refined leaf of the white oak, and the indentations are not so deep. The whole tree is rougher in its bark, leaves and general appearance, and the leaves have a habit of clothing the entire branch, from the point where it leaves the trunk out to the very tip. The wood is so hard that the tree is often called the iron oak. It is very common on Long Island and all along the eastern coast of the United States.

Another tree which resembles the white oak is the magnificent mossy-cup or overcup oak, with its long, shiny leaves, which are sometimes a foot in **length.** But the principal points of difference are the peculiar, corky ridges found on the young branches of the mossy-cup, and the beautiful single acorns of the latter, with the heavy fringe around the nuts, from which the tree

takes its name. This tree is primarily a western oak and reaches its finest development in the Mississippi valley, but is occasionally found in the eastern states. It grows to a great height—one hundred and fifty feet being not unusual—and its wood is of a superior quality.

The great oak family might be divided into two classes: those that ripen their acorns in one season, such as the white, post and mossy-cup oaks, just mentioned, and those which require two full years, such as the red, scarlet and black oaks. To the first class belong the chestnut oak and the live oak of the south. This latter tree for generations played an important part in shipbuilding, but has now been superseded by iron and steel. The leaf, which is an evergreen, is entirely without indentations, and is thick and leathery. The wood is very heavy and strong, has a beautiful grain, and is susceptible of taking a high polish. At one time this wood was so valuable that our government paid two hundred thousand dollars for large tracts of land in the south, that our navy might be sure of a supply of live oak timber.

To the second class of oaks we are largely indebted for the gorgeous colors of our autumn leaves. The red, scarlet and pin oaks, with their brilliant reds, scarlets and browns, are close competitors with the maples in giving our American landscapes the most wonderful autumn colorings to be found anywhere in the world. These three trees have leaves which at first glance are quite similar, but by careful examination may always be distinguished.

The red oak is an unusually large one, of a dark green color and very shiny. By comparing the sketch of it with that of the scarlet oak, it will be apparent that the indentations are not nearly so deep in the former, which has a broad, massive appearance, while the latter is so deeply indented as to give a skeleton effect. The deeply cut foliage of the scarlet oak makes it the more handsome tree of the two, but each of these oaks grows to a large size and is valuable both as a shade and a timber tree.

The novice at tree study is much more apt to confuse the scarlet and pin oaks than the red and scarlet. Referring again to the diagram of leaves, one sees at a glance that the pin oak has a smaller leaf than the scarlet oak, and this difference in size appears to even better advantage on the trees than in the drawing.

The pin oak, which has recently become a favorite among nurserymen as an ornamental tree, takes its name from the pin-like appearance of the tiny branches which sprout from the main trunk and the limbs; its timber, however, is not so valuable as some of the other oaks. No list of oaks which are common about New York would be complete without the black oak and the black-jack varieties. These two trees—the latter being sometimes called the barren oak—thrive in exposed and sterile regions, such as the sandy flats of New Jersey and Long Island, where no other tree except a stunted pine seems able to live. Their whole appearance, from the individual leaf to the framework of the stripped tree, is summed up in the two words "tough" and "rugged." The leaves are tough and leathery, while the wood is gnarled and strong, and altogether these trees are in perfect harmony with their wind-swept surroundings. The leaf of the black-jack oak (Fig. 16) may be easily recognized by its three lobes or rounded points, from which it rapidly tapers to a point at the stem. The leaf of the black oak (Fig. 17) is very slightly indented for an oak leaf, the sharp points being few, far apart, and separated by shallow recesses, as shown in the sketch.

Occasionally one will find in the parks or along the roadside an oak which bears fine, large acorns, with a leaf which somewhat resembles our white oak, but is poorer, smaller and very inferior in size and symmetry. This is the famous English oak (Fig. 15), which has been imported into this country as a shade tree. A curious thing in connection with this leaf is the fact that practically all the wood carving we use in which oak leaves and acorns are prominent features represent the English oak. Our artists



will find a mine of wealth in our American oaks and acorns that has hardly been touched.

Then, too, we find some interesting freaks in the oak family: such as the willow oak, whose leaves closely resemble the long, narrow and familiar leaves of the willow; and the laurel oak, whose thick, glossy and dark green leaves remind us of our evergreen laurel. These two varieties are not common around New York, however, but reach their highest development in the south and west; the willow oak being a remarkably beautiful shade tree, familiar to all dwellers below Mason and Dixon's line.—Edwin W. Foster, in *St. Nicholas*.

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## INDUSTRIES.

By R. W. Wallace.

### Portland Cement.

The use of cement dates from very remote ages. The Egyptians used it in the construction of the pyramids. The Romans used it extensively. Vitruvius, the Roman engineer, wrote a treatise concerning it. The Pantheon, the most perfect existing classical building in Rome, built before the Christian era, is a striking example of the strength and durability of this wonderful material. The great dome, 142 feet in diameter, together with the circular walls, stand at the present day without cracks or any evidences of deterioration, having braved the destructive influence of nature for nearly two thousand years. In the house of the Vestals an upper floor of twenty feet span is a simple slab of concrete, fourteen inches thick.

Like many other early processes, the use of cement seems to have dropped out of sight for centuries, and had to be re-discovered. This fell to the lot of one John Smeaton, who in the latter half of the eighteenth century was erecting the famous Eddystone lighthouse in the English channel. In 1813, Joseph Aspdin, a bricklayer of Leeds, England, was busy manufacturing a cement that from its similarity to the stone quarried at "Portland Bill" on the English coast, he called "Portland cement," a name that it has

tenaciously retained ever since.

### Pennsylvania Was the Pioneer.

in the cement industry in the United States. In the Lehigh valley, between Mauch Chunk, Pa., and Alpha, N. J., a stratum of rock was found with pronounced calcareous qualities that formed a high-grade cement. David O. Saylor of Allentown erected the first mill at Coplay, in 1866; but it could turn out less than 1,000 barrels a year. For a score of years the Coplay Cement company had the field all to itself. But about 1886 the true value of the product began to be justly appreciated, and very soon there were not less than nine large plants in operation within two miles of the original concern.

With the rapid growth of the demand, Pennsylvania was unable to keep pace, and other states commenced to manufacture, notably New York, Ohio and Michigan. But these new factories made their cement from an admixture of marl and clay, which were found in vast quantities in several localities. The marl was found—as in Michigan—as a deposit at the bottom of lakes, and was largely made up of the calcareous matter in the shells of certain marine creatures.

Then the process of manufacture was greatly changed. Machinery of a most expensive kind was devised and used. Especially did

The Rotary Kiln Process quicken production. The marl and clay are mixed first in pug mills, where one man will handle fifty or sixty tons per hour; then comes what is called the wet grinding. The marl and clay being thoroughly incorporated, one man turning out about sixty tons per hour. This product is then pumped to the rotary kilns, passing through them by gravity, and coming out clinker, ready for grinding into finished cement.

It has now become possible, because of the new methods, to make 1,000 barrels where ten could be produced a few years since.

When the advantages of cement became known, there was the promptest and heartiest appreciation of them in en-

gineering and building circles. It was something that the constructive world seemed evidently waiting for. Everywhere the question was being asked: What is Portland cement? And the best answer was: It is an impalpable flour of peculiar but well-known and definite chemical composition that possesses remarkable properties. When mixed with water to a stiff paste, it immediately begins to harden and the process continues, perhaps indefinitely, certainly for many years, resulting in a fine-grained stone, without cleavage or cracks, hard enough to scratch glass, very tough, but not brittle. This hardening into stone goes on even more rapidly under water than when the cement is exposed to air, and no matter how great the volume the interior becomes as hard as the surface.

By using it with sand, gravel or crushed stone, it becomes concrete, and in several respects concrete is preferable to stone. It can be run into moulds and made into any shape required much more easily than stone can be dressed into shape. And besides, it was found to be much cheaper than stone. Concrete construction compares with cut stone in follows: Stone uncut varies from forty to eighty cents per cube foot in different parts of the country. Cutting and setting from fifty cents to two dollars a cube foot. Concrete finished for ordinary work costs from seventeen cents to twenty-eight cents per cube foot for the work completed, or taking the minimum cost of stone and the maximum cost of concrete, the latter costs only about 33 per cent of the cost of the former, and is infinitely better.

No material used in modern building has had anything like the development of cement and concrete. This marvelous development has led Professor Marbut to say that "the next great period in the world's history will be known as

The 'Concrete Age.'"

And the Detroit civil engineer, Julius Kahn, says: "We are passing out of the iron and steel age into the concrete age."

These prophecies do not seem extravagant when the uses to which con-

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crete is put are considered. It is used for dry-docks, fortifications, gun emplacements, locks and dams, sewers, culverts, foundations, breakwaters, sidewalks, piles, fence posts, silos, telegraph poles, bridges over rivers and public highways, fireproof floors, roofs, tiles, factory chimneys, pipes for water service, reservoirs for city water supplies, grain elevators, engine beds, foundations for street pavements, and, in fact, any use to which stone or brick can be put.

The growth of production is well-nigh incredible. The following figures of production are as astounding as they are reliable; 1892, 547,000 barrels; 1896, 1,543,000; 1899, 5,652,000; 1904, 26,500,000. Estimating one barrel of cement to a cubic yard of concrete, the cement consumed in the United States in the year 1903 would have built a wall 2,000 miles long, eighteen feet high, and six feet thick.

In fact, there seems to be no limit to the possible uses of cement and concrete in the United States. The chief difficulty at present is in the supply being kept up to the ever-increasing demand. Besides what we make we import great quantities from Britain and Germany, and yet we can hardly answer the growing demand.



## Our Boys and Girls.

### I 'WOULDN'T FRET.

Dear little lad, with flashing eyes,  
And soft cheeks, where the swift red flies,  
Some one has grieved you, dear; I know  
Just how it hurts; words can hurt so!  
But listen, laddie—don't you hear  
The old clock ticking, loud and clear?  
It says: "Dear heart, let us forget—  
I wouldn't fret, I wouldn't fret!"

Why, little girlie, what's gone wrong?  
My song-bird's drooping, hushed her  
song.

The world has used you ill, you say?  
Ah, sweetheart, that is just its way.  
It doesn't mean to be unkind,  
So, little lassie, never mind;  
The old clock ticks: "Forget, forget,  
I wouldn't fret, I wouldn't fret!"

—Success.

### LITTLE WILLIE.

They cut pa's trousers down for me; I  
don't get nuthin' new;  
I have to wear his old coats out, his old  
suspenders, too!  
His hats and shoes don't fit me, but  
s'pose they will some day,  
And then they'll come to me instead of  
bein' thrown away.  
My sister Grace is twenty-two,  
And she can sing and play;  
And what she wears is always new—  
Not stuff that's thrown away!  
She puts on style, I tell you what!  
She dresses out of sight;  
Life's journey, thru and thru,  
Speaking what's just and true,  
Doing what's right to do,  
Unto one and all,  
When you work and when you play,  
Each day and every day;  
Then peace shall gild your way,  
Tho the sky should fall.—Alice Cary.

### RESCUE FROM FIRE AT BUF- FALO, N. Y.

The firemen of two engine companies  
had a merry time at the foot of Porter

avenue last night. Putting out a fire  
in the old West End Rowing club's boat  
house wasn't half as much trouble as  
rescuing a dog and her six puppies con-  
fined therein.

While the blaze was at its best some  
of the firemen heard the dog whining in  
sore distress. None of them could bear  
to think of the brute being burned alive.

"eLt's get the poor brute out," said  
several pipemen simultaneously. Throw-  
ing their weight against the door facing  
the pier leading from the burning build-  
ing to the shore, they forced an entrance.  
They were confronted immediately by  
a fine, big creature, a Saint Bernard.

With a wagging tail and a series of  
quick yelps the dog welcomed them.

"Come, Sport!" called the firemen.

The dog, instead of coming, ran to-  
ward the rear of the building, looking  
around and still wagging its tail and  
yelping.

"What th' divil's th' matter with th'  
beast, anyhow?" exclaimed Pipeman  
Moriarity.

"Hanged if I know," said another.  
"Guess we'll have to go after him and  
drag him out."

Just then the big dog came back, bark-  
ing and yelping more furiously than  
ever. Again she turned and ran back  
to the rear, looking around as if expect-  
ing the firemen to follow her.

"By Jinks, you're right, Moriarity,"  
said Jim. "That's what's the trouble.  
She's got her litter back there somewhere  
and she wants us to get them."

They followed the dog and, sure  
enough, there were six as fine baby Saint  
Bernards as ever one laid eyes on, snug-  
ly curled up in a corner.

Three firemen took two apiece and  
soon had them safely away from the  
burning building. Then they started  
back to get the mother dog. There was  
no need of that. She was at their heels  
when they took the pups out and had  
been simply lost in the darkness for a  
moment, but was now standing over her  
pups, licking them tenderly while casting  
grateful looks at their rescuers.—Our  
Dumb Animals.

## THE BOY THAT LAUGHS.

I know a funny little boy—  
The happiest ever born;  
His face is like a beam of joy,  
Altho his clothes are torn.

I saw him tumble on his nose,  
And waited for a groan—  
But how he laughed! Do you suppose  
He struck his funny-bone?

There's sunshine in each word he speaks,  
His laugh is something grand;  
Its ripples overrun his cheeks  
Like waves on snowy sand.

He smiles the moment he awakes,  
And till the day is done;  
The schoolroom for a joke he takes—  
His lessons are but fun.

No matter how the day may go,  
You cannot make him cry;  
He's worth a dozen boys I know  
Who pout and mope and sigh.

## A WORD FOR BOYS.

Amos W. Farnham, State Normal  
School, Oswego, N. Y.

After several years' absence from the village of H—, I returned to it, and found that time had wrought the greatest change among those whom I had left as children. One day I was in the store of one of the leading merchants, when a youth came in. He did his errand and went out. Something in his manner led me to ask who he was. My friend, the merchant, said: "You will be surprised when I tell you that he is Mr. M.'s son." Then he went on to say: "For years I have watched the children of this place grow into their 'teens. I have more than once marked a boy in knee breeches and told myself that when he was old enough I would try to secure him for one of the departments of my business. But as he outgrew his short pants he also outgrew the summer terms of school, the Sunday-school, and parental instruction. He began to smoke cigarettes, to swear, to stand on street corners, to sit on store

steps and swap small talk with senseless simpletons. Then I have had to bid good-bye to my boy and transfer my hopes to another." Just then a lady came from her carriage into the store and asked my friend to show her some summer silks. He passed along to serve her, and I was left to reflect upon his words.

Since then I have said to more than one promising boy, "My young friend, I have read with pleasure your advertisement, with testimonials, for a place of trust." When his look of surprise has asked what I meant, I have said: "Your language, which is free from slang and profanity; your polite manners, and the good company you keep are your advertisement; and your bright eyes, fair cheeks, pure breath and elastic step are our testimonials. They testify that you are free from habits that undermine health and morals. Now, there is a man of wealth who wants you for a place of trust by and by. The place will demand keen oversight and only a young man who has large physical and moral strength will be able to fill it. But in return for its demands, it *pays* well. So, keep your advertisement where the man of wealth can read it every time he meets you. Keep your testimonials clean for any one 'whom it may concern,' and, mark me, boy, by the time you want a place the place will want you, and you won't have to wear out a pair of shoes to find it."—American Education.

## BUYING A PAPER.

"Here, boy, let me have a paper."

"Can't."

"Why not? I heard you crying them loud enough to be heard at the City hall."

"Yes, but that was down 'tother block, ye know, where I hollered."

"What does that matter? Come, now, no fooling. I'm in a hurry."

"Couldn't sell you a paper on this here block, mister, cos it b'longs to Limpy. He's just up the furdest end now. You'll meet him."



"And who is Limpy? And why does he have this block?"

"Cos us other kids agreed to let him have it. Ye see it's a good run, 'count of th' offices all along, and the poor chap is that lame he can't git around lively like the rest of us, so we agreed that the first one caught sellin' on his beat should be thrashed. See?"

"Yes, I see. You have a sort of brotherhood among yourselves?"

"Well, we're goin' to look out for a little cove what's lame anyhow."

"There comes Limpy now. He's a fortunate boy to have such friends."

The gentleman bought two papers of him, and went on his way down town, wondering how many men in business would refuse to sell their wares in order to give a weak, halting brother a chance in the field.—Exchange.

#### A BOY THAT WON.

A boy called on a grouchy old man and asked for a job.

"No," snapped out the man.

"Yes," cheerily replied the boy. "That back yard of yours is frightful. I'll clean it all up for a quarter."

"I'll give you fifty cents," and he did.

He kept on cleaning up in and out of the place, and then fixed up the places the old man rented, and he looked after his larger interests. In ten years the grouchy old man was getting vastly rich, and was paying the back-yard cleaner \$20,000 a year to help him.—Journal of Education.

The doctor looked his patient o'er,  
And gravely shook his head.

"You mustn't carry so much steam;  
You need a rest," he said.

"To burn the candle at both ends  
Will wreck your system quite;  
And now I must be off, you know,  
I'm driven day and night."

In every walk of life, familiarity  
Makes each repudiate, his own philosophy.

The cobbler's shoes are full of holes,  
The tailor's coat is torn;

The plumber's house is full of gas;  
The builder's full of smoke,  
The inconsistent sons of men  
Don't practice what they preach.

#### "YOUR OWN CANOE."

It is good to be kind to the noble and great,

It is good to be heir to vast estate,  
But 'tis better yet, I think—don't you?—  
To be able to "paddle your own canoe."

So smile on the humble as well as the great;

For dead men's shoes never care to wait;  
But strive to be useful and brave and true

And be proud to "paddle your own canoe."

#### SING AND SMILE.

What's the use of weeping?—Tears will never smooth the way.

What's the use of sighing?—Sighs were never known to pay.

Just keep singing and keep working tho the skies are often gray,

And the world will give you something worth the having.

What's the use of kicking?—Any mule can do the same.

What's the use of growling?—Growling never won a game.

Just keep singing and keep toiling, yours the victory or blame,

And the world will give you something worth the having.

—The Commoner.

"The mother of a Charlemagne, a Luther, a Cromwell, a Gladstone, or a Lincoln was doing the greatest work there was to be done in the world in her time. If it had been necessary to train every woman in her generation to worthy motherhood in order to train that one, the investment would have been a good one."—J. C. Fernauld.

The only thing that makes any man superior to another is his service.

*Report of Superintendent Children's Aid and Home-Finding Association of Utah, with Supplementary Letter by Miss Johnson.*

Mr. President, Ladies and Gentlemen:

Once more we meet in the interests of the homeless of this state—and it seems well to recall at this time our small beginning.

Five years ago last May we organized as a branch of the California American Home-Finding Association, with the hope of doing a work in Utah similar to that of our Parent Society, whose object was and is:

"To find family homes for orphan, neglected or abused children and youths; boys and girls from jails and reform institutions; also mother and child without separation."

We have not been successful in finding homes for mother and child without separation, and have done very little along that line.

We worked for a time as a branch of the California association, but became independent. After eighteen months we became an independent society and took the name of "The Children's Home-Finding Association of Utah."

*Society Incorporated.*

In April, 1903, we incorporated under the name of "The Children's Aid and Home-Finding Association of Utah."

*Cases in the Home.*

When we submitted our last annual report we had seven inmates. Since then we have received thirty-six—twenty-one males, fifteen females.

More cases have been sent away than we have been able to receive, and our hearts ache as we report the many, many cases turned away.

*Deaths.*

This is the first year we have had deaths to record. We have lost two little ones during the last year.

*Much Sickness.*

Measles, la grippe and diphtheria have invaded our home, and greatly retarded our work.

*Present Inmates.*

There are now four inmates in the home, and one of our wards outside of the home, besides the superintendent, making six in all.

*Children's Homes.*

We have been very successful in finding homes that were very homelike for our wards, but now there is one child misplaced who will be returned soon.

*How the Work is Kept Up.*

The work is sustained by donations. Donations have come in from different sources. At Christmas time the East Side Baptist church sent us money, food and clothing.

Several coal companies have donated coal. The Woman's Literary Club and many friends have sent us the needed clothing and material to make necessary garments for infants and children; many others have also sent food and clothing, and friends have brought offerings to the Home and cash.

The merchants have responded to our appeal for supplies for the Home most liberally. The Singer Sewing Machine Company gave us a sewing machine. Our officers, doctors and dentists have done their work free of charge, and our counsellor, Mr. Pierce, has done our legal work free of charge, for the work's sake.

Others have sent us cash when asked to do so, and members of our board have sacrificed time in their efforts to collect money.

All these have had a share in this noble work, and now to all these friends we wish to extend our most sincere thanks for their help, and most earnestly invite each and all to continue in the work and urge them not to weary in well doing, for in due time they will reap a reward, "if they faint not."

Number of weeks and days inmates were in Home: From November 1st, 1904, to November 10th, 1905, we have boarded inmates 3,323 days, or 457 weeks.

Average family has been nine plus, plus, from the time of our last annual meeting up to November 10th, 1905.



Respectfully submitted, this 10th day of November, 1905.

MRS. V. A. STICKNEY,  
Superintendent and Matron.

*To the Children's Aid and Home-Finding Association of Utah:*

Will you kindly allow me to place before the public the three great needs that present themselves for a speedy solution, in connection with this work, which would tend towards the welfare of this state in no small degree.

Surely, if other states need and support homes for erring women, Utah needs to do the same work.

But, Utah being a new state, this question of providing charitable institutions for the unfortunate is being sadly neglected.

It is a question that must be met on a broad, unsectarian basis, in a spirit that will brook no narrow, selfish views in dealing with this "social evil" that is certainly undermining the well being of all social enjoyment and crushing out the home life thruout the United States.

Moreover, it is a work so closely allied with the work of this association in general, that I beg an earnest consideration of this paper; having spent several days writing the records of the children who have been wards of this Society, I can realize the situation of the poor, ignorant girls, who have neither a home nor a mother's care, which fact often leads to their downfall.

That the Children's Aid and Home-Finding Association of Utah is doing a grand work, is fully evidenced in making out the records of the children received into the Home under Mrs. Stickney's care.

To write the record of a young babe only one day old which was given into the receiving home to be placed in a home where it would be welcome, given up by its father and mother, as one would give a little kitten or young puppy away, is enough to excite the sympathy of any human being.

But to record the taking of a young babe from an old trunk, where it lay

rolled in rags, while the mother was lying in one corner of an unfurnished room, without even a stove, lying upon a pile of filthy rags in the most abject poverty, to learn that this mother later on killed herself by taking wood alcohol; to know that this same babe is now after three years in a comfortable home, a bright, healthy child, seems a great work for this association to accomplish. To see the bright, happy face of little Don (now in Mrs. Stickney's home), who was taken when a young babe, a poor, little sick mite of humanity, with no prospect whatever of life, who is now a happy, smiling boy, winning the love of everyone it meets, and upon little Don, Mrs. Stickney has lavished every care, and the affection of a true hearted mother. To see all this, and recognize it as the work of this association in general, and of Mrs. Stickney, in particular, is enough to bring joy to the angels in heaven.

To record the admitting into the Receiving Home, the placing and adopting of the hundreds of little ones who have been the wards of this association, is a work they may well be proud of.

"In-as-much as ye have done it unto one of the least of these, ye have done it unto me."

But, notwithstanding all of this work is too narrow a basis upon which to stand in this great state of Utah.

The mothers of these babes have needed the care and the protection of this association as much as the babes have needed it, needed it both before their babes came into the world and afterwards.

Ah, my friends, it is the afterwards that counts for a mother's weal or woe.

That great-souled man, Luther Burbank, who thru persistent energy, scientific research and studying the nature of each plant individually, taking out the energy sapping elements, and introducing and directing the useful elements in the rankest weeds that grow, has made weeds to grow into a thing of beauty, and given to the cactus plant a food

value that will in future years be a blessing to mankind.

This same Luther Burbank, a lone, solitary man, has said: "Why, oh why, are the human weeds not cared for, so that the flowers in them will come out, too?"

To use a more common phrase. "We've all an angel side;" and what is more likely to bring out that "angel side" than to provide that the young mothers of these desolate babes may remain in the Receiving Home with their babes, rather than cast them out of their lives, when they might prove the salvation of the mother.

Is it not the crying need of this city. To save the young girl who have been the dupe of some man, who has had no other purpose in view than the betrayal of the affections of these girls, who are oftentimes motherless and homeless.

Furthermore, in giving up their young babes, it crushes out the maternal instinct from their natures, and they drift down and down.

Is it not a travesty on the Christian people of this city that there is absolutely no place for the girls to regain their standing, once having stepped aside from the path of virtue.

Neither is it a safe method of charity to deprive these girls of their babes—even at their own request.

How much better to be able to say: "We have a home where you can keep your babe and give it a mother's care; we will help you to find employment, and your babe will still be cared for," thus making the young mother see her responsibility to her child.

I know two young mothers who have been left alone in the struggle of life, homeless and penniless; who with true Spartan courage and true mother love, have bravely faced the world with babes in their arms, and, though cold and deprivation and toil have been their constant companions these past two years, yet they have clung to their little ones, and are better women for the love and care bestowed upon their hapless babes.

It will be acknowledged that to de-

stroy young life, even before birth, is but adding sin to sin, and brutalizing humanity.

Then, is it not better to enlarge the scope of this Association, and in saving the children, save the young mothers, also.

No one can understand what temptations are thrown in the way of these girls to accomplish their downfall, and in truth, but few in this city can say with assurance, "My husband, my son is not guilty." My sister, my wife, my daughter, are free from temptations."

Ah, dear, loving mothers, would you but write the records of these young babes taken into the Receiving Home since 1900, and could you read between the lines as I have done, with tear-dimmed eyes and aching heart, you, too, would realize the awful truth that these babes could claim with the highest in the land. They are not all from the "scum" of the city, I assure you.

This society also needs a maternity ward in connection with the work already engaged in.

There is no place for such cases, and that it is needed goes without saying, when it is apparent that bodies of young infants are found in the streets, in garbage cans, or, wrapped in paper are concealed in every place possible to imagine, all because of a lack of humane influence which should most assuredly be brought to the front.

It is a shame to the community that such things "are," and even a greater shame that nothing is being done to better the conditions these young girls are placed in, when these glorious mountains are filled with gold, and the people of Utah are a generous people.

Therefore, the three great needs of this Association are: More interest in the work of saving the young children by placing them in homes; the scope of the work to be enlarged (to include the sheltering of young mothers for a time, and impressing upon them the great responsibility they have incurred, both before God and man), and the third need is a Maternity Ward.



All this under the care and supervision of the Children's Aid and Home Finding Association of Utah would be more effective than to have different and separate societies take up the work.

With due consideration and respect for the Constitution of this Association, I wish to suggest that the Constitution does not fit the needs of this state, and because of that fact, and also because Utah has not considered this matter as it deserves, I beg that this outline may be well weighed. Believe me,

Very truly,

MISS LULU JOHNSON.  
540 E. First South St., City.

---

MY GRAM'PA.

By Lella Marler Hoggan.

Long ago, my dear old Gram'pa  
Was a boy like me and you;  
And he loved to play at leap-frog  
And the games that we boys do.

But he's very tired now days,  
And he doesn't like a noise;  
Mamma says he doesn't 'member  
How he once was like us boys.

When he wants to read his paper,  
Says we're sure to want to play.  
"Boys are awful noisy fellers,  
Always are in Gram'pa's way."

Gram'pa's, though, are curious creatures,  
Boys can't tell what to do next;  
Sometimes if you talk a little  
Gram'pa looks most awful vexed.

Other days, when Gram'pa's happy,  
We can talk and play all day;  
Then he tells us wonder stories,  
Shows us lots of games to play.

Then his hand is soft and gentle  
When he pats us on the head;  
And his eyes are full of love words  
When he kisses us to bed.

When I think about the teardrops  
I saw shinin' on his face,  
Then I ask the Lord to bless him

And to save him a good place.

For I love my dear old Gram'pa,  
And I help him all I can,  
So's I can be a Gram'pa  
When I get to be a man.  
Lewisville, Idaho.

---

AFTER RILEY.

When the frost is on the punkin' an' th'  
fodder's in th' shock  
You can see us madly chasin' 'round an'  
'round a city block,  
For the coal bin now is empty an' the  
air is gettin' chill  
An' we got to buy some fuel with no coin  
to pay th' bill.  
We have spent our summer's wages  
where the many pleasures flock,  
An' th' frost that hits the punkin' gives  
yours truly quite a shock.

---

THE TURKEY'S MEDITATION.

The turkey sat upon the fence,  
As doleful as could be,  
And thought, Why should Thanksgiving  
day  
Bring me such misery,  
When all mankind should just rejoice  
For blessings of the year?  
While, of the day, he could but think  
With trembling and with fear.

Why couldn't he be thankful, too,  
For crops he'd gathered in?  
He'd helped the farmers reap their  
crops—

It seemed a dreadful sin  
That they should show no gratitude  
For all that he had done;  
But had to give him such a roast,  
All for their selfish fun.

Roasting he did not like at all;  
It seemed a barbarous thing  
That any living being should  
Such misery e'er bring  
To any one that wished to live,  
Enjoying nature's charms.  
He could not bear the heartlessness  
Of people on the farms,

Who made him live but for their greed  
 To take his life away  
 When he had grown all nice and fat,  
 And came Thanksgiving day.  
 He tried to think why it should be,  
 and, trembling, sat in fear  
 Each time he saw a man about,—  
 As Thanksgiving day drew near.  
 —Martha Shepard Lippincott.

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### A SENSIBLE WOMAN.

Princess Victoria of England, the only unmarried daughter of King Edward, declares that if she marries at all it will be for love. She is 37 years old and for twenty years has refused to consider every marriage proposal suggested by her father, the king.

"If I marry it will be to the man of my choice," she is reported to have said. "Father, mother and government shall not choose for me. I will love the man I marry, if I ever marry, and I shall not, under any circumstances, have a beer-swilling foreigner, afraid of soap and water for a husband. He will have to be a well-bred, clean, English speaking man with some ideas."

This bold declaration by the daughter of a king has shocked royal and aristocratic social circles all over Europe, but it has been read with delight by the English people.

In Europe princes and princesses rarely marry for love. "Reasons of state" generally are considered first, and love afterwards.

Naturally, a princess with so much spirit as Victoria has had few love affairs. There are rumors, however, that even so independent a princess as Victoria of Wales has had several "affairs of the heart."

---

### EQUAL RIGHTS IN ENGLAND.

The most remarkable women's rights demonstration ever held in London took place in the queen's hall the other night, when over 100 members of parliament and candidates pledged to support the women's suffrage cause confronted 1800 fair agitators. Many women could not gain admittance and a small hall was used

for the overflow. John Morley, who once ranged himself with the forces hostile to the woman's cause, sent the following significant message: "Few now hold that the chief business of women is the kitchen and the nursery. Plain social facts are against that odious and ignoble view. Great hosts of women in constantly increasing proportions earn their bread with their own hands and the female worker in a Scottish printing office or a Lancashire mill is as much entitled to a voice in the laws that regulate her toil as is the man."

---

### PEACE AHEAD.

Reports reaching the French foreign office show that fourteen treaties of arbitration have thus far been signed between the various powers of Europe and by America. The texts of all are practically identical with that of the French treaty with Great Britain. This ramification of similar treaties is considered as having widespread international significance, as it has the effect of a joint pact to which most of the leading nations adhere.

France has made six treaties—namely, with Great Britain, Italy, Spain, the Netherlands, Sweden and Norway and the United States. The other treaties are those of Italy with Great Britain, Denmark with the Netherlands, Portugal with Spain, Germany with England, Portugal with the Netherlands, Russia with Belgium, Great Britain with Switzerland, the United States with Switzerland, and possibly others not yet officially reported.

France, Austria and other countries are now negotiating a number of treaties. Those signed or pending represent all the leading powers of Europe and practically all the smaller powers, thus showing the universal acceptance of the same principle. It is expected that the movement will extend to South and Central America and the countries of Asia and Africa, exerting international influence, thus giving the chain of treaties world-wide effect.—The Light of Truth.

---

Dirt, debauchery, disease, and death are successive links in the same chain.



## THE LARGER PRAYER.

At first I prayer for Light—  
 Could I but see the way,  
 How gladly, swiftly would I walk  
 To everlasting day!

And next I prayer for Strength—  
 That I might tread the road  
 With firm, unfaltering feet, and win  
 The heaven's serene abode.

And then I asked for Faith—  
 Could I but trust my God,  
 I'd live enfolded in his peace  
 Though fears were all abroad.

But now I pray for love;  
 Deep love to God and man;  
 A living love that will not fail  
 However dark his plan.

And Light, and Strength, and Faith  
 Are opening everywhere!  
 God only waited for me till  
 I prayed the larger prayer.  
 —*Ednah D. Cheney.*

A crowd of troubles passed her by,  
 As she with courage waited;  
 She said: "Where do you troubles fly,  
 When you are thus belated?"  
 "We go," they said, "to those who mope,  
 Who look on life, dejected;  
 Who weakly say good-by to hope:—  
 We go where we're expected."

## SMILE.

Smile, and the world smiles with you,  
 "Knock and you go alone;  
 For the cheerful grin  
 Will let you in  
 Where the kicker is unknown.

Growl, and the way looks dreary,  
 Laugh, and the path is bright;  
 For a welcome smile  
 Brings sunshine, while  
 A frown shuts out the light.

Sing, and the world's harmonious,  
 Grumble, and things go wrong.  
 And all the time

You are out of rhyme  
 With the busy, bustling throng.

Kick, and there's trouble brewing,  
 Whistle, and life is gay.

And the world's in tune  
 Like a day in June,  
 And the clouds all melt away.

—*Tengwall Talk.*

## BEFORE IT IS TOO LATE.

If you have a gray-haired mother,  
 And from home you are 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 her 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 till you forget it,  
 But whisper it today.  
 Who knows what bitter memories  
 May haunt you if you wait?  
 So make your loved ones happy  
 Before it is too late.

The tender word unspoken,  
 The letter 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.

—*F. H. Sweet.*

It requires a rare degree of independence and courage and a supreme confidence in truth to break with current thought. Only those who love truth enough to heed her slightest whispers and to obey her every behest can develop those rare powers of seership which make men the prophets and teachers of mankind.—Rev. Alexander Kent, Washington, D. C.

Men who refuse to become rich show sound judgment.—Rev. N. D. Hillis.

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**MEMORY GEMS.**

Success is readiness for occasion.—  
 Channing.

In the long run men hit only what they  
 aim at.—Thoreau.

Do all the good you can, and make as  
 little fuss as possible about it.—Dickens.

The grand essentials of life are some-  
 thing to do, something to love, and some-  
 thing to hope for.—T. Chalmers.

Merit does not consist in gaining this  
 or that position, but in being competent  
 to fill any.—Louis Depret.

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Old 'Un—Yase, uf gourse. How could a man put his proberly in his wife's name mit a 'sword?—Tit-Bits.

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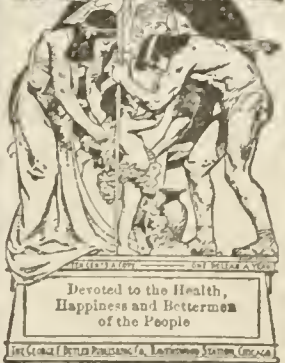
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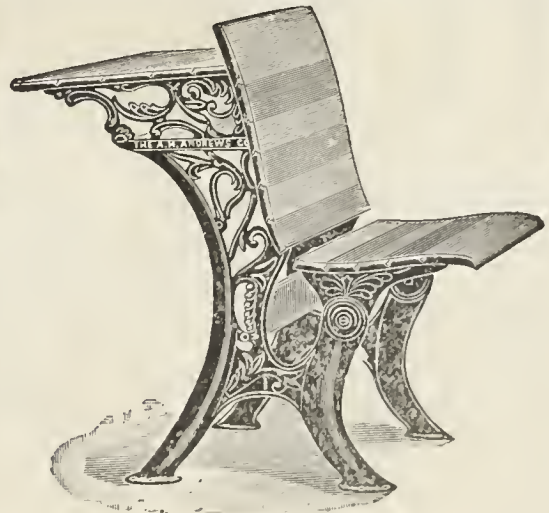
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