Sarah J. Stinson

The Character Builder

AN EDUCATIONAL JOURNAL FOR EVERYBODY

VOLUME 18. JANUARY, 1905. NUMBER 1.

PARTIAL CONTENTS

PROF. Wm. M. STEWART

PRINCIPAL OF THE UTAH NORMAL TRAINING SCHOOL

PUBLISHED MONTHLY BY THE HUMAN CULTURE COMPANY, SALT LAKE CITY, UTAH. ✕ JOHN T. MILLER, D. Sc., EDITOR. OFFICE, 334 SOUTH NINTH EAST STREET, PHONE 1676-k. ✕ PRICE ONE DOLLAR A YEAR. TEN CENTS A COPY.

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RUDOLPH BLANKENBURG

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THE ARENA

FOR

JANUARY

"A Twentieth-Century Review of Opinion"

B. O. FLOWER: EDITOR

KATRINA TRASK

THE BIRTH OF CORRUPTION, by Rudolph Blankenburg, opens a series of seven papers, by this distinguished citizen of Philadelphia, under the general title of "The Masters and Rulers of 'The Freemen' of Pennsylvania." This series will, we believe, prove one of the most vitally important, if not the most important, contribution to the literature of clean, economic, and progressive state and municipal government that has appeared in years.

THE REIGN OF BOODLE AND THE RAPE OF THE BALLOT IN ST. LOUIS. In this paper the distinguished publicist, author, and lawyer, Hon. Lee Meriwether, has given us one of the noblest and most astounding revelations of political corruption that has ever appeared.

LIGHT *VERSUS* LEGISLATION. A profound and masterly paper on the Divorce Problem by the well-known authoress, Katrina Trask (Mrs. Spencer Trask), of New York.

THE POSTAL SAVINGS-BANKS OF GREAT BRITAIN, by the Hon. J. Henniker Heaton, M.P., of London, England, one of the greatest postal experts of Great Britain.

A PIONEER NEWSPAPER CARTOONIST. C. L. Bartholomew ("Bart") of the Minneapolis *Journal*, is the first of a series of illustrated sketches of the leading newspaper cartoonists of our day which will appear from time to time during the present year.

These are only a few of the timely and exceptionally brilliant papers which make the January Arena, we believe, *the most notable number in the history of the magazine.*

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JOSEPH W. FOLK

SPECIAL ART FEATURES. Full-page portraits, printed in sepia on India-tint paper, of Rudolph Blankenburg, Katrina Trask (Mrs. Spencer Trask), Gov.-elect. Joseph W. Folk of Missouri, and C. L. Bartholomew ("Bart") of Minneapolis *Journal*. Also portraits of Thaddeus Stevens, A. G. Curtin, Simon Cameron, J. Donald Cameron, Galusha A. Grow, and Col. A. K. McClure. Full-page original cartoon by Dan. Beard, and more than twenty other illustrations.

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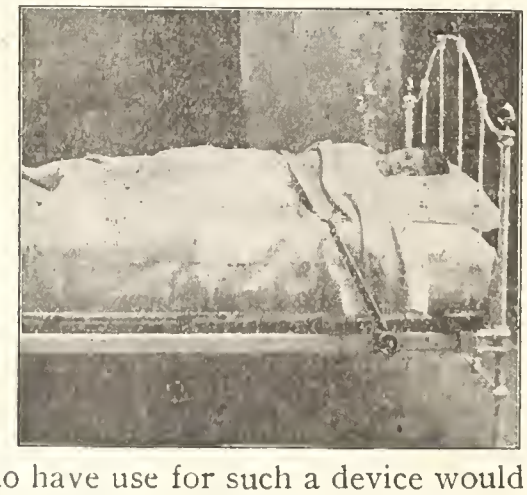

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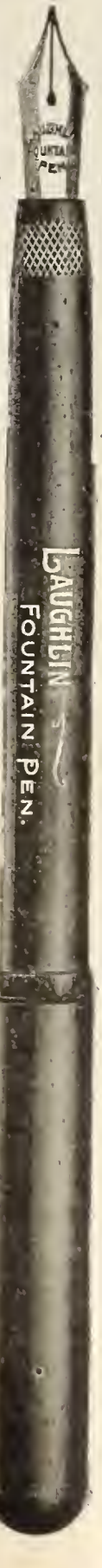

THE CHARACTER BUILDER

AN EDUCATIONAL JOURNAL FOR EVERYBODY.

VOLUME 18. JANUARY, 1905. NUMBER 1.

EDITORIAL.

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

RESPECTABLE GAMBLING.

In our present mercenary age many persons who believe they can get something for nothing, permit themselves to be led into schemes that are demoralizing to their character and in most instances cause them a financial loss. Some of these demoralizing schemes have the approval of society and even of Christian organizations. To show that this statement is no exaggeration we give here a few illustrations from the many that might be cited.

A youth recently came to our city with $50 in his pockets. He found his way to a gambling den and lost all his money. He was severely censured by his friends for this foolish act. But if he had spent his $50 to bring some young lady into prominence as queen at some Sunday school fair, his act would have won the approval of some of those who condemned him for the less respectable style of gambling. If he had spent his $50 in a piano raffling contest or in a guessing contest conducted by some respectable (?) newspaper, his foolish act would have been unnoticed, altho the moral results would be much the same as in the less popular effort to get something for nothing.

The fish ponds at children's fairs are a respectable kind of gambling. The boy who pays his nickel hopes to get more than a nickel's worth. Nine-tenths of the articles fished out are worthless; but in order to stimulate these amateur fishermen a valuable article is occasionally put on and causes those who have been disappointed to become jealous of the more fortunate ones. While writing this our attention is called to another kind of respectable gambling by the following bill:

"Grand weekly drawing of free theatre tickets. Send your children to the theatre at our expense. A numbered coupon given with every cash purchase and a grand drawing every Monday. Every week 30 lucky numbers. Every week 30 free tickets. Good for any matinee performance at the Blank theatre; the most complete and most elegant vaudeville theatre west of Chicago. Strictly moral and refined entertainments only. Mr. Blank, staple and fancy groceries, fruits and vegetables, full line of drugs and patent medicines." This is only a sample of a large number of such bills that are sent out; and some people are simple-minded enough to believe that the merchant or druggist pays for the dodgers and theatre tickets when it is the dear public that foots the bill. The same is true of the trading stamp swindle. An effort is being made by some of the merchants to have a law passed against the use of trading stamps, and a penalty of $1,000 fine for the violation of the law. Such a law could be easily enforced and we hope it will pass.

There are too many kinds of respectable gambling for the welfare of the public. Some argue that the money received from some of these schemes is used for laudable purposes, but the end does not justify the means. Some professional gamblers are philanthropic and liberal with their money, but that does not justify professional gambling. The public conscience needs awakening. There is too much straining at gnats and swallowing of camels; too much magnifying of petty wrongs and tolerating of these that involve millions and are more serious in their effort upon personal and social welfare. Let every honorable citizen work to abolish these wrongs.

A PROBLEM FOR VACCINATORS.

A very common defense made for vaccination is that some members of families have been vaccinated and others have not, and that those who were vaccinated escaped smallpox while those who were not vaccinated took the disease. This is given as conclusive proof of the value of vaccination. In order to show the fallacy of this conclusion we give here an account of a recent occurrence. Smallpox appeared in a neighborhood. Vaccination was used as a preventive. In one family where some university students were boarding all were vaccinated except one little boy, who was absent at the time. The virus "took," but within a few weeks the students and the vaccinated members of the family "took" the smallpox. The unvaccinated boy was the only one who escaped. We shall be pleased to hear the defenders of vaccination give a logical, scientific explanation of this.

HOSPITAL OR SANITARIUM,— WHICH?

The new Groves L. D. S. hospital which was recently opened in Salt Lake City, is one of the most modern and best equipped hospitals in the West. Every part of the hospital is arranged on the most modern and convenient plan. But as there are a number of hospitals in our city already, the thought forces itself upon us that a greater service would have been rendered the people of this region if the money spent in building and equipping this new hospital had been given to a modern sanitarium where people suffering of chronic diseases might be cured by means of drugless remedies, such as massage, hydrothorapy or water treatments, rational diet, electricity, Swedish gymnastics, and other similar remedies that are now held in esteem by all schools of practice. Every progressive physician knows that an intelligent effort to prevent disease would result in an improved condition of the public health. It is no less true that if those who are ill, and especially those suffering from chronic diseases, were treated by rational methods the necessity of surgical operations would be greatly reduced. There are instances when surgical operations are obsolutely necessary, but many of the most intelligent physicians of the world are convinced that a more rational practice of medicine will greatly reduce the necessity of surgical operations, and that hygiene and sanitary science will remove the causes of many acute and chronic diseases.

The word hospital always suggests surgical operation, while the word sanitarium suggests an institution where every possible human effort is made to restore the sick to health by means of hygienic remedies and where surgery is used only in extreme cases. These methods have been used in many of the sanitariums thruout the world for more than half a century with excellent results. Thus far the inter-mountain region has not had an institution where these remedies have been applied, but some have gone from here to the sanitariums of the East for treatment.

Drugless methods are not only more effective in curing disease but the patient is taught the causes of diseases and is assisted in removing them so that he reaches normal life with the information necessary to keep him in health and he may thus avoid future attacks. While hospitals are essential when all other means have failed, the greatest need today is a more intelligent procedure in the treatment of diseases before they have reached the stage where surgical operations are necessary. The best sanitoriums of our land are providing such remedies and are doing a great work in preventing disease and treating it by means of rational methods. With the numerous hospitals already established in this region, the great need of the present is a good sanitarium.

True religion saves one in both this life and the next, enkindling the spiritual and the psychic nature giving the loftiest of all earthly joys, and under the rule of science, harmonizing physical conditions.—Dr. E. D. Babbitt.

THE MOST IMPORTANT PUBLICATION.

From perhaps the most important publication sent out by our recent International Congress we take the following:

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The new explosive, Maximite, can instantly destroy any battleship that floats.

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Were half the wealth bestowed on camps and courts,
Given to redeem the human mind from error,
There were no need of arsenals or forts."

A first-class battleship costs as much as all the ninety-four buldings of Harvard University.

1. A million dollar bills packed solidly like leaves in a book, make a pile 275 feet high. One thousand million dollars, the price which Europe annually pays for armaments in time of peace, equal a pile of dollar bills over 52 miles high. This expenditure for the supposed prevention of war represents one thousand million day's labor at one dollar a day, and this, be it remembered, every year to enable each nation merely to hold its own.

2. A second pile of dollar-bills over 52 miles high represents the anual payment for interest and other costs of past wars.

3. To these inconceivably large amounts must be added the earnings of the millions of able-bodied men in army and navy who are withdrawn from productive industries and are supported by taxed peoples.—Our Dumb Animals.

THE SALT LAKE CITY SANITARIUM.

For several years W. L. Gardner, M. D., and Mrs. Eva Gardner, M. D., have successfully treated acute and chronic diseases by means of massage, electricity, diet, hydrotherapy or water treatments, and other drugless remedies. They are both regular physicians, and are besides trained in the science and art of nursing the sick. In order to bring relief to a greater number by the rational measures employed, which are the same as the remedies used in the large sanitariums of the world, some who have received benefit from the treatments, and others who know of their great value to humanity, are uniting with the Doctors Gardner to establish a sanitarium. Altho the institution be made self-supporting. it will be based upon humanitarian principles and will be kept free from sectarian or partisan influences. People of all creeds and parties are invited to join in the work. For the present the headquarters will be 122½ South Main street, where the treatment rooms have been conducted for some time. For particulars, write to Dr. W. L. Gardner, 122½ South Main street, Salt Lake City.

E. D. Babbitt, M. D., LL.D., says: "Children and adults are in dying need of having anatomy, physiology, hygiene, and the laws of mental and physical development taught them, and we need ten times more of it in our schools instead of less. The people should understand that the body is the sacred temple of the spirit and a part of our real selves so long as we live in this world."

The Colorado experiment station is to make the experiment of breeding a strain of horses especially for carriage purposes, from trotting stock. The federal government will oversee the work and furnish the funds for it.

Superintendent Francis S. Brick, Uxbridge, Mass.: When strangers are hooted at on the street, when public buildings are marked and mutilated, when general town property is held in disrespect, when the streets are overrun with young people who know little and care less about the rights and privileges, something is wrong with the educational system of the town. —Journal of Education.

Surely it is of far greater importance how man takes fate than how it really is.—W. von Humboldt.

Character Study Department.

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

"I look upon Phrenology as the guide of philosophy, and the handmaid of Christianity. Whoever disseminates true Phrenology is a public benefactor."—Horace Mann.
"By universal consent Horace Mann is the educator of the nineteenth century."—E. A. Winship, Ph. D., editor of the Journal of Education

WILLIAM M. STEWART.

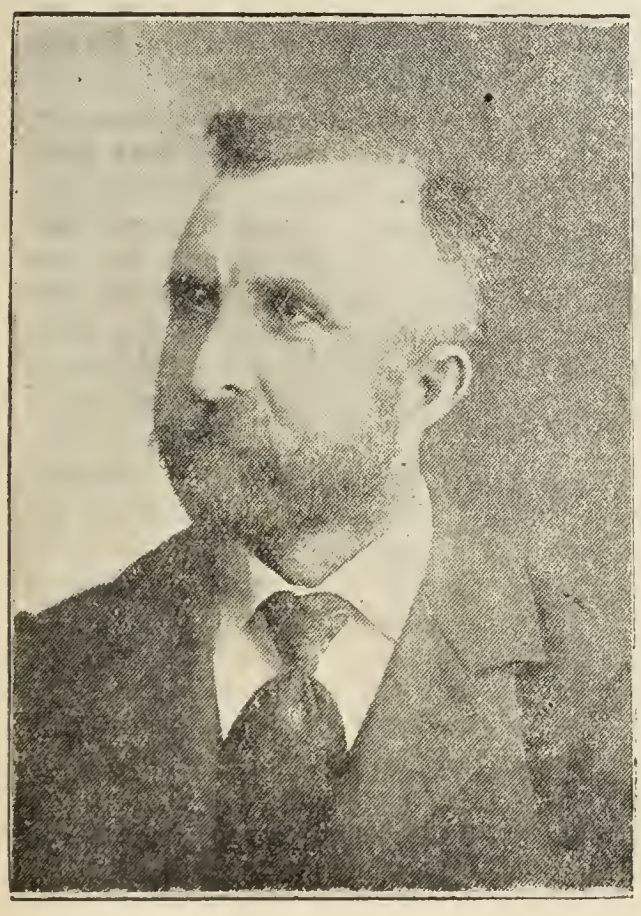
Delineation by N. Y. Schofield.

In Prof. Wm. M. Stewart, whose photograph appears herewith, our readers have another opportunity to become acquainted with and study a leading teacher of the inter-mountain region, whose labors entitle him to be ranked with other prominent educators whose sketches have already appeared in these pages. Temperamentally, however, we note a striking contrast between Supt. Nelson, Dr. Tanner and Pres. Kingsbury, as compared to Prof. Stewart, the latter being conspicuously deficient in the development of the motor organs. It may be profitable to dwell momentarily on this point. We observe that Mr. Stewart has a large brain, the exact circumference measurement being 23 inches, with other measurements correspondingly large, while he weighs only 150 pounds, and is only 5 feet 4 inches tall. These facts, considered in connection with the full cheeks and conspicuous development of the temporal regions of the brain, invariably correspond with a full development of the vital temperament, abundantly demonstrate the predominance of the nervous and nutritive systems; while what is known as the motor temperament, which relates to the bones, ligaments and muscles or the framework of the body, is relatively weak. Those who are acquainted with Prof. Stewart will perhaps have noticed that the gentleman sits high but stands low; in other words, the lower limbs are relatively shorter than the trunk. The shoulders are reasonable broad and all the vital organs are in excellent condition, which is an unfailing sign of the vital temperament, while the cranial measurements, especially the anterior lobes, are equally pronounced in asserting the strength of the mental temperament.

Prof. Stewart has, therefore, a MENTAL VITAL temperament; as a result of which he is genial, warm, and magnetic in disposition; active, energetic and emotional in nature; very susceptible to external conditions and will become enthusiastic in whatever appeals to his tastes or whatever promises to gratify his ambition in the direction of intellectual advancement or social pleasures. He is pre-eminently a student in the sense that he craves knowledge which can be utilized in the practical affairs of life. His acquisitiveness, which is quite strong, will be active in this direction rather than in the acquisition of material wealth. He has excellent reasoning powers, is capable of delving beneath the surface and will appreciate either the philosophical or scientific phase of educational problems. His large benevolence gives him humanitarian impulses, also great sympathy and patience for the weaknesses and failings of others. Thru the faculty of intuition he is enabled to understand the motives that actuate others, will have little difficulty in delineating their characters and can accommodate, himself, his language, ideas, and methods of instruction to the wants and capacities of those under his tuition. He is well fortified with hope and tho subject to moods and seasons of mental depression, he has too much energy to permit the clouds of gloom and melancholy to envellop him for any length of time. His mirthfulness and social nature are certain to assert their power and his countenance will alternately display the light and shadows of April weather; tho as a general rule he is optimistic and prefers to look and to live on the sunny side of life. He is genial and fraternal, a splendid conversationalist, well supplied with ideas and the language to express them; while his executive powers are sufficiently strong to impart the neces-

sary force and vim to enforce whatever he advocates.

Referring to a weakness in Prof. Stewart, we note continuity is somewhat deficient, hence he will be fond of variety, and while, as a result of his very active mentality he has an abundance, almost a surfit, of elaborate plans and schemes intended for his future guidance and the improvement of others, yet as a result of small continuity these are very likely to become modified or to be wholly abandoned, to make room for more recent thoughts or schemes. He is not lacking



in any of the religious or venerative faculties, having a strong endowment of spirituality imparting faith which, with the other two graces, hope and benevolence or charity, at once lifts his desires, tastes and efforts to a high plane of activity.

The back head cannot be seen on the photograph, but examination proves that Prof. Stewart is not only warm and social in nature, but is extremely affectionate and will display unusual regard and consideration for children.

In concluding this sketch of Prof. Stewart we desire to draw attention not not only to the skill and originality, plainly indicated in his development and which has been amply attested by labors already accomplished; but for the benefit of young men who are ambitious to succeed in life we point to the fact that Prof. Stewart has not attained his present position of usefulness in the community without determination and a persistent effort on his part to overcome the obstacles in his path. He is a man who is willing to work for what he expects to receive, and we refer the pose of the head, to the kind but firm set mouth and to the clear, upward glance of the eye as an indication and evidence of that energy, ambition, sympathy and hope that are characteristic of the man and are the source of his success in life.

BIOGRAPHICAL.

Wm. M. Stewart was born at Draper, Salt Lake county, Utah, Sept. 5, 1859. During his boyhood years he attended the public school during the winter months and worked on his father's farm in the summertime. He was one of the first Utah boys who came under the influence and the tuition of Dr. John R. Park, the pioneer educator of this region. Early in Life, Prof. Stewart decided to become a teacher and began his work in that profession during his teens. At the age of twenty years he began his studies in the University of Deseret (now the University of Utah). He graduated from several courses and later received the master degree from the university. After graduating, he began teaching in his native town and has been an earnest worker in the cause of education from that time to the present. He served for several terms as County Superintendent of Schools in Salt Lake county, and served for three terms as regent of the University of Utah.

In 1887 Prof. Stewart was elected director of the National Educational Association for Utah and served in that capacity with marked ability. In 1888 he became a member of the faculty of the University of Utah, filling the position

of principal of the Normal Training Training school and occupying the chair of pedagogy. The enthusiastic and untiring efforts of Prof. Stewart have placed this training school in the front ranks. In 1899 he attended the University of Chicago and pursued work in the educational department. Altho Prof. Stewart has not been especially conspicuous for original research in educational work, he has been unusually active in the work of establishing true principles of education that have been discovered. He has been an earnest worker in behalf of manual training, and has labored to bring the school nearer to actual and normal life. He is one of the most active and enthusiastic educators of this region.

HOW THE REAL MERITS OF EVERY CHILD CAN BE ASCERTAINED.

By Wm. Windsor, LL. B., Ph. D.

The modern fad in school teaching is psychology. Educators are gradually awakening to the necessity of some rational system of mental philosophy which will explain the operations of mind and its development. But modern pedagogy has not progressed sufficiently to more than comprehend the need of this instruction. It has yet to adopt the true philosophy to which phrenology affords the key.

In all previous systems of mental philosophy human beings were always regarded as possessing about the same kinds of sense, but varying in gross amount and in the capacity to express it. Occasionally a blank idiot was found who seemed to contradict this notion, but he was regarded as a mysterious "dispensation of Providence," and passed by as something outside of the domain of education and as not to be considered in any philosophical system applied to so-called rational beings.

Vitosophy, however, has demonstrated that human intelligence is graded in very gentle degrees from the gibbering idiot to the inspired sage, and that the kind of sense differs in different individuals as well as the amount of sense, and that it is highly important that these differences should be recognized in children at the earliest possible age, and that the best possible development should be secured for each individual according to his special endowment of talent.

In a word, this phrenological system of mental philosophy is the only one which has ever dared to offer specific advice to the individual according to his own case and regardless of others. The teacher who studies any other system of psychology learns a great mass of glittering generalities and comes to the schoolroom the next day to discover that he has not a single pupil to whom he can fit his psychological theories.

When he studies phrenology, however, all this is changed. He learns that there is a specific constitutional difference between the blue-eyed, sharp-featured and delicately-organized pupil and the one who has brown eyes, straight black hair and strong muscles. And he not only learns what that difference is, and how to use it to the best possible advantage of both pupils.

It is a well-known fact that students who obtain the honors in graduating exercises are frequently eclipsed in after years by those who were at the foot of the class on commencement day. This has always puzzled educators, who do not know that the pupil who possesses a large endowment of the phrenological organs of language and approbativeness is always vivacious and talkative and gets to the front because he can tell all he knows, and sometimes a good deal more. Close beside him sits a thoughtful, executive pupil, who reasons well, thinks deeply, but is often disgusted because he cannot express his thought. His phrenological ogran of language is low in development, and he cannot find expression in words for his ideas. In later years the two pupils are brought face to face with grave responsibilities in which their intelligence and powers are tested. Here the pupil with small language finds his opportunity. He is a man of deeds, not of words, and his strong arm expresses the knowledge which his lips could never utter, while the more talkative pupil ex-

hibits a great deficiency of executive ability. In college the boys were graded on their ability to talk. In the world the men are graded on their ability to act.

The teacher who understands phrenology does not grade his pupils in this way. He gives the talkative one full credit for all the knowledge he shows, but puts him to the test of executive ability also, and where it is shown to be deficient he develops this quality as well while the character is formative. A great many boys are practically ruined by high marks in college obtained by superior language. They show such a readiness to explain correctly how everything ought to be done that the teacher never suspects that their executive force is wanting, and consequently they lose this part of their education, and often with a brilliant college record a student wonders, and his friends wonder, why he does not succeed. The fact is that owing to the false system of psychology and under which he was educated his greatest weakness was not discovered and his education has really failed of his object.

The phrenological teacher knows the pupil. A phrenological examination at the hands of a competent expert is worth a dozen years of experiment and observation made without a knowledge of the principles of this science. I have frequently heard parents and teachers exclaim at the close of my professional examinations: "Well, I always knew that that boy had peculiar ways, but I never understood him until the present moment. Now it is all clear." Thus showing that the application of phrenology by an expert cleared up in a few moments mysteries of character which years of close and affectionate observation had failed to unravel.

It is an interesting fact that both teachers and physicians have appropriated large masses of phrenological facts and principles in their daily practice without giving credit for it. There are numerous men of both these professions who never lose an opportunity to decry phrenology, who owe their professional success to their adoption of psychological principles which were first announced by Gall and Spurzheim. I have never yet met an intelligent teacher or physician who expressed a disbelief in phrenology who would not admit every important principle upon which the science rests after 15 minutes of skillwul cross-examination.

The worst grudge these people have against the science is that it exposes their own shortcomings. There is an egotism in human nature which does not like to admit that it can be exposed and understood. In the presence of the skillful phrenologist all the disguises and hypocrisies of life must fall. As long as phrenology is truthfully administered, and as long as it continues to expose the vices, the weaknesses and the foibles of men and women, there will always be those who would fain hide themselves from its scrutiny beneath the fogs and mists of unbelief and ridicule.—Ye Quaint Magazine.

SITTING UP STRAIGHT.

To impress on a class of beginners the importance of sitting up straight at their desks, I told them a story of two trees, drawing on the board as I talked:

"One little tree was planted in Farmer Brown's field, while the other was in the next field, which belonged to Farmer Gray. Soon a heavy wind blew the little trees over toward the ground. Farmer Brown put down a stake and tied his tree to it to keep it up straight. Farmer Gray let his grow on bent over. In a few years the first tree was tall and straight, the apples it bore were big and red, the children liked to play under its shade, the birds built their nests in it, and everybody admired the tree.

"The crooked tree gave little shade, its apples were small, the birds would not make their home in it because it was too near the ground, and everybody wondered why Farmer Gray did not cut down his ugly tree. Now, which tree shall we be like?"

Instantly, the little people would straighten up, and for months after, whenever they would get a little careless in their position to simply say, "I like straight trees," would produce the desired effect.—Popular Educator.

Educational Notes.

THE UTAH TEACHER'S ASSOCIATION.

Jan. 3, 4, 5 and 6, 1905, one of the best attended sessions in the history of the association was held. The various departments held meetings where educational principles of interest and profit to the teachers engaged in the work of the several departments were discussed.

Dr. Skinner of Chicago was in attendance and delivered several lectures on historical phases of education. A new and most interesting feature of the work was a paper by Frank Driggs, Superintendent of the Utah School for the Deaf, Dumb and Blind, and an exhibition of the work done in the institution which was given by the teachers and students of the school. Another new feature was a discussion of "Education by Correspondence."

The most conspicuous feature of this session of the association is the emphasis which was placed upon physical and moral education. Some excellent papers on those subjects were presented.

The following department meetings were held during the institute: Kindergarten, Primary, Grammar Grade, High School and College, Parents', School Board, Elocution and Physical Education, Superintendents', Music, Arts and Crafts. We hope to secure for publication in the Character Builder, some of the best papers read in these sections and in the general meetings.

The officers who had the responsibility of the work are: A. C. Nelson, president; Elizabeth M. Qualtrough, vice-president; L. E. Eggertsen, second vice-president; W. B. Wilson, secretary; Wm. Bradford, treasurer; J. H. Paul, Maud May Babcock and J. L. Brown, executive committee.

The constitution and by-laws were so modified by the teachers assembled that in the future the secretary-treasurer will be appointed by the president and executive committee, and will receive a small salary for the work.

The following officers were elected for the ensuing year: Byron Cummings of the University of Utah, president; Miss Rosalie Pollock of Salt Lake City, first vice-president; Miss Mary J. Orth of Ogden, second vice-president; J. H. Paul, Maud May Babcock and A. L. Larsen, executive committee.

THE UTAH STATE SCHOOL FOR THE DEAF, THE DUMB AND THE BLIND.

The Utah school for the Deaf was established by an act of the Territorial Legislature in 1884, as a department of the University of Utah. In 1896 it became a separate institution, with a land grant of 100,000 acres and a governing board of five trustees.

The establishment of the school was due to the efforts of Wm. Wood and John Beck, both of Salt Lake, who were the fathers of deaf children.

The first pupil was enrolled on August 26, 1884. Since then 234 deaf children have been admitted and had the benefits offered. Of this number eighteen have completed the course and been awarded diplomas.

When first established, the institution was conducted as a boarding school, expenses of indigent children being met by the respective counties. In 1888 the Territory assumed the expense of maintenance. A building costing $50,000 was erected on the University square in Salt Lake and was occupied to its present permanent quarters.

The method of instruction employed in the school for the Deaf is what is commonly termed "The Combined system." This system is in vogue in most of the leading State institutions for the Deaf in America. It is a combination of the manual and oral method, and is a system that brings the greatest benefit to the greatest number. Speech and lip reading are considered very important and are taught whenever the measure of success justifies the amount of labor and time expended.

Each child is given a thoro trial under an experienced oral teacher. The men-

tal development and the acquisition of English are, however, considered of greater importance, therefore, whenever a pupil fails to acquire satisfactory speech, the manual method is employed.

In the primary grades, action work forms the basis of all language instruction. As the pupil advances thru the grades he is taught in practically the same way as his more fortunate brother. Speech, the manual alphabet and writing are used simply as tools to further his attainments.

Since 1892 the school has been enlarged by the addition of a new shop and gymnasium building. The old quarters of the shops and gymnasium in the upper story of the annex building have been partitioned off and made into complete and comfortable quarters for the blind. The new building consists of the shops, gymnasium and dressing rooms. In the shops electricity is used in working the machinery; the gymnasium is fitted up with modern and complete apparatus.

The growth and improvement of the school have been steady since its establishment, especially during the past three or four years. The advancement is marked in the school room work, in speech, lip-reading and the acquisition of English. The improvement in the acquisition of English is due to the fact that spelling has been substituted for signs in chapel and in the school room.

Much new apparatus has been added to the school rooms. Each class room has a small library. The general library now contains 2053 volumes, so that the Deaf have every advantage offered by books. The reading room is fitted with paper stands, tables and chairs, and the leading magazines of the day are always to be had.

In the manual training classes splendid progress has been made. The boys studying carpentry now have the advantage of a course in mechanical drawing in connection with their training. The boys in the horticultural class have the advantage of the best instruction and are taught how to mix soils, propagate and care for plants, spray trees and all the other things appertaining to the trade. In the hospital building the Domestic science classes have made rapid strides during the past few years. The blind girls as well as the deaf are taught to concoct viands fit for kings.

Considerable attention has been given to the lawns, walks, drives, shrubs, flower beds and orchards. Four acres of young trees have recently been set out in the front part of the grounds.

This school compares favorably with any of the State schools for the Deaf in the country, as was proved by the success of the class in charge of Miss Eddy at the World's fair. This class was a surprise to many intelligent teachers of the deaf. They had expected to see Utah favoring the method in use some twenty-five years ago. They found that Utah had been keeping pace with the best of them.

Of the eighteen pupils who have graduated from the Institution, three entered Gallaudet college, one passed the college examinations with high marks but did not avail himself of the higher education thus offered. There is not one among these graduates who is not a self supporting and valuable citizen. Nephi Larsen is foreman of the carpentry department in the Institution; Elmo Kemp who took a two years' course in the New Haven school of gymnastics, is supervisor of boys and teacher of physical culture in the Texas school; John Clark who took the degree of bachelor of science at Gallaudet, is now head of a surveying company doing work for the Government in southern Utah. Elizabeth De Long, graduating at the same time as John Clark, taking the degree of bachelor of arts is a teacher in the manual department of the school. At present the school has one representative at college, Miss Lillian Swift. This young lady graduates in the coming June. She has made for herself a creditable record and bids fair to graduate with all honors.

In the present high class at the school Maggie Clotworthy of Heber, Utah, is studying to take the college examinations and hopes to enter Gallaudet in the fall.

SCHOOL FOR THE BLIND.

In 1892 the State established a school for the blind, but owing to the lack of funds it was not opened until 1896. Up to 1903 the Blind school was conducted as a department of the school for the Deaf. In 1903 it was removed to the annex building where commodious and comfortable quarters had been prepared for it, and became a department in itself, altho governed by the same board and having the same superintendent as the school for the Deaf. The present enrollment is sixteen blind children. The methods of instruction used in this school are those advocated by the foremost educators of the blind. Since they have been moved to their new quarters their improvement is most marked Two new pianos have just been purchased for them, making four pianos for the school. Typewriting is an innovation this year. They have begun with four new typewriters. Their school rooms have been fitted up with desks in place of the old tables. They are working with the new braille machines instead of the old slate and stylus which took three or four times as long to work. They have a library consisting of 320 volumes in Braille, besides numerous books not in Braille which are read to them.

In the manual training for the blind they are taught hammock weaving, cane seating, knitting, crocheting, domestic science, piano tuning, so that they may as far as possible be self-supporting.

The educational standard and character of the institution are recognized by our sister States, Idaho and Wyoming, also the Territory of Arizona. Children from these localities are sent to the Ogden school yearly to be educated at the expense of the State from which they came.

ELIZABETH DE LONG,
Graduate of the Utah School for the Deaf, 1897.

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Wiley Cragun, Supervisor of Blind Girls.

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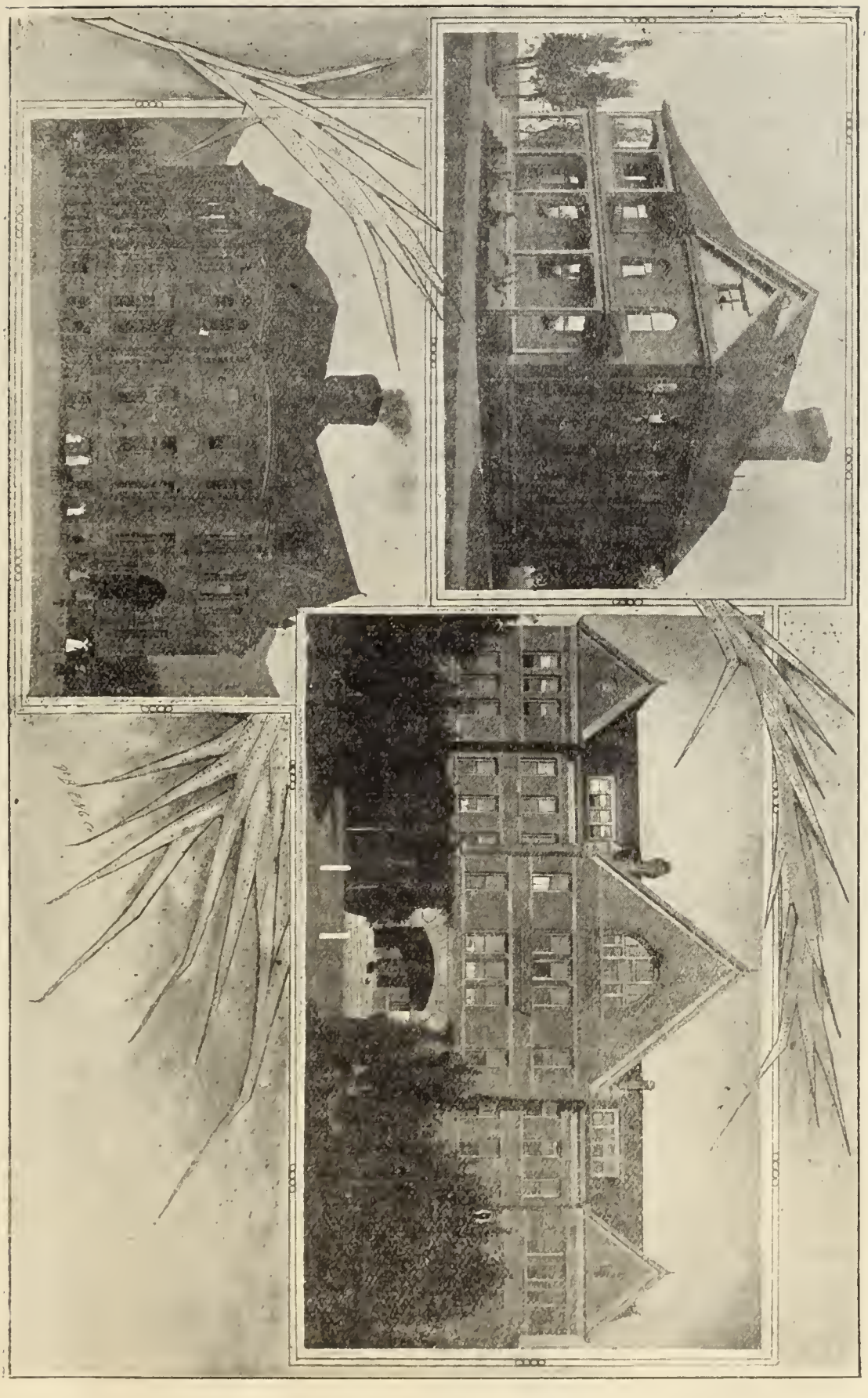
Observe all the good which is in every man, and let not oversight or partiality cause thee to make light of it.—Richard Baxter.

———o———

The way to get a sure, undoubted knowledge of things is to hold that for truth which accords most with charity.—Milton.



Buildings of the Utah School for the Deaf, Dumb and Blind.

WINNING HER DIPLOMA.

Booker Washington's story of Anne Davis, a Tuskegee student, is good to read and remember. Because of some misunderstanding about her studies, the young woman could not graduate. She accepted her own failure without whimpering, and determined to make the most of what she had.

"I have some education, Mr. Washington," she said to him, "and I will go where it will be useful.

Then the people at Tuskegee lost sight of her for awhile. But her deeds did not lag behind her intention and her speech. She went into the "black belt" of Alabama and picked out the most hopeless community she could find. She took the wreck of a log cabin which was occasionally used as a schoolhouse. The men were poverty-stricken and illiterate, and unable to use to advantage what little they had. They mortgaged their crops every year to pay the rents of their hovels.

It was a situation to appal the stoutest heart. But Anna Davis installed herself in the miserable log schoolhouse, and first won the interest and sympathy of the children.

Next she induced all the parents to meet there. She taught them enough arithmetic to know the value of their earnings and to appreciate the folly of their mortgages. She had learned something of the business side of agriculture at Tuskegee, and she taught them that. Then she went from cabin to cabin to teach by example a better way of living.

The result of that single-handed courage was seen by Mr. Washington when he visited the community a year ago. There was a frame schoolhouse on the site of the old log cabin, and all the children were going to school eight months in the year. The crops had increased; the men were out of debt; small, decent frame cottages had taken the place of the tumbled-down shanties, and were owned by the occupants. The people had scraped and saved to put up the frame schoolhouse before they thought of bettering their own homes.

It had been done in four years, and Mr. Washington asked his old pupil how she had done it all.

"I will tell you how I did it," she said, simply. Then she showed him an account book with the contributions to the school building fund. There were some small cash contributions, but there were more contributions of eggs and chickens to be sold for the school.

Beside this they had a little cotton plantation of their own. The children cleared a piece of land behind the schoolhouse and worked on it every day after school. They raised two bales of cotton a year, and that kept them going.

After telling this story, Mr. Washington said he wanted to add that "Tuskegee had since done what it should have had the wisdom to do before. They gave Anna Davis her diploma."—American Woman.

HUMAN CULTURE SUMMER SCHOOL.

For ten weeks, beginning June 5, 1905, a summer school devoted to human culture branches, will be held in Salt Lake City. Classes will be conducted in anatomy, physiology, sanitary science, hygiene for boys, hygiene for girls, household economics, dietics and scientific cookery, temperaments, physiognomy, physical measurements, scientific phrenology, psychology, the science of mind applied to teaching, the history of education, heredity, home nursing, accidents and emergencies, invalid cookery, physical education and oratory or expression. Classes will not be organized for fewer than five students, but private instruction may be obtained in any of the branches. Students may devote their entire time to one study, or may pursue two or more if they prefer. Five recitations will be given each week. The tuition for the ten weeks is $10, for one study; $15 for two studies, or $20 for any number of studies that the student can successfully pursue.

For further information, address the Human Culture Co., Salt Lake City.

In the future the Character Builder will be strictly cash in advance.

Moral Education.

NEGLECTED INSTRUCTION.

By Mary S. Whetstone, M. D.
Minneapolis, Minn.

"My people are destroyed for lack of knowledge."

This is as true about our people today as when Hosea divinely declared it about Israel. Those who are laboring for the good of the young are greatly impressed with the fact, that there is a lamentable need of moral training as pertaining to the sexes. To neglect to give it, is defrauding them of that which they have a right to know. Louise Hopkins declares, that "the training and harmonious mastery of the body, evolves the soul power, because the soul presides over every organ, and inspires every activity."

When the child is impressed with the thought that "its body is the temple of the Holy Ghost" it will be easy to teach it to care for, and honor every part of the "House Beautiful."

Do you ask, Where and how shall we begin? Bishop Vincent answers: "Begin in the home, continue in the school and the church."

But is it not a fact that parents, teachers, and ministers, have been almost silent on these subjects?

Some parents and teachers realize the importance of such instruction, but thru a feeling of delicacy, or incompetency, due to custom, or wrong education, they neglect it; or entrust it to some one else. Others hesitate, fearing that knowledge may do their wards more harm than ignorance, so they let them go on, trusting that in some way, they will find out the needed knowledge and come out all right in time. J. T. Miller thinks "All is proper to be expressed if our aim is only high enough."

Hardly a man or woman who spent their childhood days in the lower school only can remember of receiving the slightest instruction in sexology. This study is reserved for the higher schools and colleges, but the majority of men and women do not attend either. The science of physiology is now taught in schools very accurately and entertainingly. Every part of the body is described and all its functions are explained, except the great system of race propagation. Why not go a step further and inform the child that the most sacred trust which the Creator has given to him is his sexual system; that care should be bestowed to keep this possession as pure and holy as he keeps his mouth, or his eyes; that any derangement or abnormal usage of it will cause pain, sin and shame? Such instruction, I believe, would tend to extinguish morbid curiosity and vicious practices, raise the standard of morals to a higher plane, and bring into being a stronger and more vigorous race.

"The time has come," said Prof. Agassiz, "when scientific truth must cease to be the property of the few—when it must be woven into the common life of the world."

Dr. Elizabeth Blackwell, the first woman physician of this country, wrote: "When the church recognizes that one of its most difficult but glorious duties is to teach men how to carry out religious principles in practical life, it will perceive that the formation of all righteous life is reverence for the noble principles of sex. It is bound to rouse every young man and woman of its congregation to the perception that respect for the principle of sex, with fidelity to purity, is a fundamental condition of religious life. Then will human life begin to shape itself according to the principles of God's truth." Archbishop Ireland, speaking at a social purity congress, said: "Much of social evil comes from the fact that people have been afraid to speak on these subjects. It is high time that we should go forth into highways and byways in the name of the God of virtue and put forth our endeavors in this direction."

In all moral education, more can be accomplished by prevention than by reformation. We also realize that "forewarned is being forearmed."

From the moment the child is placed in the mother's arms she studiously guards it from all that might harm it. When it reaches forth to grasp an object

that might hurt it, she quickly warns baby of that fact. When it starts to school, she cautions it about certain things on the way that it must avoid. A little later when the boy or girl goes into the business world each is advised against adopting certain methods which lead to ruin. But when the child is entering into manhood or womanhood, not a word of instruction is spoken. No explanation is given about the changes incident to that period. Untaught, unwarned, grown children go forth to establish homes of their own, without one word as to the rights and sacred duties they are to assume.

When a man buys a property involving even a few hundred dollars, he asks for a clear title to it; but when his daughter marries, no question is raised as to the sex morality of the man she is about to marry. Boys and young men are engaged in "sowing wild oats" to reap an early harvest of disease and moral degradation. Ignorant and uninformed, taught only in the the school of vice in regard to sex, who can wonder that they have no regard for the sacredness of womanhood, and no idea of the dignity and possibilities of manhood?

It is said that in the houses of prostitution, the girls in scarcely any of them are beyond twenty years of age. At the recent Minnesota Convention of Charities and Corrections, the statement was made that from 33 to 60 per cent. of these girls are from the country, and are almost utterly ignorant and uninstructed as to the sacredness of sex, or that in parting with virtue they are starting on the downward road, which often leads to misery of the deepest form, degradation and most loathsome disease.

The folly of withholding knowledge of sexual science is to no one more apparent than to physicians. Too often they must listen to the cry of anguish and the lament: "Oh! if my mother or some one had only told me, how much suffering and sorrow I might have escaped!"

Yet physicians have hesitated to speak openly against this neglect concerning the instruction of youth. I fear they have allowed the long prevailing prejudice against such instruction to restrain them.

But they are beginning to respond to the needs of the hour. In the city of Chicago, the men and women physicians met to devote an evening listening to and discussing papers on "Sexual Hygiene." The same have been published in several medical magazines, and later in book form and sent forth on their mission of usefulness. Brave souls have begun to speak on these subjects and to write in some of our secular journals. Literature is being prepared from year to year that is designed to help impart this much needed instruction.

Alas! some having children, entertain the idea that, "if they keep children ignorant, they will likewise be innocent." We heard of a girl, scarcely beyond childhood, whose mother thought thus; but she was obliged to believe otherwise when her girl came to her and informed her that she was about to become a mother. There is a vast difference between purity and prudery. In the latter there is overdelicacy on sexual subjects. It is this treatment of the subject which gives the child the impression that everything pertaining to reproduction of the race is disreputable.

Love of dress is regarded as a frequent cause of a girl's downfall. The fond parents fail to realize that by praising their daughter's pretty garments an inordinate love of dress may be formed, which to gratify, may by and by cause her to yield to the tempter.

Lack of tokens of affection in the home, we believe, to be another cause of a girl's going astray; yearning for these, she is an easy prey for the evil-disposed man, who, knowing her weakness, lavishly simulates them. These she interprets as love, and yields all to him. The women in the land need to take a more decided stand in excluding young men of uncertain character from the society of their daughters.

Many boys and young men are deluded by the idea that unclean talk and insinuations evince superior manliness. To speak slightingly of women and the function of parentage is apparently the acme of their ambition. Alas! too often

they learn this of their fathers. It is a practice that needs to be frowned upon, for it is too common. At a carnival supper party, where the songs and stories were impure, Dr. Thomas T. Miner was called upon, and said:

"Gentlemen, I cannot give you a song or a story, but I will offer a toast which I shall drink in water, and you shall drink as you please. The toast is: Our mothers." The shot told; the party quited down from that moment and soon broke up. Next day three of the men called to thank him for the simplicity and courage of his rebuke.

Some one has said: "That man is rich, who laying his hand on his heart, can say, I have treated every man's sister as I would wish my sister to be treated." An educator advises that, "When a sign of anything, low or unclean is noticed in a school," and we are informed that the practice is common, "it is better to meet it face to face, and perhaps to say something very earnestly showing a pained heart, than to let the matter pass by with a bad mark, or simply to ignore it."

Do not delude yourself with the idea that your children are so closely guarded, that their associations are so select that there is no danger.

Facts show that where vice and sin are least suspected they exist. Do not imagine that because your child is silent it knows nothing. We find that children, not much more than babes, are hiding away in their little hearts dark secrets. I read of a lady with her three year old daughter, who called on her pastor's wife, the mother of a four year old son. While the mothers talked, the children went into an adjoining room to play. Great was the mother's astonishment to learn, a few days later, that during the few moments of their absence, the boy had given the girl an object lesson in the relation of the sexes. This boy had received the instruction from an older brother and sister, who had been taught by schoolmates. Eunice Hopkins, an eminent English social purity reformer, writes: "That the worst case of corruption in a boy she ever knew of was begun by a nurse woman and completed by a groom, and was all carried out under the blind eyes of deeply pious parents."

I know no subject about which the young people have so little correct and pure knowledge as on this subject. The question has been asked: "Why do children now need to know so much more on these subjects than when we were young? I knew nothing about them and I came up unharmed." Times have changed. Children in these days have less manual labor to perform and more mental excitement. Food, books and social habits are all more of a stimulating character. Hence the nerve power is not expended in work. Therefore there is a greater tendency to unrest and passional excitement. Parents do not expect their children to keep nor attain a righteousness they never had described to them; but they do expect them to be pure without teaching them purity, or without pointing out the opposite. In his Epistle to Timothy, Paul twice entreats his son "to flee from youthful lusts."

The child errs more from ignorance than from vice. Knowledge it certainly gains for itself, but alas! too frequently when that knowledge is acquired, an imperfect existence, a battered wreck, a darkly stained soul, are all that are left.

How shall we protect the child? Our first practical step must be to get the youth protected by law from all attempts to lead children into bad habits.

It is important to cultivate a high standard of decency and modesty in the home, among the children as well as adults. This is easy. Children are naturally modest. Purification of one's own thoughts is the first step toward teaching the child purity. Plaguing children about being lovers, etc., should be discontinued. Thus we keep the idea of sex prominent before them. By foolish jesting about love and marriage we are teaching our young people to regard them carelessly and so lower the dignity of love.

A good mother gives the following advice: "Keep up as far as possible the freedom of love incident to childhood between little ones, and from time to time impart instruction in an easy way, incidentally, when some circumstance

prompts, not as if you had some terrible or disagreeable secret to impart."

We are often asked, "At what age should instruction on these topics be given?" That depends upon the symptoms, as we doctors say: "Some children develop in intelligence and in moral sense much earlier than others. The faithful parent an dteacher knows best when knowledge will be well used. May she be wise in her time."

Parents, keep your children as much as possible under your own eyes. Those who commit their children to the constant care and companionship of servants, or allow them to select their own associates on the streets, are lacking in proper conception of parental duty. Children should be taught from infancy to regard their parents as their best, most loving sympathizing friends, so they will go to them first in any perplexity and doubt, any trouble, or any injury. Parents, be very careful that you do not fail them when they do come.

Some children not thus taught will seek someone outside of the home to confide in. Very often a kindly disposed teacher receives their confidence.

Be guided by circumstances as to how you frame your answers when children ask you "How and whence came I?" But as you value their love and well-being, let your answer contain nothing but the truth. No one can answer these questions so well as the mother. A clergyman once said to Dr. Mary Wood Allen:

"I went to my mother in childhood with an honest question about myself, and she told me what I afterwards learned was a deliberate falsehood, and I never again went to her for information, but I obtained it from sources and in ways that would have grieved her gentle heart. She might have saved me from this stain, but she lost her opportunity."

Another eminent clergyman stated: "That whatever his mother told him on matters of delicacy, always seemed chaste, but that there were many subjects that he could never separate from low associates with whom the knowledge was first obtained."

Mrs. Allen thinks "that the result of imparting such knowledge wisely to children instead of doing harm as is generally feared, will inspirt the child with deeper love and devotion for its mother." An excellent woman who had brought up one of the loveliest families, said that "after telling her little son how and whence he came, he twined his arms about her neck and cried, "Oh! mamma, how good children ought to be to mothers! I will be so good to you."

This mother said, "that he was now of age and from that day to this, there has been the most confiding companionship between us, and his tenderness and reverence toward me has been never failing." I read of another child when informed where she dwelt, her eyes filled with tears and she threw herself into her mother's arms and said, "Oh, mamma, I am so glad that you have told me! I shall always love you for it." When a playmate tried to talk with her on the subject, she silenced her by saying, "my mamma has told me all about it and I do not wish to talk about it with any one else." I have heard mothers relate similar experiences, and all testified that their children would not allow playmates to talk to them on those subjects.

Henry W. Beecher paid the following beautiful tribute to such mothers: "Do not read to me of the campaign of Caesar; tell me nothing about Napoleon's wonderful exploits. Nothing can compare in beauty and grandeur, admirableness and divinity itself, to the silent work of faithful women bringing up their children to honor, virtue and piety." Do not let your household cares or social pleasures take up your time, so that you cannot give a portion to your children. It is only a little while that they will gather around your knee. "The years of childhood will be gone before you know it, and with them the opportunity for character building, which is to send them out into the world such men and women, so that the world will have been better for their having lived in it."

As thought and necessity suggest, I trust that all having the care and training of youth will no longer refrain from imparting knowledge on sexual science.

We must not presume that they have previously been taught by parents, for we have learned that many parents neglect or are incompetent to instruct them. We should sow seeds of "knowledge that maketh wise," as opportunities are presented. Realizing this, Louise Hopkins said: "Oh, if we could all feel free to work for character, not covertly, not incidentally, but openly, explicitly, steadily, inspirationally and confidentally, as well as wisely, taking it to be the one permeating and superior purpose of child training and development, we must enter at every open door."—Dietetic and Hygienic Gazette.

AMERICAN NEWSPAPERS. Your papers are immense. Their size is appalling. They have many valuable features, but from our point of view they lack seriousness. I could speak of the better points of the newspaper in this country, but perhaps you would rather have my impressions as to the faults. The first of these is a degree of childishness in the treatment of news. Columns and columns of telegrams are printed from the war in Manchuria. These tell but little to the ordinry reader. If they were supplemented or expressed by clear analytical essays by the editor, it would, I think, be better. I fancy our European style of giving a journal weight by clear, forcible infusion of editorial opinion would be considered old-fashioned here, tho—Interview with Editor of Copenhagen Dannebrog.

One of the most successful woman's clubs is based on the absolute rule that at no gathering of the members shall there be permitted any conversation or discussion of what the club calls "the three feminine D's": Dress, Disease and Domestics. The rule has been so rigidly adhered to that even unconscious violations are now exceedingly rare. It would, indeed, be a blessing if the rule to the extent of absolutely tabooing the discussion of the second D might be followed in all our homes. Whether we choose to agree or disagree with all the rest of the belief held by Christian Scientists, that is one aspect of the question which admits of no argument. There is by far too much needless discussion of our ills and ails—in public and at our home tables. Some persons seem to find a strange relish in this discussion of their most petty ails. The simplest cold is an immediate signal for an analysis of the trouble, symptom by symptom, until a spirit of impatience, and almost rebellion, is ofttimes born where there should be a feeling of sympathy. It is not fair, however, to attribute this habit solely to women. A woman has the faculty of, at least, bearing a headache without a murmur. But preserve us from a man with a headache!—Editor Ladies Home Journal.

MUNICIPAL BREAD. They have a municipal bakery at Palermo, Sicily. The city has set aside $30,000 for a large mill and bakery, and produces some 44,000 pounds of bread daily. Before the establishment of this bakery a private establishment had a monopoly on the bread trade and the prices were inflated until there was suffering among the poorer clases. The municipal bakery has caused a reduction of prices and preparations are being made for the erection of a flour mill capable of handling 300 tons of grain daily.

THE AMERICAN CIRCUS.

W. R. Andrews, of Grand Rapids, Mich., at a recent toast, got off the following appeal to the Filipinos:

"You Filipinos don't know what you are missing by not wanting to become citizens of this grand country of ours. There isn't any thing like it under the sun. You ought to send a delegation over to see us—the land of the free—land of fine churches and 40,060 licensed saloons; bibles, forts and guns, houses of prostitution; millionaires and paupers; theologians and thieves; liberists and liars; politicians and poverty; Christians and chain gangs; schools and scalawags; trusts and tramps; money and misery; homes and hunger; virtue and vice; a land where you can get a good bible for

fifteen cents and a bad drink of whiskey for five cents; where some men make sausage out of their wives, and some want to eat them raw; where we make bologna out of dogs, canned beef out of horses and sick cows, and corpses out of the people who eat it; where we put a man in jail for not having the means of support and on the rock pile for asking for a job of work; where we license bawdy houses and fine men for preaching Christ on the street corners; where we have a congress of 400 men who make laws, and a Supreme court of nine men who set them aside; where good whiskey makes bad men and bad men make good whikey; where newspapers are paid for suppressing the truth and made rich for teaching a lie; where professors draw their convictions fom the same place they do their salaries; where preachers are paid $25,000 a year to dodge the devil and tickle the ears of the wealthy; where business consists of getting hold of property in any way that won't land you in the penitentiary; where trusts 'hold up' and poverty 'hold down;' where men vote for what they do not want for fear they won't get what they do want by voting for it; where 'niggers' can vote and women can't; where a girl who goes wrong is made an outcast and her male partner flourishes as a gentleman; where women wear false hair and men 'dock" their horses' tails; where the political wire-puller has displaced the patriotic statesman; where men vote for a thing one day and cuss it 364 days; where we have prayers on the floor of our National Capitol and whiskey in the cellar; where we spend $500 to bury a statesman who is rich and $10 to put away a working man who is poor; where to be virtuous is to be lonesome and to be honest is to be a crank; where we sit on the safety-valve of energy and pull wide open the throttle of conscience; where gold is substance—the one thing sought for; where we pay $15,000 for a dog and fifteen cents a dozen to a poor woman for making shirts; where we teach the 'untutored' Indian eternal life from the bible and kill him off with bad whiskey; where we put a man in jail for stealing a loaf of bread and in congress for stealing a railroad; where the checkbook talks, sin walks in broad daylight, justice is asleep, crime runs amuck, corruption permeates our whole social and political fabric, and the devil laughs from every street corner. Come to us, Fillies! We've got the greatest aggregation of good things and bad things, hot things and cold things, all sizes, varieties and colors, ever exhibited under one tent."

NEW YEAR'S DAY.

New Year's day is "swear off" day,
And O, that some would do it.
'Twould be so fine, O brother mine,
And we would never rue it.
If Standard Oil would give up spoil
And Steel would drop its grafting,
We'd shout with glee from sea to sea,
And burst our buttons laughing.

If Baer would swear to treat us fair
And not with greed pursue us;
If trusts in wheat and sugar sweet
Would both on longer do us;
If all would say that from this day
'Twould be their chief endeavor
To treat us white, we'd all delight
And give them praise forever.

If trust in shoes would now refuse
To squeeze us on the prices;
If trust in meat should now repeat
"We'll ask but decent prices."
If these would swear to treat us square
Thru Nineteen-five, and after
We'll all rejoice in loudest voice
Until we shook each rafter.

If trusts today would each one say,
"We'll gouge you folk no longer,
For be it known our love has grown
Each passing day much stronger,"
I here repeat if these words greet
Our ears this New Year weather,
We'd all arise in great surprise,
And then drop dead togeter.

—The Commoner.

The persistent recital of crime by the newspapers begets crime to an extent that no man can compute.—The Whim.

Home Making.

HOMEMAKERS.

Between the years of eight and eighteen, along with the rapid physical development, which is draining her strength, a girl is supposed to attain to proficiency in mathematics, one or two languages, history, one or more of the sciences, literature, and rhetoric, not counting the rudiments of spelling, reading, grammar, and geography.

She must be accomplished, too, as well as educated, and her home training must not be neglected. It is not much wonder that a large percentage of girls educated after this method break down in health, and that a still larger proportion finish their schooling without having a clear comprehension of any single branch of study, and with a mere confused smattering of learning.

The brothers of these same girls are given from four to six years longer at school, and at each of these mature years is worth two of early youth, as far as mental grasp is concerned. Nor is his time dissipated upon acquiring accomplishments. And yet women have always been branded with the accusation of being superficial as to their intellectual acquirements.

Again, a man is educated for his life's work. As soon as possible his career is decided upon and all his energies are bent in that direction, while most girls are trained with a special view to their social success.

The inadequate and crowded years devoted to the education of girls are frequently perverted to fitting them for the brief period of their "young lady" life, and the long, trying, useful years which are to follow after they have assumed the solemn duties of wife and mother are not anticipated or provided for by the training of their youth. No attempt should be made to force a girl into any particular groove unless she has decided talent, and so ardent a devotion for it as to be capable of and determined upon attaining to something higher than mediocrity. If she has the necessary time, talent, and energy, a specialty gives her independence, resources, and opportunities, and is worth the arduous work necessary.

It matters little whether or not the mothers of the world can play on musical instruments, paint pictures, or embroider "centrepieces," but a great deal depends upon their being instructed in physiology and hygiene, in chemistry, in practical house-keeping, in the rudiments of familiar science, and in the simpler details of business.

The noblest destiny to which women are called is that of homemakers, and the highest duties which Providence assigns to her cluster around the holy office of motherhood. It is absurd and wrong to ignore this, their highest and most natural destiny, in educating our girls.

Let us, then, instruct our girls in physiology, that they may understand the structure and the demands of their own bodies and the bodies of those committed to their care.

Let us teach them hygiene, that pure air within and without our homes may purify our blood, clarify our brains, lengthen our lives, and increase our usefulness.

Let us teach them chemistry, that when it becomes their important duty to provide food for a household, nourishment to the muscle and brain which helps to run life's machinery and to shape human destiny, they will know enough of the properties of foodstuffs to serve only wholesome, well-prepared food, specially suited to those bodies which are to be nourished by it.

Let us teach them, also, something of the sciences that they may comprehend the properties and laws of heat and cold, of light, air, and water, and enough of business to enable them to use a day-book, and to understand that an income of 200 pounds will not keep up a 400 pound establishment.

Such a course of education for our girls might result in fewer pianos and guitars, fewer pictures on our walls, and fewer embroidered linens on our tables. But there would also be fewer wrecks of womanhood strewn along life's path-

way, fewer cross, dyspeptic, harassed men in the world, fewer delicate, diseased children to add to life's inherited curse of suffering, fewer clubs where men seek relief from ill-conducted homes, and fewer boarding houses to which women carry their families in order to shirk solemn duties for which they find themselves unfit.

And there would be more happy homes, more contented men, more congenial marriages, more security in the present, and more hope in the future.—London Heath.

ATMOSPHERE IN THE HOME.

This is not to be a treatise on the weather. Conversations, however, usually begin with the weather for the important reason that atmospheric conditions explain so largely why we feel as we do. When the air is dead, we are lifeless. When it is over-charged with ozone, we are hilarious. When it blows madly along, filled with dust, we grow stubborn and pugnacious. When it is overloaded with spice and rich perfume, we grow indolent. When it is quivering with heat, we become morose. When it overflows with electricity, we are alarmed. It is not every day that the weather is exactly suited to our need and gives us just the precise stimulus necessary. We get things done for the most part in spite of the weather.

There are subtle spiritual as well as physical forces which create an atmosphere. Personality is something like the newly discovered element of radium, ever giving forth strangely effective influences and yet apparently losing nothing in the giving. It is a serious matter to be brought under the power of these influences, for no one knows just how far-reaching their effect will be, or even whether it will be for good or evil. Every child is thrust into the thick of the conflict of personal influences. They become his breath of life as much as the air; and he will be changed as they change.

His spirit will be strong or will languish, will strive bravely or yield in fear, will be glad or sad, according to the atmospheric pressure under which he lives.

What if all parents could remember that it is not what they say or do, but what they are as persons, that moulds their children! What if the motto deliberately chosen by all parents should be, "For their sakes I sanctify myself!" It would work a marvellous strengthening of the moral fibre of their children. But since parents will so often deliberately continue to be weaklings, even while exhorting their children to be strong, the world will continue to be peopled largely with men and women who have never developed as they ought because the atmosphere for their childhood was enervating or noxious, and they have never rejoiced in the opportunity to fill their lungs with pure air.

How shall a child learn what honor is, for example? Certainly not by abstract definitions nor by a mere command to be honorable. If his father is deficient in chivalry toward the mother in the home, or reveals a low standard of principle in his business dealings, or resorts to excuses to cover his shirking of duty, the son will never discover in him the soul of honor.

Truth must be lived to be understood. Children are conscious of the living truth, but are never attracted by an imitation. It is a sad moment in a child's life when he begins to dissemble because his elders do. It is infinitely sadder to see parents mistaking a child's dissembling for cleverness. Parents who promise and threaten, but never perform either promise or threat, are soon confronted with children who are never as good or as bad as their word.

Genuineness in character reveals itself thru truthful expression. The habit of truth-telling and truth-acting, even tho deliberately imposed upon a child by his parents, will go far to preserve the genuineness of character with which his Creator first sent him into the world.

There is an atmosphere of love and kindness in some homes which is felt by the whole community. Children who breathe such air grow strong in it, and soon contribute to create it. Parents whose kindness is never lax and whose

love is ever just impart a vitality to their children which conquers many later ills. But unkind and unloving parents are never successful in leading their children into the pathway of peace.

It is equally true, that, if there is to be a religious life, there must be an atmosphere of true religion in which such life may thrive. So many have thought that children could learn to be religious from a book. But not even the greatest of all religious books is effective as an influence for good until it has been interpreted in terms of religious persons.

There is a shallow pretense at religion, which is no less a pretense because it wears a serious countenance. It is the common formality of churchgoing and Bible study. These are much more easily made habits than real religion, which, according to St. James, consists chiefly in visiting the fatherless and widow and keeping one's self unspotted from the world. When a child suspects that his father goes to church only because he is afraid not to, and that his mother insists on his attending the Sunday school only to put upon some one else the responsibility of his religious training, he certainly will not derive from them any yearning desire for the growth of his religious nature.

Still worse is the influence of that indifference to the serious things of life shown by so many parents whose Sundays are their weakest and most useless days, because they are unconscious of their meaning, and whose whole conversation is vapid and unstimulating, because they have voluntarily relinquished all efforts to think below the surface of their daily lives. It is not surprising that children who have been taken from such homes and brought into contact with the strength and earnestness of faith and high resolve can never again live in the home atmosphere, now become to them stale and unprofitable.

Many may look back with longing when they think of the deficiency of the atmosphere they breathed as children. It is the more important for them to see to it that they are creating that better atmosphere for their own children. Those who owe much to this early breath of life (and there are many such) may well be grateful. Their gratitude will itself become an atmosphere carrying blessing to all who breathe it.—How to Live.

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HAPPINESS MAKES HAPPINESS.

A woman who had many sorrows and heavy burdens to bear, but who was noted for her cheerful spirits, once said in explanation:

"You know I have had no money. I had nothing to give but myself; and so I made the resolution that I would never sadden any one else with my troubles. I have laughed and told jokes when I could have wept. I have always smiled in the face of every misfortune. I have tried never to let anyone go from my presence without a happy word, or a bright thought to carry with him. And happiness makes happiness. I myself am happier than I would have been had I sat down and bemoaned my fate."—Selected.

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Practical jokes are always dangerous, and it is well to keep out of them altogether. At Riverside, N. J., the other night Frank Reineche thought he would scare his father by jumping out of some bushes at him. His father, in the darkness, thought he was being waylaid, and dealt his son a deathblow with his knife. Now the old man is almost insane from grief.

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"A soft answer does more than a conquering army can do; it turn away wrath. Try it and keep trying on everybody. Even a dog knows the sweetness of a gentle voice and wags his thanks. Some men are like great bowlders under a sledge hammer. The first blow appears wasted energy. But blow upon blow, soft answer upon soft answer, will bring the hardest heart to terms. It turneth away wrath. That is the business of a soft answer. Try it for yourself. It will make your own sunshine."

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Love asks for nothing save the right to give.—Annie Besant.

Drugless Medicine.

APPENDICITIS: SOME OF THE LITTLE-RECOGNIZED CAUSES OF THE DISEASE, AND SIMPLE METHODS OF PREVENTION AND CURE.

By J. H. Kellogg, M. D.

The increasing prevalence and fatality of this disease in recent times is a matter which has attracted public attention as well as the attention of medical men; hence it is a question of public interest. The name of this disease and its gravity were very forcibly brought to the notice of the whole civilized world by the postponement of the coronation of the King of England, necessitated by an attack of appendicitis, which compelled His Majesty to undergo an operation two days before the date appointed for the coronation formalities, for which the most prodigious preparations had been made, involving the gathering of scores of warships of all nations, princes, rulers, and governmental representatives from all parts of the world, and most elaborate preparations, on a scale of magnificence such as was, perhaps, never equaled in the history of the world.

The surgeons who operated upon King Edward did not remove the appendix, but only made an opening to drain the abscess which had formed as the result of the disease. They informed the King that it would be necessary to perform another operation upon him for removal of the diseased member when he had sufficiently recovered to make it prudent for such an operation to be performed. The King, however, decided that he had had enough of operations, and after a diligent study of the disease and its causes, he made a decided change in his habits of life. As a result, he has steadily improved in health, and has not found it necessary to submit to another operation, not having once suffered from an attack of appendicitis during the past two years. He does not expect to have another attack, and has dismissed all idea of a surgical operation.

At least nine out of ten of those who suffer from appendicitis, including a large number of those who undergo operations for this disease, might be saved the suffering they endure and the great peril of life involved in an acute attack of this disease, by a simple correction of their habits of life. What change of habits is required by the ordinary individual is one of the questions which it is the purpose of this paper to discuss.

It is true of appendicitis, as of most other maladies, that the best opportunity for successful treatment is afforded before the disease begins. Every person who becomes sick is not well before he gets sick; that is, there are conditions of the body which favor the taking on of the special form of illness which asserts itself. Disease, like every other enemy, makes its attack in the weakest spot. A besieging army would not be so unwise as to attack a strong tower when the city gate was wide open; or, at least, if the attack were made simultaneously upon the whole circumference of the citadel, the successful entrance would be made thru an open gate, or thru some gap in the wall, if such existed. So it is with the enemies which assail the citadel of life. Those parts which are in full health are strong enough to resist the attacks of germs and nearly all other enemies of life.

Appendicitis is a germ disease, but it is entirely powerless to attack any one who has not been prepared for the assault by a weakening of the part of the body in which this malady has its seat.

THE APPENDIX.

The appendix is a small pouch about the diameter of the little finger of a lady's glove, and two to six inches in length, and is attached to the lower end of the colon, the dilated portion known as the cecum. The small intestine joins the cecum at a point a little above the appendix. It is thus to be seen that the appendix is a little pouch placed at the bottom of a bowl-shaped cavity, into which is poured the residue of the substances taken into the stomach, a portion of which

has been digested and absorbed while passing thru the small intestine. One might easily conclude from this fact that the appendix would readily become filled with seeds of raspberries, strawberries, currants, and other seedy fruits, with cherry pits which are sometimes swallowed, and with other small indigestible portions of food; but this is not the case. The mouth of the appendix is carefully guarded by an arrangement which allows exit from the pouch, but permits nothing to enter it. The examination of the appendix of thousands of cases has shown that as long as it remains in a state of health—that is, as long as it is not the subject of inflamation or catarrhal disease—it contains nothing but mucus. Cherry pits, seeds, and concretions are never found in it except when it is in a state of disease, and even then the presence of these foreign substances is comparatively rare. The diseased appendix very seldom contains anything else than mucus, serum, blood, or pus, except, of course, the multitudes of microscopic germs.

WHAT IS THE USE OF THE APPENDIX?

Dr. Andrews, an eminent Chicago surgeon, pointed out somewhat recently the fact that the appendix performs a highly important function. Dr. Andrews has shown that the appendix is really a glandular structure, and that it forms and pours out in great quantities into the colon a glairy mucus which serves to protect the mucous membrane, not only by its lubricating properties, which facilitate the passage of the food substances along the intestine, thus preventing impaction in the colon, but also by protecting the mucous membrane from erosion thru the action of the indigestible food residues which for many hours a day are pouring from the small intestine and falling upon this circumscribed area of tissue.

The appendix may have other functions, the nature of which is not yet understood. To pronounce it a useless organ, a vestige or a relic of some bygone age, is simply a confession of ignorance.

THE CAUSE OF APPENDICITIS.

It is evident from the above that the portion of the bowel to which the appendix is attached is more exposed than almost any other to injury from irritating and unwholesome substances which may be taken in with the food. A simple experiment will enable one to appreciate this. If very hot water is poured continuously for a few seconds upon a small surface, as, for example, the back of the hand, great pain will be experienced; but if the surface upon which the water is falling is constantly changed by a continual movement of the limb, no pain may be felt, and no injury will be done, even tho the water may be hot enough to blister if allowed to fall uninterruptedly upon the same surface. The exact portion of the bowel to which the appendix is attached receives a constant stream of matters from the small intestine; hence, whatever irritating or otherwise injurious property may be possessed by the intestinal contents, will be more intensely manifested at this point than at any other. If the chylous contents of the intestine contain a large amount of foreign substances, almost every single particle will be brought in contact with the mouth of the appendix. If the chyle contains mustard, pepper, various spices, fragments of pickles, horseradish, and chilli sauce, such hot and irritating substances as Worcestershire sauce, curry, and other substances capable of producing a blister upon the skin or of irritating sensitive surfaces, these substances will produce irritation about the mouth of the appendix. The basin-like lower end of the colon acts, in fact, as a sort of catch-all for coarse particles and all indigestible, irritating fragments of the food, thus in a special manner tending to produce inflammation in this portion of the bowel.

Another point at which a similar deposit occurs is the sigmoid flexure of the colon, located just above the rectum, and also the rectum, the lower end of the colon. Ulceration of the rectum, hemorrhoids, chronic irritation, fissures, and catarrh of the entire colon, manifested by the presence of mucus in the fecal dis-

charges, are common results of the action of the irritants referred to; but the cecum, or first part of the colon to which the appendix is attached, is, more than all other portions of the colon, subject to chronic irritation and inflammation, for the reasons above pointed out.

Another cause of irritation of the colon, and especially that portion of the colon to which the appendix is attached, is the use of laxatives, mineral waters, and purgatives of all kinds, especially the frequent use of calomel, blue mass, and other mercurial laxatives. It has been suggested, with a reasonable show of probability, that particles of calomel or blue mass, lodging in the lower end of the colon, about the mouth of the appendix, may be converted, thru the action of common salt, into corrosive sublimate, an extremely irritating substance, which may readily poison the tissues so as to make them incapable of defending themselves against the action of the germs which are always swarming in the contents of the colon. It will readily appear that the different causes above mentioned, to which might be added the large use of flesh food, fish, oysters, the hasty eating of coarse vegetable substances, including unripe fruit, hastily swallowed hard fruits, as cherries, and various other dietetic digressions, may easily become the cause of appendicitis. The excessive use of flesh foods, and particularly of fish, shellfish, and cheese, leads to appendicitis by encouraging the growth of germs in the colon. On a diet of fruit, or fruits and nuts, or of fruits, grains, and milk, or a pure milk diet, few germs are found in the colon; while on a diet of cheese or meats, and especially when fish and shellfish are freely used, germs are present in enormous quantities, their growth being encouraged by the presence in the colon of portions of undigested flesh, in which the growth of germs is readily enhanced by the warmth of the body, and other favorable conditions afforded in the colon.

All alcoholic liquors, whisky, gin, brandy, wine, and beer, are powerful agencies for producing that weakened condition of the alimentary canal which predisposes to appendicitis. The use of tea and coffee tends in the same direction, by interfering with the stomach digestion, and thus disturbing the whole alimentary canal. The use of tobacco lowers the general vital resistance to a remarkable degree, and thus predisposes to appendicitis as well as other internal inflammations.

It is thus very evident that the portion of the intestine to which the appendix is attached is, perhaps, more liable to congestion, inflammation, and catarrh than any other portion of the alimentary canal. The parts are first irritated from the various causes named, thus being brought into the condition of wounded or paralyzed soldiers.

Probably appendicitis really begins in the colon, at least in the great majority of cases. If one, then, does not desire to suffer from appendicitis, he has only to regulate his diet in harmony with natural and sensible rules. He must avoid overeating, too frequent eating—three times a day is certainly sufficient, and many do better with two full meals a day, taking, perhaps, a little fruit at night instead of anything more hearty; he will take great care to avoid entirely the use of irritating foods, fried foods, rich sauces, which render the food indigestible, pickled olives, pickled walnuts, cucumbers, and other indigestibles, together with spices and all irritating condiments. He will feed himself in a rational way, for it is evident that appendicitis really begins at the table. Regularity of the bowels should be maintained by the free use of fruits, whole-meal bread, and nuts at mealtime, taking pains that the nuts are thoroly masticated before swallowing, so that they may not become a source of irritation. The habitual use of all kinds of nostrums must be avoided, and drugs of every sort which are commended for the cure of constipation; for however useful a drug may be, at times, as a means of temporarily exciting intestinal activity, the habitual use of drugs, whether under their natural form or under the guise of mineral waters, is highly injurious, certainly aggravating the very

condition which they are expected to relieve.

THE PROPER TREATMENT OF APPENDICITIS.

Experience has shown that about ninety-five per cent of all cases of appendicitis can be cured by proper treatment without surgical intervention; but surgery is undoubtedly required in a certain proportion of cases, and hence a competent surgeon should be called in every case, so that any indication for surgical interference may be recognized at the proper moment. But there are certain things which may be done by any intelligent person which are of great service in combating the fatal tendency of this disease, and which are capable of effecting a cure in the majority of cases. These measures are essentially the following:—

1. Absolute rest in bed at the occurrence of the first symptoms of the disease. These symptoms, in a mild case, may be nothing more than pain just above the right groin, accompanied by a chill and fever. In a chronic case the chill may be absent. In a very acute case the pain will be most severe, and vomiting will also be present. As the case advances, the symptoms become more serious as the inflammation extends to the neighboring tissues.

Swelling may appear in the right and lower abdominal region, with great tenderness. There may be symptoms of intestinal obstruction, peritonitis, and grave collapse, and finally discharge of pus thru the bowels or even externally; but prompt action should be taken before the appearance of the symptoms named. If a surgeon is in attendance, radical measures will be employed before the most serious symptoms mentioned have had time to develop. Rest in bed prevents aggravation of the symptoms, and affords opportunity for the operation of natural processes of healing, which are active in every case of disease; for the body heals rather than the physician or the remedies applied.

2. All solid food should be withheld until the vomiting has long ceased, the patient's temperature returned to normal, and the pain greatly subsided. No food should ever be given until the bowels have moved. The patient may fast two or three days, and even a longer period, without detriment. Water may be swallowed as freely as necessary to allay thirst, but no food of any kind should be taken, not even liquid food, fruit juices, or anything whatever except water. It is especially necessary to avoid milk and meat and all other food substances which can readily undergo decomposition. When all the active symptoms have disappeared, the patient may be allowed to take a little rice with a dressing of fruit juice, granola, granose, rice flakes, malted nuts, or sweet fruit juice. Fruit soup, a common article of food among the Germans, is also excellent. Cane-sugar, acids, tea and coffee, and all irritating foods and coarse vegetables should be avoided.

3. The bowels should be thoroly emptied by a large, hot enema, temperature 100 degrees to 105 degrees. A little soap may be added to the enema to encourage the movement of the bowels. Half a pint of pan-peptogen diluted with an equal quantity of warm water may be used instead. This is an excellent means of moving the bowels when other measures fail.

4. A large fomentation should be applied for fifteen or twenty minutes every two hours. The fomentation consists of a large flannel cloth—half a woolen sheet is about the right size—folded lengthwise, and the central portion dipped in very hot water, and quickly wrung out by twisting the ends. This should be applied to the body in such a way as to cover the lower abdomen, extending around the right side as far as the spine. The dry ends should be so disposed as to cover well the moistened portion, so as to retain the heat. It is a good plan to put a dry flannel over the skin before applying the fomentation, as a precaution against burning the skin, while also permitting the application of a fomentation at a higher temperature, thus maintaining the effect for a longer time. When the fomentation is removed, at the end of twenty minutes, or a little longer if necessary to relieve the pain, a heating

compress should be applied. This is easily managed in the following way: Take a small towel, and wring as dry as possible out of cold water at the temperature at which it flows from the pipes. Apply this over the whole surface which has been reddened by the fomentation. Over it place several thicknesses of flannel, sufficient to prevent cooling by evaporation. At the end of fifteen or twenty minutes, when the towel has become thoroly warmed, renew it in the same way, taking care to keep the parts covered while the towel is being cooled and wrung out.

If this treatment is beneficial, as it is almost certain to be, the fact will be evidenced by a considerable relief from pain; and by continuing the treatment the pain will gradually subside until it disappears, and only soreness is left behind. The treatment should be continued assiduously, the fomentation for fifteen or twenty minutes every three hours or even every two hours, if necessary, and the heating compresses renewed every fifteen or twenty minutes during the intervals.

If the fomentation does not relieve the pain, a larger one may be employed. A whole blanket may be wrung out of hot water, and wrapped about the hips and legs. The application should be as hot as the patient can bear, so as to cause the whole surface of the limbs to become very red. This will draw the blood into the legs, and lessen the congestion of the affected parts. After the hot application, the heating compress should be applied to the legs, so as to retain the heat. The best plan is to apply a large wet towel, wrung out of cold water, to each limb, wrapping snugly, and then covering each leg closely with a woolen blanket. It is a good plan to apply mackintosh or oiled muslin outside the towel before applying the woolen blanket, so as to be sure to promote thoro heating of the limb. The object is to secure the effect of a poultice upon both legs, and thus maintain the diversion of blood into the limbs.

In addition to the fomentation, the hot hip and leg pack and other hot applications, and the ice bag should be employed. The bag, filled with broken ice, should be placed over the seat of pain. In some cases two ice bags are necessary. Care should be taken that the patient is well warmed before the ice bag is applied. The best effect is obtained from the application of the ice bag in connection with the hot hip and leg pack, the pack being applied first, then the ice bag being slipped underneath. The ice bag may be combined with the fomentation in a similar way, or, with a hot foot bath.

The application of the ice bag may be continued after the pack, which should be repeated every two or three hours. The legs should be kept thoroly warm during the interval by the measures above described, or by means of hot water bags, hot bricks, or jugs or bottles full of hot water. When the ice bag is employed, it should be removed every twenty or thirty minutes, and a fomentation applied for five minutes, so as to avoid benumbing the nerves of the skin.

The foregoing measures will succeed in the great majority of cases, affording prompt relief from the pain, and rapid subsidence of the inflammation. When it is found that the fomentation increases the pain, this is an evidence that suppuration is taking place, and this constitutes an important guide to the surgeon as to the necessity for operation and the time when operative interference is required.

There is much more to be said about appendicitis. The writer has not undertaken to treat the subject exhaustively or in a professional way, but only to offer a few suggestions which may be of service to the lay reader. It is desired to emphasize two points especially: First, the necessity for so regulating the dietary as to prevent the occurrence of this disease by avoiding its principal cause; and, second, the importance of employing a competent physician at the first indication of the malady, and of being able to second the efforts of the wise physician by knowing how to employ these simple measures, which are far more effective than drugs of any sort in combating the morbid processes present in this as well as in other forms of local inflammation.

A person who has once suffered from appendicitis should resolve not to suffer

again. The risk is too great. Removal of the appendix will of course render a subsequent attack impossible, but by proper care in diet, practically the same immunity may be secured. Appendicitis does not occur without a provoking cause. Some error in diet is without any doubt the provoking cause in the majority of cases; constipation, or looseness of the bowels resulting from the eating of some unwholesome, irritating article of food,—something which awakens to pernicious activity the germs which in countless numbers are always lurking in the colon. Every article of food capable of producing gastric or intestinal irritation must be discarded.

It is especially important to give careful attention to thoro mastication of the food. Thoro chewing, or Fletcherizing, is one of the very best possible precautions which can be taken against this disease. If all food is reduced to a liquid state before it leaves the mouth, and if nothing is swallowed which can not be made liquid in the mouth, the food will be so well digested that the stomach and intestines will be kept in a healthy state, and able to resist any tendency to appendicitis.

The general health must be kept at a high level, so that the general vital resistance will be great, by means of an outdoor life, vigorous exercise daily, the daily cold bath, and regularity and temperance in all the habits of life. The occurrence of appendicitis is evidence of low vital resistance. There may be an appearance of health, but nevertheless the body has lost its resisting power, and become vulnerable to the attack of parasitic organisms. This remark applies equally well to tuberculosis, pneumonia, and most other diseases. The body is created capable of resisting these germ enemies, but when, by wrong habits, the vital resistance is lowered to a sufficient degree, these pernicious organisms gain a foothold in the tissues, multiply, and produce poisonous substances, and in this way give rise to disease.—Good Health.

Whoever is contented is rich.—Firdosi.

CHILBLAINS.

In winter the feet of many folk entertain these unwelcome visitors, chilblains, says a doctor in the "People's Friend." The toes are oftenest affected. A chilblain is really a patch of skin whose little blood vessels happen to be easily irritated, and have become congested. It used to be said that chilblains were a sign of weak circulation, but while this is often perfectly true, quite a number of people with perfect circulation have chilblains. Where there is the tendency to chilblains, the feet should be bathed several times a week with warm mustard and water, and afterwards treated to a vigorous rubbing. Plenty of good food should be eaten and smart outdoor exercise indulged in. Woolen stockings ought always to be worn by these folk, and indeed by everybody. These directions may also be followed by folk who suffer habitually from cold feet.

PALPITATION OF THE HEART.

A physician announces that distressing or excessive palpitation of the heart can always be arrested by bending double—the head down and hands hanging—so as to produce a temporary congestion of the upper portion of the body. In nearly every instance of nervous anaemic palpitation the heart immediately resumes its normal function. If arrested during this action the effect is still more rapid.

A "No Treat" league has been organized in Chicago and has received a charter. Stating why such an organization came into existence, one of the members said: "We figure that many a man is made drunk on account of his responsibility to treat chance acquaintances at the bar when he merely entered to take a single drink. Everybody will admit that the present drinking code is tending toward excess. Common sense demands the abolition of the treating habit."

A poor mind indeed is he who is ashamed to borrow truth from others.—Lessing.

Youth's Department.

EDUCATION FOR THE FARM.

By J. H. Worst, President of North Dakota Agricultural College.

The era of general education is passing away. Even professional educators are awakening to this fact. Culture is a fine thing, but is no longer recognized as coming only from the study of the classics, philosophy or metaphysics. The forces of nature offer a fine field for culture which also is useful. There is not a subject that has a direct bearing upon agriculture but is as cultural as it is practical.

The strongest men are those educated for their work. This is as true of the farmer as of the preacher or lawyer. A farmer, to succeed well and enjoy his vocation, must be educated for his work. Heretofore he received his education mainly by observation and experience. Now the young farmer has access to the Agricultural College where he may receive the much coveted culture while pursuing the very subjects, that a knowledge of will make his life pleasant and his calling remunerative. The common school also will soon afford a better awakening for country youth. Instead of simply affording the means for the most elementary training, or laying the foundation of a desire for other than agricultural pursuits, it will afford at least a taste for knowledge that will be available on the farm or that will make farm life desirable.

The educational forces of the country have too long been monopolized for professional and city pursuits. This is largely due to the fact that educators and writers of text books have no knowledge of or sympathy for rural pursuits. Elementary agriculture and nature study should be emphasized in all the common schools of the country, and special high schools should be supported where the study of agriculture and subjects having a direct bearing upon it may be pursued, preparatory for the freshman year in the Agricultural College. The country needs this kind of education far more than simply those preparatory studies that enable less than nine per cent of our school population to enter the University for a professional career.

The country's future depends very largely upon its farms. It is desirable, therefore, and imperative, that our most active and energetic young men be prepared to either manage farms or instruct others in the art and science of farming. With a highly educated husbandry our country will be invincible. When farming falls into disrepute, or farmers become peasants, it will be a sad day for the whole country. Now is the time to not only forestall the degeneracy of agriculture as a pursuit, but instead, make it what it should be, the grandest and most independent profession that an educated man can aspire to.—North Dakota Farmer.

A TRUE SOLDIER.

Tho we never may be soldiers
On the battlefield,
Tho we may not carry banner,
Bayonet or shield;
Each can be as true and valiant
Till life's work is done,
Each can be as brave a soldier
As George Washington.

There are mighty hosts of evil,
Armies great and strong,
Each can be a little soldier
Fighting all day long.
Let us ever fight them bravely,
Let us valiant be;
Fight the host of falsehood, envy,
Pride and cruelty.

Oh, how valiant are the soldiers
Who to battle go,
Yet more brave are they who struggle
With an unseen foe.
When the battles all are ended
And the victory's won,
Each will be as true a soldier
As George Washington.

—Alice Jean Cleator, in Normal Instructor.

PLEDGE WITH WINE.

"Pledge with wine—pledge with wine!" cried the young and thoughtless Harry Wood. "Pledge with wine!" ran thru the brilliant crowd. The beautiful bride grew pale—the decisive hour had come,—she pressed her white hands together, and the leaves of her bridal wreath trembled on her pure brow; her breath came quickly, her heart beat wilder. From her childhood she had been most solemnly opposed to the use of all wines and liquors.

"Yes, Marion, lay aside your scruples for this once," said the judge, in a low tone, going toward his daughter; "the company expect it. Do not so seriously infringe upon the rules of etiquette." In your own house act as you please; but in mine, for this once, please me."

Every eye was turned toward the bridal pair. Marion's principles were well known. Henry had been a very lively young man, sometimes sipping from the ruby glass, but of late his friends had noticed the change in his manners, the difference in his habits; and tonight they watched him to see, as they sneeringly said, if he was tied down to a woman's opinion so soon.

Pouring a brimming beaker, they held it with tempting smiles toward Marion. She was pale, tho more composed, and her hand shook not, as, smiling back, she gracefully accepted the crystal tempter, and raised it to her lips. But scarcely had she done so when every hand was arrested by her piercing exclamation of "Oh, how terrible"

"What is it?" cried one and all, thronging together; for she had slowly carried the glass at arm's length, and was fixedly regarding it as tho it were some hideous object. "Wait," she answered, while an inspired light shone from her dark eyes, "wait and I will tell you. I see," she added slowly pointing one jeweled finger at the sparkling ruby liquid, "a sight that beggars all description; and yet listen; I will paint it for you if I can. It is a lonely spot; tall mountains crowned with verdure, rise in awful sublimity around; a river runs thru, and bright flowers grow to the water's edge. There is a thick, warm mist that the sun seeks vainly to pierce; trees, lofty and beautiful, wave to the airy motion of the birds; but there are a group of Indians gather; they flit to and fro with something like sorrow upon their dark brows, and in their midst lies a manly form, but his cheek, how deathly! his eye wild with the fitful fire of fever. One friend stands beside him, nay, I should say kneels, for he is pillowing that poor head upon his breast.

"Genius in ruins! Oh! the high, holy-looking brow! Why should death mark it, and he so young? Look how he throws the damp curls! See him clasp his hands! hear his thrilling shriek for life! Mark how he clutches at the form of his companion, imploring to be saved. Oh! hear him call piteously his father's name; see him twine his fingers together as he shrieks for his sister—his only sister—the twin of his soul—weeping for him in his distant native land.

"See!" she exclaimed, while the bridal party shrank back, the untasted wine trembling in their faltering grasp, and the judge fell, overpowered, upon his seat, "see! his arms are lifted to heaven; he prays, how wildly, for mercy! How fever rushes thru his veins. The friend beside him is weeping; awe-stricken, the dark men move silently, and leave the living and dying together."

There was a hush in that princely parlor, broken only by what seemed a smothered sob from some manly bosom. The bride stood yet upright, with quivering lip, and tears stealing to the outward edge of her lashes. Her beautiful arm had lost its tension, and the glass, with its little, troubled red waves, came slowly toward the range of her vision. She spoke again; every lip was mute. Her voice was low, faint, yet awfully distinct. She still fixed her sorrowful glance upon the wine cup.

"It is evening now, the great white moon is coming up, and her beams lay gently on his forehead. He moves not; his eyes are set in their sockets; dim are their piercing glances; in vain his friend whispers the name of father and sister —death is there. Death! and no soft hand, no gentle voice, to bless and soothe

him. His head sinks back! one convulsive shudder! he is dead!"

A groan ran thru the assembly, so vivid was her description, so unearthly her look, so inspired her manner, that what she described seemed actually to have taken place then and there. They notice, also, that the bridegroom hid his face in his hands and was weeping." "Dead!" she repeated again, her lips quivering faster and faster, and her voice more and more broken; "and there they scoop him a grave; and there, without a shroud, they lay him down in the damp, reeking earth,—the only son of a proud father, the only idolized brother of a fond sister. And he sleeps today in that distant country, with no stone to mark the spot. There he lies—my father's son—my own twin brother! a victim to this deadly poison."

"Father!" she exclaimed, turning suddenly while the tears rained down her beautiful cheeks, "father, shall I drink it now?" The form of the old judge was convulsed with agony. He raised his head, but in a smothered voice he faltered, "No, no my child, in God's name, no."

She lifted the glittering goblet, and letting it suddenly drop to the floor, it was dashed into a thousand pieces. Many a tearful eye watched her movements, and instantaneously every wine glass was transferred to the marble table on which it had been prepared. Then as she looked at the fragments of crystal, she turned to the company, saying: "Let no friend, peril my soul for wine. Not firmer the everlasting hills than my resolve, God helping me, never to touch or taste that terrible poison. And he to whom I have given my hand, who watched over my brother's dying form in the last solemn hour, and buried the dear wanderer there by the river in that land of gold, will, I trust, sustain me in that resolve. Will you not, my husband?"

His glistening eyes, his sad, sweet smile, was her answer. The judge left the room, and when an hour later he returned, and with a more subdued manner took part in the entertainment of the bridal guests, no one could fail to read that he, too, had determined to dash the enemy at once and forever from his princely rooms.

Those who were present at the wedding can never forget the impression so solemnly made. Many from that hour forswore the social glass.—Selected.

WHAT TO TEACH A GIRL.

Teach her that one hundred cents make one dollar.

Teach her to say "no" and mean it, and to say "yes" and stick to it.

Teach her to wear a calico dress, and wear it like a queen.

Teach her how to dress for health and comfort, as well as for appearance.

Teach her to regard morals and habits, and not money, in selecting her associates.

Teach her to have nothing to do with intemperate or dissolute young men.

Teach her to observe the old rule—a place for everything, and everything in its place.

Teach her to embrace every opportunity for reading, and to select such books as will give her the most practical information.—Selected.

TEN POOR BOYS.

William McKinley's early home was plain and comfortable, and his father was able to keep him at school.

Millard Filmore was a son of a New York farmer, and his home was a humble one. He learned the business of a clothier.

Andrew Jackson was born in a log hut in North Carolina, and was reared in the pine woods for which his State is famous.

John Adams, second president, was the son of a grocer of very moderate means. The only start he had was a good education.

Grover Cleveland's father was a Presbyterian minister with a small salary and a large family. The boys had to earn their living.

Ulysses S. Grant lived the life of a village boy, in a plain house on the banks of the Ohio River, until he was seventeen years of age.

Abraham Lincoln was the son of a wretchedly poor farmer in Kentucky, and lived in a log cabin until he was twenty-one years old.

James K. Polk spent the earlier years of his life helping to dig a living out of a farm in North Carolina. He was afterward clerk in a country store.

Andrew Johnson was apprenticed to a tailor at the age of ten years by his widowed mother. He was never able to attend school, and picked up all the education he ever had.

James A. Garfield was born in a log cabin. He worked on a farm until he was strong enough to use carpenter's tools, when he learned the trade. He afterward worked on a canal.—Saturday Evening Post.

THOSE DAYS OF CRINOLIN.

In days when ev'ry magazine,
  And ev'ry daily paper,
Can give you points on corset forms,
  And just the swellest taper;
When even journals of the farm,
  Get Paris fashions weekly,
When maidens pose in deshabille,
  And seems to take it meekly,
Oh aren't you longing for the times,
  When fashion books were thin,
The times of hoops and wiry coops,
  And snowy crinolin!

When wives and friends and sweethearts too,
  Their wastes are deeply dipping,
To make an artificial shape
  To match the foreign clipping;
When maids who scrub the kitchen floor,
  Their souls for style would barter,
And girls who sling the hash, reveal
  A form like Leslie Carter—
O aren't you longing for the times,
  When fashion books were thin,
The times of coops and rustling hoops,
  And snowy crinolin!

—Jac Lowell.

Ohio also has started a crusade against newspapers that carry objectionable and illegal advertisements. It has begun with the Zanesville News, and other papers have received warning.

CORRECT ENGLISH: HOW TO USE IT.

By Joseph Turck Baker.

(Editor of the Magazine, "Correct English: How to Use It," Chicago, Ill.)

ARTICLE *I.*

What to Say and What Not to Say.

Don't say: There is no other alternative. Say: There is no alternative.

Note—"Other" is superfluous as "alternative" implies "other" in its meaning.

Don't say: "I believe in corporeal punishment. Say: I believe in corporal punishment.

Note.—"Corporeal" is used more specifically in the sense of relating to the body; "corporal" in the sense of having a body; hence, "corporal" is the preferred form to use in this sentence.

Don't say: He had a right to be punished. Say: He deserved to be punished.

Note.—The use of "right" in the sense of moral obligation or necessity, is recorded as a barbarous Briticism or Hibernicism.

Don't say: Come in the house. Say: Come into the house.

Note.—"Come in the house" is a colloquilism, being permissable only in famailiar speech. "Into" is required, because entrance is indicated. One may say, "Come in," using "in" as an adverb; but when the preposition is required to indicate entrance, "into" is the proper word.

Don't say: The magazine is one dollar per year, or ten cents per copy. Say: The magazine is one dollar a year, or ten cents a copy.

Note.—"Per" is a Latin preposition, and is properly joined only with Latin words, as per annum, per diem, not per year, or per day. The forms per invoice, per letter, however, have the sanction of commercial employment.

Common Errors of the Careless Speaker.

It is the careless speaker who says "I know I make many mistakes, but one dislikes to be told of their mistakes." It makes one think of the Siamese twins, to hear a person refer to himself as

"they." One wonders how many there are of him anyway; for they is such an indefinite number; at the least, never less than two. Instead of the plural number their, following the singular number one, let the offender remember this simple rule, that the "Masculine" embraces the "Feminine' even in grammar; and hereafter let him say, "I know I make many mistakes, but one dislikes to be told of his mistakes," or 'one's mistakes."

Common Errors of the Careful Speaker.

The careful speaker frequently makes an error in using "I" for 'me" in such expressions at "There was no one at home but mother and I," and "every one but she was present at the time;" forgetting that the objective case follows the preposition "but." One would not be apt to say "there was no one at home but I" and it certainly does not alter the case if one's mother happens to be at home at the same time. "There was no one at home but mother and me," and "everyone but her was present at the time," are the correct forms.

I meant to have written.

When one offers an apology for not answering a friend's letter, and says, "I meant to have written before," one feels assured of having said the proper thing. An uneducated person would say, "I meant to write," and he would be correct. It is well to remember the simple rule that one can not "mean," "intend," "expect," or "hope" to do anything in the past. It is too late.

WE MUST WATCH OURSELVES.

There are few persons who are not subject to some little, disagreeable, often unconscious habit, which annoys their friends, but which is probably incurable His acquaintancescmfw cmfw cmf m m by expostulation. One acquaintance is always biting her finger-nails. Mary beats a "tatoo" on the window-pane or table. Florence is consistently and disagreeably curious about little things that do not concern her. Susan puts the lead pencil in her mouth whenever she uses it. Lizzie can not turn over the leaves of a book without wetting her fingers at her lips. Jane—well, Jane would have a beautiful mouth if she did not keep it open, to the peril of her respiratory passages. These are but instances of petty bad habits, which friends observe in helplessness. The moral is clear—we must watch ourselves. As a rule the only person one can cure of bad habits, great or small, is himself.—Girls' Companion.

THE PSLAM OF LIFE.

A poem dedicated to the B. H. H. T. S., Class of 1904, with abject apologies to the late H. W. Longfellow.

Tell me not in mournful numbers,
Nursing is a humdrum theme.
Nervous patients' broken slumbers,
Up all nights, and that's no dream.

Headache's real. Call is earnest,
"Come at once, prepared to stay!"
Midnight past, no car discerneth,
Patient lives three miles away.

Patient worse and doctor grumpy,
Listen to the tale of woe.
Four hours' sleep on mattress humpy,
Fido barking down below.

Convalescents oft remind us
We can seek some other clime.
Hope in parting that they'll find us,
When they're sick another time.

Cash is short and time is fleeting.
Board bills staring in the face.
In consternation oft repeating,
"I'll soon go broke without a case."

Let us then be up and doing,
We can tackle any ill,
And will give, as per instructions,
Calomel or sugar pill.

Sugar pills or any other
Stuff to scatter every pain.
So, come on, poor, ailing brother,
We will fix you up again.

Football is a great game, but greatly exaggerated, and in its present status rides roughshod over the home circle with calamitous result.—Omaha World-Herald.

Our Boys and Girls.

TEN TRUE FRIENDS.

Ten true friends you have,
  Who, five in a row,
Upon either side of you
  Go where you go.

Suppose you are sleepy,
  They help you to bed.
Suppose you are hungry,
  They see you are fed.

They buckle your skate-straps,
  And haul at your sled,
And in summer quite white,
  And in winter quite red.

And these tiny fellows,
  They serve you with ease.
And ask nothing from you,
  But work hard to please.

Would you find out the name
  Of this kind little band?
Then count up the fingers
  On each little hand.

—Selected.

A LESSON OUT OF SCHOOL.

No one who reads this little story must think that Georgie was not a good boy, because he was; but he did not like to go to school very much, and found it hard to sit still during his lessons.

Georgie's reports were nearly always low in "deportment;" for he would whisper to Jack Thompson, who sat beside him, and then, of course, the teacher had to give him a bad mark. When he brought his report home for his mother to see, he would feel sorry and make up his mind that the next week he would be sure and have it all right; but he would forget, so that, week after week, his mother would sigh and ask him please to try to do better. Georgie's mother was an invalid. She was in bed almost all day, and Georgie often thought about it.

One day he brought home a very bad report indeed—in fact, the worst one he had ever had, and his mother was sorry that her little boy should not do better.

"Georgie," she said to him, "I really believe that if your reports were not so bad it would help me to get well."

Georgie turned this remark of his mother's over in his mind, and, because he loved her very dearly, he decided that it was his fault that she was sick; and he determined that his reports should be better. He had not understood before that his conduct had anything to do with it, but he was certain now that his mother would not be sick any more if he were a good boy in school.

It was not very easy at first, and he did forget now and then; but he kept on trying and whenever he wanted to talk to Jack during school hours he would say to himself, "You mustn't whisper, because Mamma won't get better if you do." He studied harder at his lessons, too, and in a few weeks his reports showed a great improvement.

This cheered his mother, and it happened that she began to get better and did not have to stay in bed nearly so much, but would come down stairs and lie on the sofa in the sitting-room.

One Friday Georgie came home with a perfect report. Into the house he burst, calling out for his mother.

"Now you're going to be well again!" he exclaimed. "I've got a fine report!"

"Truly," said his mother, after she had read it thru, "you are a good boy, and now I will have to get well."

"I'm at the head of the class," said Georgie, proudly; "so you mnstn't be sick any more."

"Why, I really feel quite well now," said his mother, almost as glad as Georgie was over the report, "for I'm sure my little boy will do his best hereafter."

But Georgie shook his head.

"Mama," he said, "I've decided not to go to school any more."

"Not go to school any more!" exclaimed his mother in surprise.

"Yes," answered Georgie; "I've thought all about it, and now that you are nearly well I guess I had better not risk being a bad boy again, because if my reports were not so good—and it

will be awfully hard to keep 'em perfect —you might get sick again; so I don't think we had better risk it. You can see yourself it's much better that I should not go to school any more."

This was a very long speech for Georgie, and he had to stop to take a breath. His mother was astonished to hear what he had said, but she saw he was serious about it.

"What will you do if you don't go to school?" she asked him.

"Oh, I'll go to work like Papa," answered Georgie.

"What work will you do?" asked his mother.

"Well," said Georgie, "I would like to be the captain of a ship."

Georgie's mother did not laugh, although she knew that he was a very little boy to be the captain of a ship.

"Of course," she said to him, "you know that if you are to be a sailor, you will have to know lots about geography."

"Will I?" said Georgie. "I never did like geography."

"But you see," explained his mother, "the captain of a ship is obliged to know the world so that he can steer his ship —if he did not know his geography and all about the rivers and oceans and continents, he would not know where to go. I suppose you know your geography, or you wouldn't have thought of being a sailor?"

"No," said Georgie, "I don't believe I know very much about geography. Would I have to know all about it?"

"Yes," answered his mother, "and everything about the stars, too, so that you could steer by night, for they are all the sailors have to guide them when it is dark."

Georgie thought a long time.

"I guess, Mama, I'll not be a sea captain, after all," Georgie said finally.

"You'll have to do something," his mother told him; "of course, if you don't go to school, you'll have to work like Papa and other men."

"Oh, yes," replied Georgie, "I know that; and I've been thinking that it would be nice to be a railroad engineer, only you won't let me go near the tracks, and of course it is very dangerous."

"Oh, no!" exclaimed his mother, "I couldn't think of letting my little boy go on the railroad."

"Well," said Georgie, "I can be a clerk in Papa's store, anyway. Papa said he wanted a clerk to keep the books, and I'm sure I could take care of the few books there are in the store."

"But you would have to write so very carefully," explained his mother. A bookkeeper is the one who writes all the bills and sees what everybody buys and how much they pay for it; and if they have things charged, he writes it down in a large blank book so that it will not be forgotten. And every now and then he sends bills out to the customers, and if they are not right he is scolded. You would have to know a great deal of arithmetic and writing and spelling. It's really difficult to be a bookkeeper."

"Well, then," said Georgie, "what can I do?"

His mother took him in her arms and loved him, for she knew that he wanted to be a good boy but didn't quite understand.

"You are a very little boy yet, Georgie," she told him, "and like all little boys, you have to wait until you grow up before you begin to work. And all the time you are growing up you have to be studying to learn things to help you when you are a man. You see, dear, you don't know at present what you will be when you are grown up, and as you don't, it is better for you to study as many things at school as you can while you are a little boy. No matter what you decide to be when you are older, you will have to know, at least, how to read and write and do arithmetic; and all the other necessary things you cannot learn till you know these. So my Georgie will have to be a pretty good little boy and study hard, to be able to do any work he wants to do when he is a man."

Georgie and his mother had a long talk about it—they talked nearly all the afternoon—and after a while he saw that there were lots of things boys must know before they could go to work like their

fathers; and that schools were made for that reason.

He had several other talks with his mother; and on the following Monday, on his way to school, he thought things over for himself and decided that after all he was but just a little boy, and that school was not such a bad place if you only understood what it was really for! —Arthur Alden Gnipe.

DIVINE AND WHOLESOME DISCONTENT. I would make men and women discontented, with the divine and wholesome discontent, at their own physical frame and at that of their children I would accustom their eyes to those precious heirlooms of the human race, the statues of the old Greeks; to their tender grandeur, their chaste healthfulness, their unconscious, because perfect, might; and say,—There; these are tokens to you, and to all generations yet unborn, of what man could be once; of what he can be again if he will obey those laws of nature which are the voice of God. I would make them discontented with the ugliness and closeness of their dwellings; I would make the men discontented with the fashion of their garments, and still more gust now the women, of all ranks, with the fashion of theirs; and with everything around them which they have the power of improving if it be at all ungraceful, superfluous, tawdry, ridiculous, unwholesome.—Charles Kingsley, in Health and Education.

LOOK PLEASANT. The history of the human race has ever shown that humanity is an ass—but not an incurable one. Here is where we part company with the pessimists. They believe that our asininity is incurable. We think it will wear away with time. It has in the past, why shouldn't it keep on? At any rate, let us try not to add to the general bray that is going up, but let us work and pray for the general shortening up of ears that is sure to come about more and more as we become wiser and better.—Minneapolis Journal.

A FASHIONABLE WOMAN'S CONFESSION.

(From The Century.)

"Did nobody ever tell you that in some far prehistoric time I was in love with my husband?" said Mrs. Romaine, carelessly. "Well, I was. I used to go to afternoon services in Lent and pray for that love to last, because the sensation was so much to my taste. I used to have ecstatic feelings when his foot was on the stair, and I sat sewing little baby clothes. We lived in a plainish way then; $3 spent in two theatre tickets was a tremendous outlay; and we walked out to dinners—I tucking up the train of my best gown under a long cloak, and laughing if the wind snatched it away from me at the corners and whipped it around my feet. Then he grew richer, and we broadened the borders of our phylactery, and then—how—when—dear knows if I can remember, we grew farther and farther away from each other. Now, when he is at home, I am aware of it, because he is there behind a newspaper; but that is all! When our lips meet it is like two pieces of dry pith coming together. I know nothing of his affairs, nor he of mine. I have money in abundance. Money—money—who cares for money when a man's heart and soul and brain have gone into it?"

(The above is a true experience in many a woman's life, and in reading it the thought comes what a blessing it would be if a hundred thousand American girls, now striving to get places in shops and stores and do unhealthy work in offices, could thoroly prepare themselves for domestic life, and marrying young men of about their own age, be content as we were years ago to hire a little house out of town at $150 rent, and living with economy, with no need of wealth, have more of heaven in this world than they are ever likely to get in any other way.)—Geo. T. Angell, in "Our Dumb Animals."

It is astonishing what power our mind has over our body. Let the mind therefore always be the master.—Goethe.

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N. Y. SCHOFIELD, F. A. I. P. } ....Associate Editors
MRS. M. K. MILLER }

Entered November 29th, 1902, at Salt Lake City, Utah, as second-class matter under Act of Congress of March 3rd, 1879.

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THE NEW YEAR.

The promoters of the Character Builder enter upon the new year with renewed hopes and a stronger determination to contribute their efforts to the advancement of truth. The outlook was never before so encouraging as at present. Altho the Character Builder has not been self-supporting for a single month since it was established, there has been a growing interest in the work that has been more noticeable during the past month than ever before. Educators and educational assemblies are emphasizing the physical and moral phases of education more than heretofore and are creating a greater interest in the work for which we have been putting forth our best efforts.

In order to place our work upon a self-supporting basis and to make it more effective, a number of enterprises closely related to our work have been established.

The magazine subscription agency established a year or more ago has grown rapidly and is helping to place some of the best magazines in the world into the homes of the people and into the hands of teachers. A Human Culture Lecture bureau is being established for the purpose of disseminating the principles of self and social improvement among the people. A number of capable young men who have devoted years to the study of these principles have already volunteered their services to the work and we hope to present these truths in a systematic manner to the people of every city, town and village of the inter-mountain region. Three years ago I gave such lectures in 150 cities and towns and found not only a need, but also a demand for such work.

The school for correspondence and resident courses in human culture branches is receiving encouragement. During the past month more applications for work have come to us than in any other month in the history of the organization. The possibilities in this work are great and it is receiving the intelligent cooperation of a greater number of people each year. It has not been developed to its present stage without a great effort, but the present prospects are that the work will gradually become more independent and will soon be self-supporting. As the Character Builder has now been placed on a strictly cash basis we shall not be required to pay for magazines sent to delinquents. The credit system is a curse to humanity. We are still carrying some delinquents from whom we hope to collect for the magazines, but at the beginning of this year we are cutting off all whose subscription expires, if they do not renew. This business principle will be strictly adhered to in the future. We now have a large number of agents in the field who are giving new evidences of life and interest in the work. Altho we have had a very respectable circulation in the past, we hope to double it in the near future.

For seventeen years the Character Builder and its predecessors have gone out each month with a message of truth and in beginning Volume 18 we do so with a desire to aid in establishing principles of truth, justice and good will to all men.—The Editor.

A LABOR IDEAL.

By Eleanor Scott Sharples.

In every great crisis of national life, there are little individual acts which have a bearing on the larger issues. The fact that the people of the colonies would not drink taxed tea may not have had much influence on the English parliament, but the simple self-denial did have a wonderful effect on the people of the colonies. The refusal by many to use aught made by slave labor may not have influenced either the Federal or Confederate governments, but it had an effect on the lives of those who practiced the self-denial. There is no greater power brought to bear on human affairs than the power of a life living its principles.

Our country today is agitated by great labor troubles. Down below the larger questions of economies are the individual lives of the laborers and employers. If our young people see parents and teachers sighing over the difficulties of their work, rejoicing when work hours are over and vacations arrive, glad to take all they can get for as little return as they can make, what will be the young people's ideas of the dignity of labor and the honor of accomplishment?

If we, parents and teachers, honor the people who gain wealth without effort, instead of honoring wealth only when it stands for honest, persevering work, what effect must out attitude have on our children?

Let us, with the earnest spirit of our ancestors, for the cause of honesty and just living, for the honor of our country, for the uplifting of our young people, deny ourselves the sigh when we are tired, the complaining word over the difficulty of our lot, the groan over the fact that we must work. Let us not be willing to take pay where we have not honestly and faithfully earned it, or take advantage of the work of others without honestly paying for it (not even allowing ourselves the rare pleasure of boasting of the wonderful bargains we have secured).

Ruskin says: "Neither days nor lives can be made holy by doing nothing in them; the best prayer at the beginning of a day is that we may not lose its moments; and the best grace before meat, the consciousness that we have justly earned our dinner." Let our lives show that we are more concerned to see good results for the efforts we put forth, than to receive money for so many hours of existence, which may or may not be of value to anyone. Then and only then will we have done our part toward solving the great questions of our day.—American Primary Teacher.

IMPORTANT ANNOUNCEMENT.

Beginning with Vol. 18, January, 1905, we shall adhere strictly to the rule requiring payment in advance for all subscriptions. Subscribers will be notified when their subscriptions have expired, and they will be invited to renew; but if they are not heard from directly or thru our agents, their names will be taken from the list. This announcement does not apply to those who are now delinquent and who have continued to receive the magazine; such may have the magazine discontinued by paying for the copies received at the rate of 10 cents each, or $1 per year. When our readers know that it is costing a great sacrifice of time and money to publish the Character Builder, we believe that none will continue to receive the magazine without intending to pay for it.

The twelve liberal offers published in the December number will be continued 30 days longer. We hope all delinquent subscribers will take advantage of one of them and will renew immediately.

If you desire some good reading matter to prifitably employ your time these winter days and long nights, send 10 cents for a pound of educational magazines, or 25 cents for three pounds. Address Character Builder, Salt Lake City.

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Virtue consists in acting. It does not rest on cold theory, but on positive execution.—Horace.

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