

The Character Builder.

AN EDUCATIONAL JOURNAL FOR EVERYBODY.

VOLUME 19.

JULY, 1906.

NUMBER 7

A LITTLE DROP OF DRINK.

A little drop of drink may make bright
eyes grow dim,
A little drop of drink takes the man-
hood out of him.

A little drop of drink brings "the wolf"
to many a door,
A little drop of drink makes bare the
cottage floor.

A little drop of drink takes the money
from the bank,
A little drop of drink brings down the
highest rank.

A little drop of drink sinks the man
below the brute,
A little drop of drink brings forth but
sorry fruit.

A little drop of drink ponder it, neigh-
bor, well—
A little drop of drink can bring a soul
to hell.

Man persuades himself that he has
emancipated himself every time he dec-
orates some new servitude with the
name of liberty.—Achille Tournier.

PARTIAL CONTENTS.

Combat Intemperance thru Diet.

The Persuasive Promoter.

Pre-Natal Culture.

The Problem of Individualizing
Instruction.

Moral and Civic Training in our
Schools.

The Bad Boy; How to Save Him.

True Education.

Look to Children's Reading Habits.

The Yellow Journal Evil.

Extravagance Rebuked.

Reminiscences of Childhood.

Features of the Secret Nostrum
Evil.

JOHN T. MILLER, B. Pd., D. Sc., Editor.

BUSINESS OFFICE 222 SECURITY. & TRUST BUILDING,
34 S. MAIN STREET, SALT LAKE CITY : : BELL TELEPHONE 2114x
Price \$1.00 a Year; Ten Cents a Copy.

The Character Builder

The Character Builder is a magazine devoted to human culture and right living. It is receiving the approval and support of progressive and intelligent people wherever it is read. It has been consolidated with the Journal of Hygeio-Teraphy, which was published for seventeen years at Kokomo, Indiana, by Dr. T. V. Gifford and his associates. Nearly a quarter million copies have been circulated during the last three years. The magazine is now in its eighteenth year. It exists for the good it can do and seeks the co-operation of all persons regardless of creed or party who will labor for the advancement of humanity. The Character Builder is published monthly. The subscription price is \$1.00 a year. If you are interested in the work it is doing show this copy to your friends and ask them to subscribe for it. Everybody needs the Character Builder. Here are a few of the numerous unsolicited testimonials of its merits:

"I read the Character Builder with pleasure. If merit deserves to win, the Character builder should live to old age."—N. L. Nelson, Professor of English, B. Y. University, Provo, Utah, and author of "Preaching

and Public Speaking."

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

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

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

The HUMAN CULTURE CO.

Four years ago the Human Culture Company was organized to publish and circulate the Character Builder and books on health culture, human nature, heredity, personal and social purity, and other branches of human culture. The company has since been incorporated for \$10,000. It has already circulated more than \$25,000 worth of books and magazines. The stock is divided into 1,000 shares of \$10 each. Among its stockholders are some of the leading educators of the Intermountain West. One share of stock entitles the holder to a life membership in the Human Culture Magazine Agency, thru which choice magazines and books on education may be secured at special prices,

and the Character Builder is sent to stockholders for life at half price. This is a profitable investment of \$10 for any person who desires to secure good books and magazines. The board of directors for the company are A. C. Nelson, State Superintendent of Public Instruction; D. H. Christensen, Superintendent of Salt Lake City schools; Dr. E. G. Gowans of the University of Utah; Mat. Thomas of the Salt Lake School Board; N. Y. Schofield; W. A. Morton, and J. T. Miller.

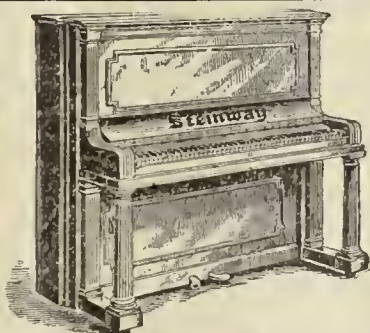
The stock is increasing in value; not a share has been sold below par value. Five thousand dollars worth of stock is now offered for sale to secure money for publishing books on human culture.

For particulars address the Human Culture Company, 222 Constitution Bldg., Salt Lake City, Utah.

MUSIC

Is the most refining influence in the HOME. Encourage the children in developing the MUSIC that is in their soul. Nothing can help this divine art more than the purchase of a PIANO OR ORGAN. :: :: :: :: ::

We carry the most extensive line in this western country. New Pianos from \$150.00 up. Terms \$10 per Month.



We can sell a brand new Organ for \$49.50. Terms, \$5.00 per month. Everything known in Music. :: ::

CLAYTON MUSIC CO.,

LEADING MUSIC DEALERS,

109-111-113 S. Main Street.

:o:

Joseph J. Daynes, Jr., Mgr.

Model Steam Laundry,

Telephone 122, Olive and State Street.



Found

At last a place where one can trust their linen or daintiest lingerie to be

Laundered.

When writing to advertisers please mention The Character Builder.

The Human Culture INSTITUTE

J. T. MILLER, D. Sc., President,

J. H. EVANS, Ph. B., Secretary.

About a year and a half ago this Institute was established for the purpose of giving scientific instruction in the branches of education most intimately related to the life of everybody. Some of these branches are taught in schools and colleges; but others of equal importance are not included in the curricula of public or private schools.

In all the studies offered by the Institute the best text books are used and instruction is given by practical teachers who have had years of experience in some of the leading colleges of the Intermountain West.

It should be the aim of every American to speak the English language correctly. Many who are desirous of acquiring this art have never had an opportunity of doing so. We are offering a thoro course in English grammar and composition for home study, adapted to the use of all who desire to improve in these branches. The students will receive the personal aid and criticism of J. H. Evans, Ph. B., who for a number of years has been at the head of the English department in the L. D. S. University.

The Human Nature course will include the branches of Anatomy, Physiology, Temperaments, Physiognomy, and observational Psychology. Teachers who are not familiar with these branches will find a study of them a most valuable aid in their work. These branches explain the laws of mind and body, and should be familiar to every human being. The work will be directed by the editor of the Character Builder who has made a special study of these branches for many years.

Domestic Science is growing in popularity every year; every home-maker should be familiar with the branches of this science and art. We offer a well graded course in Household Economics, Hygiene, Sanitary Science, Food Values, Food Combinations, and Scientific Cookery. The course is given by Mrs. M. K. Miller, graduate of the Battle Creek, Mich. Sanitarium Cooking School, and formerly instructor in the Domestic Science Department of the L. D. S. University.

Home Nursing by means of Physiologic Remedies is the coming method of treating the sick. Few families escape sickness, but not all can afford a professional nurse when sickness comes. Life may be prolonged, suffering relieved and death delayed by an application of such rational remedies as Massage; Hydrotherapy, or hot and cold water applications; sun baths; proper diet, and other hygienic and sanitary measures. The course will be given by a regular student of medicine who has spent two years at the largest Sanitarium in the world.

A course in Heredity and Hygiene for men will be conducted by Dr. John T. Miller, who has for a number of years conducted classes in these subjects at two of the leading Universities of the Intermountain West.

A course in Heredity and Hygiene for women will be conducted by Mrs. M. K. Miller, who for three years instructed classes in these subjects at the L. D. S. University.

Students may begin the work at any time and complete it as soon as they can.

All the work will be conducted thru Correspondence and Home Study.

For Terms and further Information Address

THE HUMAN CULTURE INSTITUTE,

222 Constitution Building,

SALT LAKE CITY.

When writing to advertisers please mention The Character Builder.

JOHN HENRY SMITH,
President.

W. N. WILLIAMS,
Supt.

CO-OP Furniture Co.,

31 to 37 South Main Street,



We have lately opened up a
Car Load of

GO-CARTS &
BABY BUGGIES

and are selling them at from
\$3.50 to \$45.00

Furniture
of all Kinds.

Terms Can be Arranged.

Co-op. Furniture Co.,

31 to 36 South Main Street.

The Children's Aid and Homefinding Association of Utah

is a humanitarian organization that finds homes, in good families, for homeless children. During the five years of its existence it has found good homes for more than 150 orphans and other unfortunate children. This organization exists for the good it can do; it needs the co-operation of everybody. If you are interested in this work enquire of the Superintendent,

Mrs. V. M. Stickney,

11 Earl Court, Salt Lake City,
or at the Character Builder Office.

Zion's Savings Bank

AND

Trust Company.

1 South Main Street, Salt Lake City.

THE LARGEST AND OLDEST
SAVINGS BANK IN UTAH.

DEPOSITS OVER \$4,000,000.

Pays Four Per Cent. Interest on Sav-
ings Deposits in Any Amount
From \$1.00 Upwards.

Careful attention given to all deposits
sent in by persons residing outside of
the city. Write for any information
desired.

Joseph F. Smith, President.
George M. Cannon, Cashier.

When writing to advertisers please mention The Character Builder.

THE CHARACTER BUILDER'S SPECIAL OFFER

ADDRESS: HUMAN CULTURE CO., 222 CONSTITUTION BUILDING,
SALT LAKE, CITY.

Any person securing ten new subscriptions to The Character Builder, with \$10.00 to pay for them, will be given a year's subscription to The Character Builder, and the following \$5.35 worth of valuable publications:

School and Fireside, (half leather) by Dr. Karl G. Maeser; The Pioneer Route Map, telling all about the journey across the plains; the Students' Guide to Bookkeeping, by Prof. J. B. Keeler, of the B. Y. University; Child Culture, by N. N. Riddell; and Educational Problems, by J. T. Miller; A Plain Talk to Boys, for boys over twelve years, by N. N. Riddell.

If this appeals to you cut this page out, get ten of your friends to subscribe for The Character Builder, at the regular price of \$1.00, and get the above publications sent postage prepaid for your trouble. This offer applies to any town in the United States, Canada, or Old Mexico.

Here is your Opportunity!

Name	Street	City	State
1.....
2.....
3.....
4.....
5.....
6.....
7.....
8.....
9.....
10.....

ORGANIZER OF CLUB

The Character Builder

AN EDUCATIONAL JOURNAL FOR EVERYBODY.

VOLUME 19.

JULY, 1906

NUMBER 7.

EDITORIAL.

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

BE PATIENT.

During the past nine months the editor has been compelled to collect and prepare the materials for the Character Builder while out on a lecture tour. For several reasons it has been impossible to do the editorial work as well as while at home. In two months the lecture tour will end, and we hope that by that time to have enough fresh thots to compensate our readers for the present loss.

With the next issue we shall complete the fourth year of the Character Builder. During these four years it has been a constant struggle to keep up the work, but there are now many who think it deserves to live. All who are interested in the principle of human culture can keep their friends and the Character Builder by a litlte effort. Every home needs good reading, and we aim to collect the best thots to present to our readers every month. We will give you more original articles in the future.

WHITMAN ON FREE SPEECH.

I say discuss all and expose all—I am for every topic openly;

I say there can be no safety for these states, that they respectfully listen to propositions, reforms, fresh views and doctrines, from successions of men and women.

Each age with its own growth!

—Walt Whitman.

Quarrels would not last long if the fault was only on one side.—Rochefoucauld.

THE PERSUASIVE PROMOTER.

The devil “goeth about like a roaring lion, seeking whom he may devour”—and so does the professional promoter, the man who makes his living by getting other people to invest their hard earned money in schemes which have little or no chance of ever panning out.. In nearly every mail the Pathfinder gets letters from readers asking if such and such an investment s a good thing. Our invariable answer is that while we may know nothing of the merits of the particular investment, it is unwise for people of ordinary means to put money into the things they know little about or which they have no control of.

Of course, those who have money to risk on “long shots” and are willing to take their chances, need no advice; but we never let our friends invest in some wild proposition thinking it to be a bonanza without trying to make them realize how small their chances are. This is, as a rule, a thankless duty, for such is human nature, that if you tell a person what he does not want to hear he will blame you, even tho it is the truth.

I know a man who owns less than \$15 “worth of stock in a “gold mine,” and so rosy are his expectations of that mine that he actually counts on his dividends giving him a good living in his old age. When I showed him the numerous weak and suspicious points in the scheme, instead of thanking me he became indignant. “Gold mine” propositions are a favorite with promoters; the very name “gold mine” is pleasantly suggestive of inexhaustible el dorados of wealth and the promoters conjure with it for all it is worth.

Scarcely a day passes that some such scheme is not wound up by the authorities and in nearly every case it is found that there was no legitimate foundation

for the claims made. Witness the case reported recently where a concern had got over \$300,000 and taken no steps to operate their alleged mine. Dividends has been paid, but they were paid out of the stock sales, and deliberately as a bait to induce more investments. This is such an old and common ruse that it would seem as if no one could be deceived by it, but the annals of the courts and postal inspection service show that thousands of people, many of them intelligent, thrifty and hard headed, are caught by it.

I remember a particularly striking case. A certain doctor who was well off and had the reputation of being a sharp bargainer, was persuaded to "try a flyer" in a company that was "making two per cent a month. He put in \$100, and sure enough the next month he received his \$2 dividend without cavil. The second month it was the same way. This operated on his imagination, and he concluded that he was a fool to be content with six per cent a year on mortgage loans when he could make 24 per cent thru the concern. So he sold his house and put \$2,500 into the "company." That was the last he heard of his money, his dividends or the "company."

In London a short time ago an American named Everhardt was arrested for defrauding people with mining investments, and the career of this man shows how versatile the professional promoter is. Among the many wonderful schemes he caused to flourish, to his own profit, were the United States Electric Clock Co., the New York Dash and Fender Co., the United States Cereal Co., the Index Mining Co., the G. W. Arnold Co., the Thomas A. Edison Jr., Chemical Co.,

In the recent case of the estate of the late C. H. Houseman, cashier of a Columbus, Ohio, savings bank, the court ordered 94,781 shares in 27 different gold mining companies to be sold for \$400! This illustrates how the speculative craze has affected even conservative business men.

Even ministers of the gospel are often used by foxy promoters to boom get-rich-quick schemes, and only a few days ago

one of our leading college presidents came out earnestly condemning this species of "grafting." A prominent Washington preacher has just lately resigned to become an official of a mining company and the promoters are using his name and those of other well known church men to persuade investors. Without regard to whether the mine in question is a safe thing or not, this is a very scaly practice.

What is known as the non-refillable bottle scheme is a standing joke among patent attorneys. It has for years been stated loosely that some concern would give a prize of \$20,000 to \$50,000 for a bottle that could not be refilled after being emptied of its original contents. The supposed object is to prevent dealers palming off spurious liquors, sauces, medicines, etc., by filling bottles bearing well known names with their own mixtures. It is stated that over 4,000 applicants are already competing for such a prize said to have been offered several months ago.

It is doubtful if any bona fide prize was ever offered for a non-refillable bottle. Such offers are generally for advertising purposes. Inventors for years have been devising all sorts of non-refillable bottles—some of them very weird and unpractical affairs—and there are hundreds, if not thousands, of patents on the subject not one of which has ever paid back the cost to procure it.

There is no limit to the visionary schemes that promoters will get up to interest the moneyed public. Now it is a company to grow rubber or coffee in Central America, again one to market a breakfast food, again one to introduce machines for making baskets automatically, again one to sell "city lots" on some site where there isn't a building, again one to raise Belgian hares, or Angora goats, or ginseng for market, etc., etc., but whatever the scheme is, the safe thing for outsiders is to let it severely alone.

Bear in mind that there is no end of capital anxious for investment in any reasonably safe proposition and that promoters do not offer "snaps" to strangers; there is no need of it and they would be

fools if they did it. There are of course occasional cases where small stock companies, managed by men of ability and probity, offer fine investments, but they are working concerns and not promotion concerns, and as a rule the risks are proportionate to the profits. The "South Sea Bubble" in England and the tulip craze in Holland long ago showed how beside themselves people can get when extrafantastic profits are promised them and how speedily the most inflated claims may collapse. For the average person a small profit that is safe is better than a large one that is a gamble, and it may be taken for granted that where unusual returns for money are held out there is some screw loose in the proposition.—*Pathfinder*.

GOV. HANLY SEES DANGER AHEAD.

In a Memorial Day address at Lafayette, Ind., Gov. Hanly dealt at length with grafting and similar evils. He issued a powerful warning against the dangers which confront the country and said:

"The American people are at the beginning of a great revolution. As yet there is, in a literal sense, no call to arms. There are no drum beats, no bugle blasts, no serried ranks, no marching columns, no battlefields strewn with the wounded and dead; but the revolution is upon us and about us as certainly as tho all these were present. Stupendous social, economic and political changes are involved.

"Deeply imbedded in the very core and center of this revolution, running like a thread thru all its shifting scenes and changing forms are certain fundamental principles of human right and of human liberty, and unless we in our day, and especially you in your day, possess a willingness to seek for these and the wisdom to find them, and the patriotism and courage to proclaim them, to stand by them and to save them when found, the call to arms, the drum beats, the bugle calls, the serried ranks, the marching columns, and the battlefields will come to us and to

you as certainly as in the past they came to our fathers.

"The criminal aggressions of incorporated and aggregated wealth against the individual must be stayed by legal regulations and wholesome laws courageously enforced or history will repeat itself in your day as it has done in the past. No despotism can be more absolute than the despotism of money.

"Thrift, wealth and aggregated capital are essential to the prosperity of the people, and the development of the country. I wage no war against these or any of these. But I do wage war against the thrift that grows by theft and speculation, against the abuse of wealth, against the corrupt practices of incorporated capital, and the undue and unholy influences it exercises in the administration of the government.

"I do not look with pleasure either upon 'muck' or the 'muck raker,' but either is better than 'muck bed.' And as long as the 'muck bed' remains I hope the 'muck raker' will continue to expose it and lay it bare, that the people may come to hate it, to despise the greed that feeds it, and to forsake every man whose hands are soiled with pollution."

IT MAY COME TO THIS.

If all workers in America were to strike for the eight-hour schedule, as some of the labor unions are now doing, what changes there would be! Suppose the Mothers' union were fully organized by the walking delegates, and the mother who began work for her household before 8 o'clock, or sewed a button on after 5 o'clock, were to be fined. On holidays, "Mothers' Days" or Sundays the mother who cooked a meal or nursed a sick child would have to charge "time-and-a-half" or be disciplined. As it keeps women busy now from early dawn until late bedtime and "woman's work is never done," how would their labor union spouses like it, for the machinery of their homes to stop, the fires in their kitchen ranges to be banked and the needles to be idle in the cushion after 5 o'clock?—*Home Magazine*.

EDUCATIONAL.

THE PROBLEM OF INDIVIDUALIZING INSTRUCTION.

Principal M. F. Andrews.

"If symmetry is to be obtained by cutting down the most vigorous growth, it would be better to have a little irregularity here and there."—Agassiz.

Someone said that "all schemes of culture" should begin with the recognition that each child is different from any other, that the lines of difference run far back, and are therefore not superficial, and that, in order to secure the highest efficiency, systems of education should be adapted to the individuals to be reached." Preston W. Search says:

"Even the children of the same parents come into the world diversified greatly by pre-natal conditions, so much so that the several children of a given family, while bearing marked resemblance to parents in common traits, are types peculiar to themselves. One child is tempest and another is sunshine; one is phlegmatic and the other nervous in temperament; that which will do well for one child will not do at all for the others; and so each family has a little world of variety in itself. If there is so great difference in the children of the same family, where because of common parentage, association, shelter, food, clothing and general home culture one might expect some degree of similarity, how much more should we expect variations in the fifty children of a school, when certainly parentage and nationalities are far from uniform."

Three such statements as the foregoing furnish food for much serious thought, and form a basis for a long discussion on a much mooted question. Whether I shall be able in this paper to present a convincing array of proof will be entirely left to the readers.

Mass teaching, generally speaking, is a failure. It is not the natural way of doing work. It is neither common sense nor good judgment to suppose that any

two children are alike, much less that forty or fifty are the same.

Why children are not the same is a question that none of us will ever be able to answer. The sins of the fathers are "visited upon the children, and upon the children's children, unto the third and fourth generations. From eighteen to twenty, to forty years of age, a mother may give birth to children. Physically, mentally and perhaps morally she is continually changing. It cannot be supposed that a child born to her when she is vigorous and strong could be like unto the child born to her at forty, when she has no doubt begun to lose her powers. I have but indicated here my position on the question. It is a problem that will bear much discussion and investigation.

Speaking in general, parents see no difference in their children, especially when it comes to the question of schools and education. They come to you and say, "Mary did so and so in school, always was at the head of her class. Why is it that Julia does not do the same?" I can not tell you, my dear mother, nor should you worry about it. They were not born in June, perhaps, or there may have been scores of reasons why they were not born alike. Neither the psychologist nor the philosopher can answer your question. Why should you or I trouble about it? "'Tis true; 'tis pity, etc." Do not expect the same progress from the one as you do from the other, and you will not be disappointed.

Teachers make the same mistake. How often, oh, how often have teachers come to me and said: "Well, I have taught six—or five—or four children—from Brown's family, but this one is not like the others. Why, she doesn't know anything. I believe she is lazy and I am going to bring it out of her." Poor, deluded woman! Have you spent all these years in school to no better purpose than this? But the majority of teachers are not mothers, so are not capable of looking at these problems from a parent's standpoint.

It would be an unwise physician who would treat two patients having typhoid fever in exactly the same way, tho they

might be of the same family and even in the same house. The wise physician does not do so, but makes a careful diagnosis of each case and then prescribes in accordance with his best judgment. Or a better illustration: In a field at home I have a number of heifers. If I were to throw a basket of corn to them, one heifer would get the most of it. She will eat three ears while another eats one. They are of the same age, and this one is not the larger by a great deal. In her domineering way she will crowd out the others and thus get much more than her share.

So it is in most of our school work. Our classes are large; some of the pupils may be illy prepared for the work, some are slow, and there will always be a bright few who from the start are the leaders. Strange it is after all the lecturing that has been done in the past twenty-five years, the reading of books on pedagogy and psychology, we, as the teachers, delight in the work of these few who excel. We forget that they are in a sense better born, and do not deserve the credit that the slow plodding boy does, who naturally may be lacking in many things. We encourage these precocious ones, and before the year closes they have distanced their companions and are getting all of the educational (?) food.

How often do we see at the close of the year twenty children left in a grade where there were forty in the beginning, and the teacher explains the situation by saying, "the poor ones drop out while the best remain."

It should be the business of the good teacher to see to it that the poor remain. Had she given the individual attention to these boys and girls that she should, most of them would be found working to the last.

Not long since, I was in a class of eighty pupils where mass instruction was being given in music. There was fine singing—so good that I left my desk, climbed the stairs and went to the room to hear it. But lo! not more than thirty-five or forty children were doing the work. This number was scattered thru-

out the class, and it appeared that all were singing. Of course, not all children can sing, but with personal attention, many more would do fairly well.

Some years ago I prepared a young man for college, and he was admitted to one of our largest institutions. At that time there were twelve or fourteen hundred students in attendance—far too many for the teaching force. He was placed in a botany class, numbering one hundred and fifty students. He told me afterwards that not twenty-five of that class got any help or information out of the work. Just those who crowded to the front and pressed their claims were benefited.

The best feature of the small college has always been the fact that classes were small, so that the professors came in close touch with their students. All over this county will be found today strong men in politics, in religion, in law, in medicine and in all of the callings, who are graduates of the small college. The best men, students in our colleges today, are the men who have been educated in the high schools of our smaller towns and villages. I can look back today to six years spent in school work in two small Ohio towns, and count more than two dozen young men and women who have either gone to normal school or college, and are now out in the world doing good work. Why was I able to influence so many young people in so large a degree? Simply because my classes were small and I could do individual work with them. I could sit down with a boy or girl who was in trouble and give the real help that was needed and wanted. I did not stand before a large class and talk. Too much of that kind of work is being done and it fully illustrates the parable of the sower.

Then again in the quiet of my home a student could drop in for a half hour's chat, and thus not only he, but I, was helped by such contact.

I have been for more than a dozen years in a large city, and have worked with thousands of children, but can count on the fingers of my hands the number of pupils I have been able to in-

fluence to the extent of getting a college education, and have my thumbs left. Why? Simply because we are in a great system where our classes are too large, and teachers just stand before them and talk at the child.

A very talented and worthy young man, who has done all his teaching in the country schools, was appointed to a position in the city schools at the beginning of this year. He is just finishing his second week's work and this morning he came to me with all his disappointments. He has but forty children, but all their originality has been crushed out, and they just want someone to talk to them and mark out every step. The young man cannot account for such conditions. When he has served a dozen years in such a machine he will know all about it.

The redeeming feature of the old fashioned country school was its freedom from hide bound system. The classes were small, sometimes only one or two working together. The teacher had so many classes and so many different children to deal with, that the instruction was necessarily individual. He was never at liberty to expatiate for thirty minutes on unimportant features of a lesson. The child usually knew where the trouble was before applying to the teacher for help, and the teacher always knew he must explain at once, briefly, and move on to the next citadel. This accounts in a large measure for the strength, power and independence of the young man or woman who came to town from the backwoods district.

Not many hours since I saw a sample of teaching that kills. In a class of fifty children a teacher was hearing a reading lesson. They spent just twenty three minutes reading forty lines. Eighteen of the children read in that time, and the teacher spent not less than fifteen of the precious minutes explaining what they were reading about. It was a delightful story, "How the Thrushes Crossed the Sea." Every child in the room had no doubt read the entire lesson, and had comprehended as much of it as was possible. Such work as this is not teaching

in any sense of the word.

Socrates knew how to individualize his instruction. Jesus of Nazareth knew the secret, tho he often spoke to the multitude. Many of our best thinkers and teachers in these later years have been pleading for individual instruction, but the great mass of our profession are afraid of the plan, and the cry goes up, "It can't be done!" But it can and will be done in these United States.

Many colleges and normal schools have seen the mistake that is being made by massing students. Already steps are being taken in some of the large institutions for a division of labor. Chicago University has reached such a stage that it is necessary to get relief from great numbers. To this end it has been suggested that the University be broken up into a large number of small colleges. In so doing classes will be reduced to the minimum number, and the teacher will do real, personal work instead of pouring down upon all at once. The innovation will become contagious and every large school in this country will fall into line within the next decade.

More money will be needed for the work, but better results will more than compensate for the expenditure. Hundreds of young men and women are passing thru colleges and schools, taking degrees that mean nothing. They made fair standing in some of their work—perhaps in all of it—and yet it has all profited them nothing. They have cribbed and ponied and in other ways cheated their way thru, expecting to go out and live by their wits. Too late they have discovered that something was lacking in their education.

The outside world is ready to cry out against education because of such results. For these people education is a misnomer and the sooner we come to know it, the sooner will our school come up to the highest standard. But what have these people missed, you ask? The strong, personal interest and individual touch of a man or woman! In large classes there is no opportunity for knowing students and much of the teaching is "wasted sweetness on the desert air."

Emerson said to his daughter something to this effect, when she was going away to school, "It matters little where you go to school, but it makes all the difference in the world with whom you study."

How many of us can look back to our school days and pick out here a man and there a woman who has left an impression upon us? We forget the history, geography, grammar and the mass of things taught us, but the teacher now stands out among those we loved as one who has helped us to better things. Our teacher's individual work counted for more than all else combined.

Many reforms in teaching, if they come at all, must originate in the public school, and just here is where, no doubt, any departure from the beaten path will meet opposition.

Tradition is a great stronghold, and the graded school system with all its good points is pretty strongly entrenched in the notions of long ago.

We have worked for system till the public schools have become machines. It has been insistently proclaimed that all children must do things the same way for so long a time, that many of us have actually come to believe it. Children unborn are predestined to work after the same fashion that their grandparents did. But there are exceptions to these beliefs. Here and there, all over the land, are men and women who are coming into a different belief. These "come outers" believe that individual instruction is far superior to the much practiced general method.

In many of the best schools in the United States arrangements are made for two grades in a room as 1A and 1B, or 1A and 2A. If there are forty children in the room, twenty may be working by themselves at some work planned or suggested by the teacher, while the other twenty are reciting a previously prepared lesson. The children who work by themselves are learning to be self-helpful, and after all, that should be the constant aim of the school. In so many of the schools all originality is crowded out by the teacher, as she does the work for

the children that they should do alone.

Some of the best teachers I have ever seen or known, soon have, after organization, three or more groups of children, naturally arranged according to ability or power to do. Of course, such a teacher is kept busy in arranging work and seeing that her plans are carried out, but she is also very happy, knowing that her work is not in vain.

This grouping of children brings the teacher into closer touch with each child, and she is thus enabled to learn the peculiarities and characteristics of the child. By so studying the child she is better enabled to give to each individual the instruction needed.

The great fault with most teachers is that they talk all the time and to little purpose. Talking much less, but directing a great deal more, will bring about a needed change in our work. The time will come in our lives, no doubt, when a schoolroom will not be a prison, or a place where children will dread to be sent.

But two factors are absolutely necessary in a school in order that education may come about—the teacher and the child. The teacher must be all right, but the child may be all wrong. Notice, I have said child rather than children, though there may be forty in the room.

The genuine teacher will work with but one, yet they are all with her. The product of such work will be of such a denomination as will come from multiplying the possibilities of the child by the number of horse-sense units the teacher really possesses.

This undefinable product is education in a broad sense, and can only be wrought out by strong personal contact between teacher and child.

For a discussion of the history of this subject and the experiments made in the different cities, one cannot do better than read *An Ideal School*, by Preston W. Search.



The literary style which deals in long sentences or in short sentences, or indeed which has any trick in it, is a bad style.—Sir Arthur Helps.

MORAL AND CIVIC TRAINING IN OUR SCHOOLS.

That there is deficiency in training for citizenship in our schools, colleges and universities, is strongly attested by the moral and civic conditions in our country.

Everywhere a luke warmness in love of nation, state, county, and city is manifest; men seem to be absorbed in the getting of money and they forget the institutions that guarantee them this privilege; there is but little respect for laws and officials; the belief that anything is fair in politics is prevalent; vote buying is still thought to be respectable, and men who are nominated for office are expected to almost swear that they have never at any time scratched their ticket, thus keeping alive those pernicious customs and beliefs that are preventing men's voting for the best men and measures, that are cursing our beloved country and dragging it down lower and lower until our liberty is little more than a name. And yet the worst evil of our times has not been mentioned. I refer to the pernicious use of money, popularly known as "graft." Our people are in the mad rush for the "Almighty Dollar." So eager are our people to possess wealth that they resort to questionable means to obtain it. Very many high officials use their influence solely for what money it will bring; embezzlement is so frequent that it is safe to trust but few institutions, and character greatly resembles a "white washed sepulcher."

In consequence of all this, men of real character are disgusted and stand aloof from politics, thus turning the important affairs of the country over to comparatively uneducated men and unscrupulous politicians who are out for the money they can get out of the business. Then, again, thousands of foreigners are being naturalized each year without receiving but little moral and civic training.

"Ask you of all these woes the cause?" The answer is, in part at least, lack of proper moral and civic training in our schools!

To most men, under our present system of discipline and training, the gov-

ernment seems to be a vague, far away, mysterious something, with which they have no relation or responsibility. They are not concerned about who is president, governor, county judge or mayor, forgetting the fact that they go to church where they please and are protected in person and property because they live in the United States and not in Russia or Turkey. From the time the child receives his first conception of government until he is expected to assume the responsibilities of citizenship in this great government "of the people, by the people and for the people" he has been a subject of an almost absolute monarchy in his home and school where he received but little practical training in self government, but has been forced to obey rules, regulations and laws that he had no hand or voice in making, and thus he has not been trained to become a citizen.

A citizen feels that he has a part in the governing of the nation and is willing to co-operate for the common good. In short, he has been trained as a subject, not as a citizen.

In justice to our many earnest, consecrated teachers, I desire to say that they have done all they could do, under the system of school government now in vogue. They, doubtless, have governed their schools and given abundance of preceptory instruction in morals and civics, but they have given but little practice in self government. The consciences are distorted or wrongly formed for lack of self-activity; civic training is wanting for the same reason and our young men and women are turned out of school without the proper moral and civic training and, therefore, cannot perform the important duties that naturally devolve upon American citizens.

Some one has said in this connection that our system of moral and civic training has not only paved the way for "boss rule" and political corruption, but it has rendered them inevitable.

The most lamentable conditions exist in our towns and cities. "Grant" and "boss rule" are "in tact" in nearly all our towns and cities, until the people of the Old World laugh at us and tell us

we need to sit at their feet a while longer to learn how to govern our cities.

This is anything but a pleasant picture; yet no right thinking person can deny that all these and many more evils exist.

Now, what is to be done? Shall we depend upon a few reformers like Folk and Jerome? This will not suffice. Reformation that takes place among adults is only temporary, while that drilled into children is permanent.

Our youth must be trained to govern themselves wisely and justly. But how? Have we not schools, colleges and universities all over our beloved land? We answer: Make the children citizens! They live in a republic, but they are not citizens. They cannot make their own laws. They are made by the teachers, school boards and higher powers. The children must obey. That is all the part they have in the government. They have had a poor chance to learn to be citizens. Citizens make their own laws and compel those who want to do wrong to do right or be punished by the other citizens or by the officers whom they elect to attend to their business.

A republic cannot be a good strong republic unless the citizens understand their rights and duties, and are in the habit of defending their rights and performing their duties. The time to learn these duties and rights and to form the habit is in childhood. This they can not do by studying books alone. While they must learn from books and teachers, they will not fully understand them until they put them into practice, and they can not form the habits of citizens while they are only subjects. They must be citizens in order to form the habits and character of citizens.

Not many school children in the world are citizens. Most of them are subjects, just as if they had a king or queen. Every school must be governed, and, while the government of the country has the power to say whether the school government shall be a republic or a monarchy, most general governments pay no attention to the matter. It has not occurred to many men in power that it is a

matter of any importance how boys and girls are governed in school. They do not seem to realize that boys and girls trained from infancy in monarchical school can not easily, if at all, become good citizens of a republic when they become men and women. But Wilson L. Gill, of the Franklin Institute, Philadelphia, has seen the importance of this moral and civic training in youth, and has devised the School City government which has been thoroly tried and tested in the city schools of Philadelphia, the State Normal at New Paltz, N. Y., the schools in a number of the Indian Agencies, and in all the city schools of the Island of Cuba. Those who have tried it are loud in their praise of it, and the writer belives that it is a reformation that ranks in importance with Rousseau's Kindergarten, Pestilozzi's objective training, and Froebel's scheme of spontaneous activity, and that, ere long, it will be forced into general use by the legislatures of the several states. It is sound in principal; it is in unison with the spirit of our government, and is pronounced by all who have given it a fair trial to be practical for children of all ages and grades.

It is a method of government for all schools, "of the pupils, by the pupils and for the pupils." They are taught to govern themselves by considering the school to be a city and the pupils to be citizens.

The three divisions of popular government, legislative, executive and judicial, are established. The pupils elect a city council, mayor, city clerk, judge, clerk of court, treasurer, and such other officers as circumstances may require. The mayor, with the concurrence of the city council, appoints a police force—a chief for the whole school and a captain and four police for each room, which is a ward of the school city. For moral influence and civic training, elections are held at least four times a year.

Oh, how our boys and girls need this practical training!

One night last May the most marvelous exhibition of the wonders of electricity ever given in the world was performed at Washington, D. C. Preparatory to this electrical display, a huge map forty

feet long and twenty-two feet wide was hung on the wall, on which every city of importance in the civilized world was represented by incandescent lights. The sending of the signal took place precisely at midnight. And as the signal started round the world the lights on the map flashed, one after another, in perfect unison with the real city, until every one was aglow, and in seven seconds the signal returned to Washington, having gone entirely around the world; and, as I read of the marvelous power of electricity, I formed the ardent wish that Wilson L. Gill, as a great electric dynamo of moral and civic power, might send the signal to the thousands of earnest, consecrated teachers all over this land, and that their minds and hearts might be lighted with the true knowledge for moral and civic training of the American youth as the cities on that huge map were lighted with electricity.

Then our glorious country, with her gigantic mountains, majestic rivers, vast prairies and beautiful lakes and thousands of cities writhing under the baneful influence of "boss rule" and political corruption, in her agony, may cry unto us:

"Bring me men.

Bring me men to match my mountains,

Bring me men to match my plains;

Men with empires in their purpose

And new eras in their brains.

Bring me men to match my prairies,

Men to match my inland seas;

Men whose thots shall pave a highway

Up to nobler destinies;

Pioneers to clear thot's marshland

And to cleanse foul error's fen; •

Bring me men to match my mountains;

O bring me men!"

and our great schools can answer: "Here we are in the business of making just such men! and we know our business and at last are doing it well!"—*Southern School Journal*.

A diplomat should have an ear so delicate that he can hear a fly walk behind his back, and a skin as thick as that of a rhinoceros.—Gen De Schweinitz.

COMBAT INTEMPERANCE THRU DIET.

How best to combat the evils of intemperance is a problem on which there is a vast difference of opinion. The same view probably is that there is no one panacea, and hence the wise way is to make use of every suggestion to the desired end that appears. The following extract from an article in *Good Health*, by Mrs. E. E. Kellogg goes to the root of the matter, but it will, by many, be considered not practical, since it is only a comparative few who are willing to live down the grosser appetites inherent in them by denying themselves things that "taste good" Mrs. Kellogg says:

"To my mind, the best way to educate a boy to shun intemperance is to educate the whole of his threefold nature to operate in harmony with the divine laws of his being, particularly his will and his appetite. If I were the boy's mother, I would aim to educate him to make appetite his servant rather than his master, by providing him a simple, unstimulating dietary, knowing that it takes seed-sowing to produce harvest and that unrestricted pleasuring of the sense of taste may establish a dominance of appetite which, indulged in one direction, will be hard to restrain in others. If I were the boy's father, I would teach him from earliest childhood to respect his body as the image of the Divine Creator lent to him for his temporary use, to be returned pure and undefiled to his Maker, and that he has no right in any way to cripple or abbreviate its usefulness.

"The training must be positive as well as negative. The positive side in diet will mean to teach the boy, first, the duty of thoro mastication, to chew his food at least four or five times as long as food is ordinarily chewed. Second, to make a selection of such foods as will make pure blood and a strong healthy body. This will exclude flesh foods of all kinds, irritating condiments such as mustard, pepper, peppersauce, horse radish, hot sauces of every description, such indigestibles as pickled green olives, preserves, fried food, rich pastry, confectionery, and other dietetic abominations which are an-

tagonistic to good digestion and hence to good morals. The cultivation of an appetite for abnormal foods results in a perversion of the natural instincts, arousing morbid and pernicious desires and cravings. This is one of the strongest of all leading strings to intemperance.

"Alcohol exercises a double spell over its victims. It is first a nerve tickler, creating felicitous sensations; later, when the consequent effect appears, it becomes a comforter, putting to sleep all the body sentinels—pain, hunger, and every sort of bodily distress. Even the upbraidings of conscience are stifled by the anesthetic spell which this competent drug casts over its unfortunate victims. The only safe place for the boy, girl, man or woman is that of harmony with nature, which means to be in harmony with God's laws. Into this refuge the victim of intemperance may run and be safe; and every boy is proof against the allurements of the intoxicating cup so long as he remains in the stronghold of simplicity and naturalness.—*Pathfinder*.

DEPRAVED APPETITES.

Unnatural appetites are much less often inherited than is generally supposed. Depraved appetites are most commonly the result of improper training in early childhood, perhaps we might more properly say, in early infancy. We have often been distressed, almost horrified, in fact, at the sight of a parent giving a child its first lesson in dietetic depravity. The mother would place in the mouth of the little one a little bit of rare roast beef, a piece of bread covered with rich meat gravy, or potatoes well buttered and peppered.

A young child has at first no liking for such food and turns away in disgust. It is only by repeated persuasions that the child can be induced to soil its lips with such unnatural food. By and by, however, a perverse appetite is developed, and with the unnatural craving comes a dislike for those wholesome, bland, and simple foods which the Creator gave to man for his bill of fare, and which nature supplies so bounteously.—*Dr. Kellogg*.

A MATTER OF FIGURES.

All other creatures retain the shape into which they were molded by the Creator; but woman, his crowning work, is remodeled almost every season. A prominent English artist, speaking of the accentuation of the waist line in woman's dress, says:

"Female dress will never be thoroughly satisfactory until women have realized that they have no waists. Nature has not endowed them with waists, which are artificial lines produced by compressing the body. This seeming paradox is easily proved by considering that the waist of women has been placed by fashion in every conceivable position, from under the armpits to halfway down the hips. Obviously it can not correspond to any natural formation, or it would not wander about in this extraordinary manner."

The mandate goes forth, "The waist is to be smaller; the bust is to be higher," and immediately there is a drawing of corset strings all over the land, the national female form assumes the shape indicated by Simon's thumbs. Or, "The skirts are to be longer this year"; and forthwith there is a dropping of the skirts into the dust and mud, and the street sweeper goes out of business. The outer casing of the human form is exactly adapted to its inner mechanism, and can not be remodeled without seriously interfering with the position and functions of the internal organs. The result of the blasphemous attempt to improve upon the Creator's masterpiece is manifest in the prolapsed stomachs, floating kidneys, misplaced livers, etc., to which the "Nuform" woman is subject.—*Good Health*.

UNCLE NICK LONGWORTH'S GLOVES.

Quentin, the 11-year-old son of the president, is a pupil at one of the public schools of the city.

"Who can bring me some old gloves for cleaning off the blackboards?" the teacher asked the other day.

"I can," promptly said Quentin. "Nick gave me two pairs."

PRE-NATAL CULTURE.

So much stress has been laid upon the preparation for and the future state of the soul in a life beyond by religious teaching of the Christian church, that the preparation for the entrance of the soul into this mortal state has evidently seemed of little importance.

That the beginning of preparation for the immortal state should be during pre-natal existence has formed no part of either religious or scientific teaching. Students and professors of natural science have failed to carry forward the principle of perfection of the seed as indispensable to perfection of form, flower, and fruit, into the human grade of life. The necessity of certain conditions to the development and perfection of the seed has not been expressed as suggesting the same necessity in the propagation of the human species.

The prevailing attitude of mind and conduct in regard to reproduction and human parentage is consistent only with the conception that human being is incapable and irresponsible in the parental office and function. It is in accord with the old error that the mother is merely a receptacle and soil for the germ (instead of containing it) and that she cannot convey to it any tendency or the effect of any mental, emotional, or passionate impression or agitation.

No error of human idea unless perhaps that of the doctrine of total depravity, has more hindered human development and progress. The never-ending process of enfoldment which belongs to the life of the soul has its inception in utero. Embryonic existence gives impetus or is a hindrance to normal development according to the state of normal preparation or lack of preparation of parenthood.

The love that alone makes the bringing into mortal state a being with the powers and capacities of human soul a blessing, is not the lust of animal nature. Reproduction which multiplies forms is merely an animal function in man as in lower animals. Human parenthood to be complete and fill its entire responsibility

must involve the higher nature, moral sense, conscience, and the soul relation and unity of love. A spasm of sex virility is not love. A form that happens to be generated by such an impulse alone has been robbed of the complete parental inheritance. I have many times heard the expression that love was indefinable. The following seems to me a very good definition:

"Some one to love and be kind to,
Some one whose faults you'd be blind to,
Some one in trouble to fly to,
Some one you'd love and not try to,
Some one to struggle and strive for,
Some one you'd do any task for,
Some one to climb earth's heights with,
Some one you never would part with,
But dwell in the land of the heart with—

That's love."

The blessing of mortal existence depends more upon the conditions of parental love at the time the form is started than any other fact or state of the parents. One of the primal teachings which youth should receive is the distinction is between the impulse and attraction of sex virility and desire, and the affection and real union which involves the whole being, the love which is a giving of the deepest, purest heart life.

It is a demoralizing idea that a ceremony and legal status of man-made laws is a God-joining of man and woman in wedlock. God-joining can only be a union of heart and of adaptable temperament. And where this God-joined union does not exist it is a cruel wrong to the child to curse it with parenthood.

When this true union ushers a soul into human form, life can be a blessing even tho attended with hardships and lacking advantages. At the present stage of human evolution and enlightenment, youth should receive a strong and lasting impression from home teaching, and social and educational influences, that love is more than a physical attraction, and involves the most serious and important conditions affecting generation after generation.

The "higher education" of greatest importance to human happiness and advancement as intelligent, responsible beings, is that which will inform them how they must be either a blessing in helping on toward the complete perfected humanity, or the hindrance that shadows mortal existence.

The dominance of the fleshly animal and sense quality has thus been fostered and the weakness perpetrated. While intellectual attainment is valuable and its development necessary for the perfection of man, the development of moral quality, the attainment of self-mastery is the manifestation of the higher, the human nature which is the "spirit of God" which "dwelleth in us." It is the kingdom of heaven within.

Ante-natal existence is the supreme opportunity for this kingdom of heaven within, the Spirit of Love and harmony of soul to work for the perfecting of humanity thru the dominating influence of the mother life.

All the relations between father and mother should be in consideration of the best good of the building form as a physical being not only, but as an immortal soul gathering from the uplifting aspirations, the poised impulses and feelings, the devoted love and effective will power of the mother mind and heart, the tendencies that will start it on this mortal career well prepared for its struggle with mortal conditions and the growth toward perfection which is its destiny.

Exemption of prospective motherhood from reasonable activities and struggle with the varied problems and emergencies of life is not desirable. But to bear the burdens of race building and also of toiling to procure physical sustenance, or of the cares and labors of housekeeping and family that consume energy and vitality, leaving no time for healthful relaxation or recreation, which is a necessary condition to the normal and rightful endowment of the child with vitality, energy and brain development, is a robbery of the child's rightful inheritance.

The mother whose energy is exhausted, or whose vivacity is stifled by pressing anxiety in regard to the supply of

bread and other necessities, may unavoidably bequeath to the nascent life a taint of sadness, or bitterness, and a lack of potency of will that will cause many distressful experiences, and be to the soul what cramps are to the physical body.

What language can portray, what imagination conceive, the harmful possibilities to a pre-natal existence which is under the depressing influence of a mother whose life is a treadmill of toil and weariness, perhaps uncheered by loving companionship and sympathy, or the hope of improved conditions?

The marvel is that more degenerates and imbeciles are not born when we consider how many children are brought into existence with no parental welcome, nourished many times by a mother's organism overworked, nothing in the environment during embryonic life to cheer, uplift, encourage and strengthen the mother heart outside herself.

Nature has only provided for multiplication of forms. How to build these forms most perfectly, to insure to the ego a good instrument for finding and training its capacities and powers, is left for the intelligence and development of a sense of responsibility in the parent, to discover and apply. This is but faintly dawning on the consciences of a small portion of humanity today.

The Mormon doctrine that woman's favor with God depends upon her multiplying human forms, was not a part of the religious teaching and idea before the creed appeared. But up to, perhaps, half a century ago there was with Christians and very conscientious people a sense of duty and obligation to God to multiply, not now existing. And with this was held that the child was under profound obligation to the parent for having been brought into existence. These ideas no longer prevail largely.

There is a more rational and true sense of responsibility to the child by the parent.

But the true estimate of the power of parenthood and of its possibility of developing and expanding the higher human qualities in both parent and child, especially during the embryonic period of

the creative function, has not yet permeated the consciousness of the many.

The decrease of large families is far less deplorable than the economic unjust system that is producing child slavery. "Race suicide" that causes no suffering to any one is far less criminal or to be regretted than robbing childhood of all natural healthful conditions for its development.

The avoidance of parenthood may many times be consummate wisdom. It is never wise, or just to the child, when love does not seek or welcome it.

It is a cruel wrong to the child when mother love does not baptize with soul energy the pre-natal life.

Consciously or unconsciously, the transition state between automatic multiplication and voluntary invoking of a new life, with more or less intelligent realization of the higher possibilities and obligations of parenthood to the life invoked, is in process of evolution and growth, and which is termed race suicide.

Only women can bear the burdens and suffering of building human forms. Only woman has the right to determine if she will take up the burden. It is wrong to the child to make woman the unwilling mother.—Lucinda B. Chandler.

TRUE EDUCATION.

Education means evolution and development—growth. Herbert Spencer says that education is the creation of cells—the physical en-registration in the brain of experience. We grow thru expression, that is thru exercise, and according to Herbert Spencer, that is a physical process, just as truly as in walking, only that the physical changes are so minute that we do not easily detect them. But it is an axiom of science that nothing is less perfect for being small.

However, we all realize that intense thinking produces bodily exhaustion just as truly as does intense physical effort.

So let the supposition stand: That is a physical process.

Whether Prentice Mulford was right and a thot is a thing, is till debatable, but you can only think by using a thing and

that thing is the brain. And the record and result of thot is enregistered in your brain, in cells created for the thot and by the thot.

So a man is what he is on account of what he has thot and experienced. And it is experience that makes him think. People who have had certain experiences have certain thots, and people who have shielded or deprived of these experiences are absolutely incapable of entering into the thots and feelings of one who has experienced. They have a different brain enregistration.

We grow thru experience, for experience is exercise.

These ideas are simple, plain and now undisputed by the best minds.

And yet to a great degree, the ideal of education in most colleges is that of getting the growth and yet avoiding the experience.

Growth, the collegians seem to think, is an acquisition. Doing by proxy, vicarious salvation, message in place of the saw buck, and brain cell enregistration by listening to another man express another man's thots.

And that is the reason that college does not necessarily educate, but actual life does. Just in proportion as college compels the pupil to contrive, to devise, to think, to create, does it succeed. The old idea of education by suppression, the repeating of things by rote, and the placing of a penalty on originality, all this was nothing but the intermarriage of ideas that were cousins, and the result was a race of ecclesiastic scrubs.

These educated jobbernols instituted and constituted the Dark Ages. The physical world was here just as it is now, but there were no men, for there was a religion of fear, and this religion was supreme. A thousand years of a religion of kindness, love and faith would have made this world a paradise enow. But we only got rid of our devil and hell yesterday, and even yet a great many people are fussing about it, saying, "You have taken away our devil, and we do not know where you have laid him."

A man succeeds thru battle with conditions. He gets his degree at the uni-

versity of hard knocks—he succeeds, and then he endows a university where he expects young men to reach the same results that he has, by another and easier route. Benjamin Franklin founded the University of Pennsylvania, but during its long life the U. P. has never turned out a man the equal of Franklin. Many a strong and experienced man never thinks of setting his boys to work. Oh, no—he sends them to college and makes of them remittance men. The students who get the real good out of the college are those who work their way thru. If colleges accepted only those who work their passage, as they do at Tuskegee, we would then have the system on a common sense plan—that is to say, on a scientific basis.—*The Philistine*.

LENGTH OF YOUR LIFE'S DAY.

Have you a straight spine; is your head erect, and your breast broad and deep; and is your breathing slow and deep? Have you repose of movement, and do you perform your work easily and silently? If you have and do all these things, you have the characteristics, medical men say, of longevity.

It is said that ninety-nine out of a hundred persons have curvature of the spine, and that the octogenarian is the hundredth man. His is a straight line, the head erect and the chest broad and deep. That means that the vital organs have room to do their work unimpeded.

Another characteristic of longevity is said to be a repose of movement. It has been noted that the old person moves easily, slowly, and silently. It is the way he has always done; and perhaps it is why he has been able to glide thru so many years.

Repose of movement comes from muscular relaxation, and that is possible only when the mind is tranquil.

If the straightness of the backbone and the natural size of the chest are things over which you have no control, remember that tranquility of mind and equanimity of spirit may be had if you are willing to pay the price of effort.—*Good Health Clinic*.

MAKE PAPERS TELL TRUTH.

G. W. Anderson, an able Boston lawyer, has broached the view that there should be a law to prohibit the practice not uncommon among newspapers of printing in the guise of news statements designed to mislead the public for selfish ends. He takes the stand that newspapers are under a definite moral obligation to tell only the truth and that when they violate this faith they commit a fraud on the public which is amenable to law. If matter which is not legitimate news or editorial matter is published it should be only in the form of a plain advertisement, he says.

STOOL OF REPENTANCE.

This may be made a real funny game and one that all boys and girls will enjoy. Someone, a boy or girl, voluntarily leaves the room and another, who is chosen to act as public prosecutor, goes round the circle and asks each one of the company if they have any accusation to bring against the absent one; the more absurd the offense or imputed "crime" the better. This done, the accused is brought in and the prosecutor addresses him. "It is my painful duty to inform you that, in this open and honorable court, you have been accused of"—here follows the charge: "Dyeing your hair," "Going to sleep in church," "Wearing green gloves," "Writing poetry," "Shooting cats," etc.

The prisoner, after hearing the first accusation against him, makes a short defense of himself and concludes by pointing out the person whom he supposes to have made the complaint, as a proof that no belief should be placed in it. If he guesses right, the accuser is sent out and made to sit on the "stool of repentance;" if not, the next charge is made, and so on until all have been heard.

"Is he a thoroly honest man?"

"I don't know," answered the man from Missouri, "I have trusted him with hundreds of thousands of dollars, but I never tried him with a book or an umbrella."—*Washington Star*.

HOME MAKING.

HOME.

A man can build a mansion
And furnish it thruout,
A man can build a palace
With lofty walls and stout,
A man can build a temple
With high and spacious dome,
But no man in this world can build
That precious thing called Home!

No, 'tis our happy faculty,
Oh, women, far and wide,
To turn a cot or palace
Into something else beside,
Where brothers, sons and husbands tired,
With willing footsteps come;
A place of rest, where love abounds—
A perfect kingdom—Home!

—Mrs. I. L. Jones.

COMPENSATIONS OF MODEST INCOME.

Our good friend with \$1,000,000 a year can not eat much more or better food or drink much more or better drinks than we can. If he does, he will be sorry. He can have more places to live in and enormously more and handsomer apparatus of living. But he can't live in more than one place at once, and too much apparatus is a bother. He can make himself comfortable and live healthful. So can we. He can have all the leisure he wants, he can go where he likes and stay as long as he will. He has the better of us there. We have the better of him in having the daily excitement and discipline of making a living. We may beat him in discipline, too. We are apt to get more than he does—the salutary discipline of steady work, of self-denial, of effort. That is enormously valuable to soul, body and mind. He can't buy it. We get it thrown in with our daily bread. We have rather better chances than he of raising our children well. We are as likely as he to find pleasure in them.—*Atlantic Monthly*.

Mean ideas besmirch the spirit like dust in a house.—Maupassant.

LOOK TO CHILDREN'S READING.

In the matter of the children's food there is in our day and generation no little conscientiousness. But is there a corresponding care in the provision for the right sort of nutriment for the mind of the child? Is he absorbing wholesome mental food—or is he gorging indigestible or decayed fruit from the street stands, poisoned candies from the itinerant peddler? What are his tastes in reading?—for tastes are habits, and habit is character. Even presuming that he is being well trained at school, who is looking out for his reading at other times. On all sides are the newspapers: The yellow journals with flashy supplements, baited with color and grotesque pictures, reports of murders and nauseous exploitation of the doings of the vulgar rich, and even the decentest papers with much necessary report of the seamy side of life—not bad in themselves for adult readers, for whom they are meant, but grossly inept for children. Some account of the world about them the little folks are sure to crave. Happily, in addition to the world's classics, no country is so rich as America in "juveniles," but these do not wholly satisfy. They are more frequently namby-pamby than bad, and parents seldom have the time to search for those of a wholesome fiber. Moreover, the art of addressing children is not one to be learned except by sympathy and long experience.—*Century Magazine*.

"For ten years," said a physician quoted by the Philadelphia Bulletin, "I have advocated apples as a cure for drunkenness. In that time I have tried the apple cure on some forty or fifty drunkards, and my success has been most gratifying. Let any man afflicted with a love of drink eat three or more apple daily, and the horrible craving will gradually leave him."

The following advertisement appeared in a Wimbledon newspaper: "Wanted 10,000 cockroaches and other insects by a tenant who agrees to leave his present residence in the same condition as it was when he took it.—*London Chronicle*."

REMINISCENCES OF CHILDHOOD.

Oh, those happy days of childhood,
 Left so many years behind;
 Still I see the tangled wildwood
 In the visions of my mind;
 Where the grape vine swing we platted.
 All the happy long day thru
 Swung and played, together chatted,
 For our hearts no sorrows knew.

Eating grapes and plums and black-haws
 Down within the shady glen—
 Mingling sounds of song and caw! caw!
 Greeted us from crow and wren—
 Bright and red the sumac berries
 Peeping out from foliage green—
 Dark brown nuts and wild black cherries
 Dropped from trees of somber sheen.

Ah, as fair as Ancient Eden,
 Still this scene to me appears
 As I view the rolling landscape
 With its fields of ripening ears—
 Where we plucked the bright red lilies,
 Hunted lady slippers fair;
 Bended down the slender rosin weed
 For gum, next morning there.

How we gathered gay sweet williams,
 With their varied shades and hue;
 Hunted drooping water lilies
 Where the yellow cow-slips grew;
 Searched within each sheltered nooklet
 For the ripe June apples sweet;
 Sat beside the babbling brooklet
 From the sultry summer's heat.

Often our fortunes we have told
 While sitting there upon the ground,
 With petals pink and white and gold
 And love grass gathered near around—
 Or, we've drowned the little crawfish
 In his home beside the rill—
 Teasing too the scarabeaus
 On his journey up the hill.

Chasing home the quail and rabbit,
 Hunting for the wild bird nests;
 Seeking home, as was our habit,
 When the sun was in the west.
 Oh, the deep shade in that lone dell
 By a clear and babbling stream,
 Where the ferns grew by the old well—
 'Twas my childhood's happiest dream.

All the birds sang out and chattered,
 Wild flowers bloomed on every side,
 Busy feet ran swift and pattered
 Gathering them from far and wide.
 Methinks I hear those sweet birds singing
 As they sang long years ago.
 Buds unfolding, green grass springing
 As the pictures come and go.

In the grove of elm and basswood
 Grew the old oak tall and strong,
 Little blue birds chirped and mated
 In their branches all day long,
 Swinging Oriole, singing Linnet,
 Their pendant nests swung to the breeze,
 While the little birdlings in it
 Gently rocked mid lofty trees.

And the red fox squirrel skipping
 Thru those branches grandly high,
 Held his nut while fondly nibbling,
 Squinting at you with one eye.
 On those spreading limbs above us
 In large clusters snugly hung,
 Butterflies of red and somber,
 To the gentle breezes hung.

From those trees in dreary autumn,
 Leaves in showers fell around,
 And we children often piled them,
 In large heaps upon the ground.
 Then how often we were buried
 In those heaps of leaves there made,
 As we ran and jumped and hurried
 While at hide-and-seek we played.

At the threshold mem'ries center
 To our childhood's home once more,
 But I pause before I enter,
 Just outside the cottage door,
 To review my father's vineyard,
 Ah, how very near it seems,
 Where those restless feet have trodden
 In their youthful, childish dreams.

Close beside it grew the lilac
 And its fragrance filled the air.
 I can feel the same old gladness
 That we felt when we were there.
 Lovely "Barberry" in thy branches
 Hides a charm I cannot see,
 From the hidden depths of memory
 Floating thots come back to me.

From that fondly cherished orchard
 Laden pink with apple bloom,
 With closed 'eyes I smell the fragrance,
 Stealing in this far off room.
 And I smell the violets' perfume
 Underneath the chestnut trees,
 Where we've hunted 'mid the thick bloom,
 For wild strawberries on our knees.

Now appears the Damson rose tree
 And the Peony by its side,
 Covered with their 'buds and roses
 Shedding incense far and wide.
 And the tiny prattling children
 Playing round the cottage door,
 'Neath the spreading tall old elm tree
 Standing as in days of yore.

Home again, I hear the laughter!
 And the songs we used to sing;
 Vividly the lamplight's gleaming
 From the window near the swing.
 Hearts were light with merrymaking,
 Hope was dancing with the glow
 Of the firelight in the evening,
 In that happy long ago.

Just inside that little cottage
 Was a form to me most fair,
 With blue eyes so mild and tender,
 And a wealth of gold brown hair.
 Rosy cheeks and clear complexion,
 Pearly teeth as white as snow,
 Rosebud lips a little parted,
 Form like Venus—de Milo.

Yes, once more we see our mother
 As she was when she was young;
 While upon its rusty hinges
 Mem'ry's door is gently swung.
 Aye, methinks I hear her singing
 In a voice so soft and low—
 "Hush, my dear, lie still and slumber,"
 As she sang it long ago.

Darling mother, time may shower
 On our paths her choicest gems,
 Deck our brows with wreaths of roses
 Braid with gold our garment hems,
 But wealth cannot bring contentment,
 In whatever paths we roam,
 Half so sweet as when we gathered
 Round the fireside of our home.

Memory now close up those portals,
 For we wish to see no more,
 Till we weary, feeble mortals,
 See them on the other shore.
 There we'll ne'er grow old nor wearied,
 And no drooping forms we'll see,
 Eternal youth and beauty varied,
 Are waiting there for you and me.

—Kanaba.

FACTS CANNOT HURT.

That is safe. Nothing is more safe, and what the present wave of investigation, everywhere in America, is doing, is to encourage people to think, and to give them the information on which to base their thot and make it real. Instead of being told less, the need to be told indefinitely more. The revolution thru which we are passing is from names and shibboleths to realities and human interests, from party symbols and the big pow-wow to close dealing with what concerns us most. There will be scapegoats, and every injustice will be so much of an obstacle to the onward movement, but the onward movement will proceed. The passing over to the people of the facts about politics, business, and health is a necessary part of the government, by, and for the people. The energy with which the natural resources of the country have been developed now sees another task, of no lesser volume or importance, waiting to be met, and the men of America will not stop before the great constructive work is thoroly and radically carried to success.—*Collier's Weekly*.

The pretty flowers have come again,
 The roses and the daisies;
 And from the trees, oh, hear how plain
 The birds are singing praises!

How charming now our walks will be
 By meadow full of clover,
 Thru shady lanes where we can see
 The branches bending over!

The air is sweet, the sky is blue,
 The woods with songs are ringing,
 And I'm so happy, that I, too,
 Can hardly keep from singing.

THE DREAM COMPOSITION.

A clean white sheet of paper,
 With "Trees" written up at the head.
 "What e'se can I say?" sighed little May.
 "Why, trees are just trees," she said.
 "There's oak-trees, and maples, and cedars,
 And grandfather's willow-tree,
 And hemlock and spruces, but all of their
 uses
 I never can tell!" sighed she.

Then something wonderful happened,
 So strange it was like a dream,
 For into the nursery came trooping
 All the trees, in a steady stream!
 And one at a time before May
 Each stopped and merrily spoke.
 "It's I make your chairs and your tables
 and stairs,
 And your sideboards and beds," said the
 oak.

"I'm at my best making shingles,"
 The cedar tree smiled and said.
 "And my special use," spoke up the spruce,
 "Is to make the house over your head."
 "Any kind of a box I can make you,
 Except a handbox," laughed the pine,
 "And whenever you ache, you have only to
 make
 A pillow with needles of mine."

The ash tree was swinging a basket.
 "I made it!" he gaily cried.
 "Any other basket—you've only to ask it—
 I'll make with the greatest of pride."
 "Shall I make you a beautiful whistle?"
 Grandfather's willow smiled.
 "Just tap me and see," cried the maple tree,
 "What makes maple syrup, my child."

The last in the merry procession
 The birch tree proved to be.
 And he smilingly said, as he nodded his head,
 "I'm the spool manufactory!"
 Then—deary me—did you ever?
 Mistress May's eyes open flew,
 And the dream was o'er, but no matter, for
 Every word in the dream was true!
 —Eleanor Woodbridge.

The pursuit of the ideal counts fewer
 heroes than victims.—H. Roujon.

WHAT IS LIFE.

By R. C. Runnels.

A little round of earthly joys,
 A little pleasure with the boys,
 A little fun.
 A little glance at nature's show,
 A little insight in life's woes,
 Our race is run.

A chance to toil while others sleep.
 A chance to laugh while others weep,
 A chance to love.
 A chance to meet in deadly fray,
 A chance to win or lose the day,
 And we are done.
 We hope for better days to come,
 We sigh for things left undone,
 We long for pleasures yet untried,
 And we are never satisfied,
 And this is life.

BIG SALARIES DEMORALIZING.

Senator Bacon of Georgia uttered a profound truth when he declared that, in his judgment, nothing has done more to debauch the public conscience and to demoralize the young men of the land, than the knowledge of the fact ever present before them that while they have to dig and delve and toil for a pittance there are other men who do not do half the work they do who are enjoying each year what would be to them a princely fortune for all their lives.

It is because of this, claims Senator Bacon, that we have financial irregularities, defaultings and efforts to get rich by gambling of one kind or another. The conclusion is obvious. America's manhood is being consumed with the feverish madness of money-getting, and her jails and penitentiaries are numbering the victims of the disease by thousands. The path of frenzied finance seems to be leading inevitably toward the gate of the penitentiary—Columbus, Ohio, *Press-Post*.

All history, all experience, goes to prove that in the long run enjoyment is not diminished, lives are not marred by thot, but by the want of thot.—A. W. Momerie.

Rational Medicine.

EXTRAVAGANCE.

One of the severest criticisms that can be made upon a person, when true, is that he is extravagant. To wastefully use what has taken time and money to procure, is always looked upon with great disfavor. But there are very few persons who are not wasting vital force, every ounce of which should return its value in benefit received or conferred.

The waste of nerve force is the most flagrant. Many people, especially those living in or adjacent to large cities, do most things in a hurry. They hurry to eat breakfast, hurry to catch the train, hurry thru the lunch hour, and hurry home at night, when they are too weary to even enjoy it after reaching there.

This incessant rush taxes the nervous system, and many troubles develop in consequence; and then the doctor with his doses, and the drug store with its nostrums, are resorted to, usually making a bad matter worse, because "two wrongs do not make a right."

If one would live as he ought to, there would be time for everything. Each human being has given him a certain amount of energy to expend in his physical life, enough to accomplish all that the vicissitudes of life shall make demand upon him for, if he uses it with the same economy that Nature follows in her domain. But we try to sow our seed and gather our harvest at the same time. We constantly borrow for use today from given stock of vitality for tomorrow, and finally before we know it we are bankrupt.

One nervously bankrupt is in a pitiable condition, because it is so hard to accumulate a reserve of anything that is in such constant demand as nerve force. No activity of the body, either conscious or subconscious, voluntary or involuntary, is accomplished without expenditure of nerve force; and, for this reason, one should always keep a good reserve.

The brain is the central nerve station from which the connecting nerve wires run to every portion of the body, and its

sustenance should be duly and intelligently considered and furnished, or the orders issued from it will not give satisfactory results.

We cannot reiterate the truth too often, that our bodies are what we make them. And it is thru food as building material that they are made, not by drugs and medicines. It is such a mistaken idea, that a cure for catarrh, rheumatism, or almost any chronic ailment, is to be found in a physician's prescription.

One's inner, spiritual perception limits the Heaven one enters to its own degree. Just as one's appreciation of beauty of form, color or sound is limited by his perception of its existence. We only know of things thru our consciousness, and in proportion to it. All life, now and hereafter, as it has been in the long, long ages of the past, is and will be a progressive evolution. We each see as much of the divine in nature as we have become conscious of in ourselves.

If we could only come to realize unity of Life, we would hear the voice of the same Love, chiding us for our faults and errors, in the pains and disappointments we experience, which we recognize in our hours of happiness and pleasure.. They are all one—the pains and pleasures, and they are leading us to a better knowledge of Life's meaning.—*Health*.

OPEN AIR TREATMENT.

The Metropolitan hospital for treatment of tuberculosis on Blackwell's Island, N. Y., has recently added a large solarium, where patients go to sit and read in the sun. They are made to stay out of doors as much as possible during the day and at night they sleep in tents under heavy woolen blankets, but with the fresh air circulating freely about them. The open air treatment is now an assured success. Patients have improved rapidly at Blackwell's, gaining sometimes 18 to 20 pounds in two months. The hospital is run by the New York department of charities.

The less a man knows the more suspicious he is.—*Chicago News*.

THE MANUFACTURE OF DYSPEPTICS.

That the preservation of food by chemical antiseptics has caused the loss of many lives is a fact which cannot be obliterated. So with the artificial coloring of foods. I could cite you many instances, but instead I have brot you living examples.

You may say that "a little coloring matter doesn't do any harm," yet I took two young pigs, or shoats, and fed them exactly the same food at exactly the same times and under exactly the same conditions—except that the food of one was pure and that of the other was colored in the same way and to the same extent as in some of the samples exhibited.

They started exactly the same, but one of the shoats now weighs 85 pounds as against the other's 140 pounds. You may perhaps say that this is incidental, but I continued the experiments on rabbits and guinea pigs, and you can see for yourself the result.

The most convincing result, tho, was obtained from the experiment on the two dogs.

I took two dogs, about the same age and in the same physical condition, so far as science can attest. The brown dog was just as lively as the other still is, but to his food we added the coloring matter and chemical preservatives.

Today he is a perfect type of a dyspeptic in general appearance—the same ill-nourished look that is unfortunately too familiar to all of us. Worse still, however, he is also covered with sores.

The other dog—the one whose food has been free from adulterants and coloring mateer—he's in as fine shape as the most ardent dog lover could desire.

You may say it is a crime to inflict upon a brute such suffering, but I felt compelled to show you the results of the adulteration of foods, and I hope you will forgive me the crime of making the brute suffer for our own good. . .

Besides, now that he has demonstrated just what we have to fight against, I'll cut out the poisonous elements of his present diet, and I warrant you that in a

few weeks he'll again be the same jolly dog that he was formerly. But don't imagine that a dyspeptic who has been assimilating those poisons for years will recover as easily as this dog, who has only been up against them for a few weeks.

As the results show that artificial colors are harmful, and since they offer no value in compensation, why should we take any risk in impairing health and life by permitting their use?—*D & H. Gazette.*

TO IMPROVE THE HUMAN BREED.

It is a startling fact that whereas the most wonderful results in the improvement of plants and the lower animals have been secured by studying and applying the principles of heredity, environment, etc., involved, the matter of improving the human race by similar methods has never been seriously proposed, notwithstanding this branch of the subject is infinitely more important than the first. But now Asistant Secretary of Agriculture W. M. Hays, secretary of the National Breeders' Association, announces that this matter is to be taken up by the association, along with the questions relating to the breeding of animals and plants.

The committee on "eugenics," as the subject is called, will investigate and report on heredity in man and on ways of encouraging the increase of good blood and discouraging the increase of the weaker and more vicious blood of the human family.

No radical suggestions are being considered, but the men who have had a large and successful experience in the improvement of domestic plants and animals generally believe that the subject of heredity in man should receive more serious scientific consideration.

An editor in Ohio who started about 20 years ago with 15 cents is now worth \$100,000. His accumulation of wealth is owing to his frugality, strict attention to business and the fact that an uncle died and left him \$99,989.—*Chattanooga News.*

FEATURES OF SECRET NOSTRUM EVIL.

(Excerpts from two long articles in the Ladies' Home Journal for January.)

The main value of these testimonials, however—the only value that they have to the public—is that these distinguished men and women had actually used the “medicin” they endorsed, and spoke of it from such actual use—this fact rarely, if ever, entered into the transaction. Sometimes the formality is gone thru of sending a dozen bottles of a “patent medicin” to the distinguished man so as to cover the phrase “I have your medicin in my house”; or, as did the Governor of a Western state, send out for a bottle of the “medicin,” and take a single dose of it then and there as a sop to his conscience. But the public accept these “testimonials” in a different spirit, as they have a right to do—as they are led to believe in fact—in the belief that these men and women have actually, in a case of illness, used these “medicins” and been benefited by their use.

I now turn my attention to some of the names and addresses given in “patent medicin” advertisements of persons unknown to fame, but who were represented as being either helpt or cured of some ailment by the particular nostrum indorsed.

The first was that of a woman who, I found, on looking up the street and number given, did not exist. As a matter of fact, there was no such number in the street. The whole thing was purely fictitious; the “indorsement,” name and number of house purely a lie made out of whole cloth.

The second was that of a woman who told me she had never used the “medicin” she was advertised to endorse, but that a man had called on her, offered to have a dozen photographs of her taken at the best gallery in her city, and she could have them all free of charge if she would sign the letter and let her photograph be printed. She did, and she got the photographs, but she had never had the ailment spoken of in the advertisement, and had never tasted a drop of the “medicin.”

The next I found to be a relative of one of the owners of the “patent medicin” which she had indorsed. When I asked her if she had ever used the number of bottles spoken of in the advertisement she said, with a smile, “No, thank you. I know what is in it!”

Another woman thot the whole thing a joke. Of a conceited nature, she had signed the testimonial for five dollars, but had never tasted the “medicin.” She had weighed fully two hundred pounds for years past, yet in the advertisement she was represented as having weighed only one hundred pounds a year ago and now weighed two hundred pounds—entirely due to the “medicin”!

Still another had actually taken the “medicin”; she was in pain, she said when she began to take it; the “medicin” soothed her. “So long as I take it I am all right,” she said; “but when I drop it the pain comes back. So you see what a wonderful medicin it is!” I saw clearly! I had a bottle analyzed, and the woman examined by a leading physician. The “medicin” contained morphine, and the woman had become a morphine fiend!

They buy letters from one “patent medicin” concern and sell them, or rent them and re-rent them to others. One of these concerns has over seven million letters. “There are five million chronic sick and incurable in the United States,” said a broker, “and I’ve got letters from one million of them right there in that building”—pointing to his storage warehouse. “To be sure, they’ve all tried one remedy or more; but that’s all right, they’ll keep on trying new remedies till they die. Buy or rent a few thousand of those letters from me at a few dollars a thousand, tackle ’em with a new proposition—something new, with a new name—jolly ’em along a little, and they’ll come up with the money for a new treatment.”

One of these letter brokers assured me he could give me “choice lots” of “medical female letters”! Another sent me a list of hundreds of thousands of letters which he had—all from women—and one glance at the names of the “patent medicin” concerns which had

Don't Destroy Me. Show Me To Your Friends And Ask Them To Subscribe For The Character Builder NOW

THE CHARACTER BUILDER

A Journal For Everybody, Except The 'Feeble Minded'

Established Jan. 1887. Devoted to Human Culture

Once a Week. \$1. a Year.

Dr. John T. Miller, Editor.

Office 222 Constitution Bldg. Salt Lake, Utah.

Character Builder Supplement July 1906.

THE DUTY OF PARENTS AND TEACHERS TO CHILDREN.

The Relief Mothers' and Parents' Classes in our communities are an evidence that we see the needs of our children, but in order to provide for them intelligently we must study the principles of Child Culture. Those desiring help should read the following:

"A few days ago we received two books which we have read with much interest: A Plain Talk to Boys on Things A Boy Should Know by N. N. Riddell and Child Culture by the same author, with a supplement on Educational Problems by Prof. J. T. Miller.

"These books are pearls of great price, it would pay parents to get them even if they had to sell some of their necessities in order to do so. They contain the gospel of moral purity, and are sure to do much in saving our young people from becoming addicted to practices that have sapped the life blood of nations. Thousands of precious lives have been sacrificed on the altar of self-pollution that might have been saved had parents taught their children to know themselves, or put into their hands some such books as these.

"Many persons consider these subjects too delicate for the ears of their children, and so they refrain from speaking about them, while at the same time their sons are listening to low vile, filthy, degrading yarns in secret places. If we do not teach our children laws of purity other people will teach them laws of IMMURITY.

Temptations innumerable lie in the path of our young people. Shall we as parents and teachers sit idly by and watch them fall over the precipice into the depths of immorality? Parents look to your boys! Teach them the laws of purity; place into their hands books which will tell them how to build and preserve their manhood."— From an editorial by Wm. A. Morton, in Zions' Young People.

Child Culture and Educational Problems by Riddell & Miller. 50cts.

A Plain Talk to boys, reduced to 10cts.

The Character Builder, once a week, one \$1.00 a year.

These are the publication of the Human Culture Co., Salt Lake City and contain the story of principles of human culture and of the principles of the human culture.

sold these letters to this broker showed the absurdity and the criminal falsehood of their declaration that "your letters are treated by us in sacred confidence."

This business of letter-brokerage, this traffic in women's letters, is perfectly well known and understood in "patent medicin" and quack doctor circles. The first essential of a "patent medicin" or quack doctor business is to have on its books as large a list as possible of the chronic sick and incurables in the country; and the letter broker offers the easiest way of getting them.

Further along, these figures concerning classified lists are given:

- 55,000 female complaint letters.
- 44,000 bust development letters.
- 40,000 women's regulator letters.
- 7,000 paralysis letters.
- 9,000 narcotic letters.
- 52,000 consumption letters.
- 3,000 cancer letters.
- 65,000 deaf letters.

—*The Medical World.*

FRUIT BREAKFAST.

There is a class of cases which makes the most enthusiastic doctor alive wish he had chosen any other vocation than medicine. Patients with thick, noncirculating blood, torpid lymphatics and dormant secretions. Patients with stiffened joints, gouty deposits, chronic neuralgias, torpid livers, uric acid kidneys, and the irritable nerve centers that go with them.

These patients, and others who suffer from errors of nutrition, can be greatly benefited, not to say cured, by the simple dietetic procedure known as the fruit breakfast. This means just what it says, fruit, all the patient wants, and nothing else, for breakfast. No chops, bread, cereals, coffee, tea, or anything but fruit before twelve o'clock. By fruit is meant apples, oranges and grapes only.—*How to Live.*

Laws are like cobwebs—if any trifling or powerless thing falls into them they hold it fast; while if it is something weightier, it breaks thru them and is off.—Solon.

THE HABIT OF CHEERFULNESS.

The man or woman with a cheerful disposition has much to be thankful for. Some there are who apparently without much effort can be "sunny" when there are clouds overhead.

For others, again, it isn't easy to be cheerful when things go wrong; but with most of us cheerfulness is a habit just as much as worrying. The thing to do then is to acquire the habit. It may cost considerable effort at first, but once you've got the habit, you will find it so much pleasanter for yourself and everybody else, that you will wonder why you ever allowed yourself to be surrounded by an atmosphere of worry.

The habit is catching, too, for your cheerfulness will help to make others cheerful. If you would make life worth living and desire your share of the many good things in this world, acquire the habit of cheerfulness.

MASSAGE FOR SPRAINS.

A paragraph in the Medical Record says that G. Norstrom warmly advocates early massage and active and passive motion in cases of sprain. He says if physicians paid more attention to this kind of treatment they would keep more patients from the hands of quack "bone setters." The massage, he says, should be applied very gently at first, so as to cause no irritation, and gradually increased. Properly applied, it is claimed, massage often cures in one or two days cases that under the old treatment of rest would consume weeks.

Recently, says the *Memphis Commercial Appeal*, Judges Galloway and Laughlin were talking of the divorce evil. Said Judge Galloway: "My experience runs thru many years, and I am thoroly convinced that there are two things that break up most marriages."

"And they are?" queried Judge Laughlin.

"And they are," answered Judge Galloway, "woman's love for dry goods and man's fondness for wet goods."

THE BAD BOY: HOW TO SAVE HIM.

By Benj. B. Lindsey, Judge of the Juvenile Court of Denver.

The problem of the child is almost wholly one of environment and opportunity. In proportion as we improve these we increase the chances of making him a good citizen. This is the function of the home, the church and the school.

But sometimes the home fails, and the influence of the school and the church do not reach the child. Perhaps he commits some overt act of lawlessness. Then, if he is more than seven, or at best ten years old, the state intervenes, and takes control. Its function is to supply the place of a wise parent, to treat its wards not as criminals, but as misguided and misdirected children, who, if left to themselves may, some day, become criminals. Its method of correction should take heed that they are still in the formative period, needing the care, help, and assistance of the state, rather than its punishment.

The object of the Juvenile Court is to remove the pressure of evil upon the child by improving or changing his environment, and by offering him opportunity hitherto denied him. One-half the boys sent from Denver to Golden (the town where is located the Colorado industrial school) come from one congested, overcrowded district. They are in the way of becoming criminals, not because by nature they are worse than other boys, but because their environment and their way of living have not been so good.

Now, the Criminal Court method of dealing with youthful offenders is cumbersome, expensive, ineffective. Its cast-iron routine is not adapted to handle the case of a child. The penal code is not flexible. It must either dismiss the case or brand the child a criminal, and punish him. Yet, supposing the child is guilty, to dismiss him is to encourage him in lawlessness; to convict him is probably to launch him on a career of

crime. Thus the court becomes an instrument to frustrate its own purpose of preventing crime.

The Effect of Prison Environment.

Let me illustrate, by an example, the difference in method and result of the old way and the new: I knew two brothers who were both wayward. The older was brot to the Criminal Court for some boyish offense in the days before the establishment of the Juvenile Court. He was flung into a filthy jail and herded with men and women, where he heard and saw vile and lewd things his imagination had never conceived. He was dragged into court by an officer, and put thru the police mill. He was only a little boy in the plastic state. He had been sinned against since long before his birth. Both by heredity and environment he had been driven to lawlessness. But the state took no account of this. It had its chance to make a good man of him. He needed help, encouragement, infinite patience. It gave him punishment—the same punishment he would have got if he had been a responsible man. It branded him a criminal. It made the pressure of evil upon him inexorable. Today he is a man, and in the penitentiary.

The younger brother was as wayward as the elder. Four years ago he was brot to the Juvenile Court, defiant and frightened, just as his brother had been taken to another tribunal. The policeman told me the boy was a very Ananias. I replied that, given the same conditions, he would probably have been the same, and the officer went away convinced that there was no use in bringing boys to the Juvenile Court, where the Judge "did nothing" to them. For many hours during many weeks I labored for that boy. No stigma of conviction rested on him. He was put on probation and encouraged to do his best. He felt that the forces of the law were working for him rather than against him. He is a steady young man now, and a good citizen. The state has helped him toward righteousness, not in driving him toward evil.

This same boy, Morris, showed his trust in the friendly attitude of the law some months after his first appearance

before me by interrupting me while I was trying a will case involving two million dollars. He poked his freckled face inside the door and piped up that he wanted to see me.

I ordered a recess of three minutes, and heard the case of this boy, who came to me for justice, unafraid and smiling—the same boy whose eyes had flashed fear and hatred at me not long before. Morris was having trouble with the policeman on the beat where he sold papers. He had been “hopping cars” to sell to the passengers. The new officer had ordered him to desist, and had finally made him leave his corner. The boy was losing fifty cents a day. That was the important matter that had brot him on the run to the Juvenile Court Judge, to get, as he phrased it, an “injunction against de fly cop who tink he owns de town.” On a blank injunction writ, I wrote a kindly note to the policeman, telling him about Morris,—How for three months he had brot special reports from his teacher, and was trying to do right. Then I explained to the lad that the officer represented the law, and must be respected. Morris went away gleefully with his “writ.”

When next I saw him, I asked him about the injunction.

“I tell yer, Judge, it worked fine. De cop liked to ‘a’ dropped dead when he read it. He tink I got a pull wid de court so he wants to be my friend.”

The difference between Morris and his brother is one of opportunity. The elder brother offended before the battle against the jail had been fought, and won. There was then no report system, no probation officers, no rain baths, no wholesome literature distributed among the boys. There was no adult delinquent law, nor were there any juvenile improvement associations, or any detention school with its home-like atmosphere to encourage instead of to degrade. Instead of these, there was a foul jail, full of filth, and vermin and vileness. There was a hasty trial, a criminal conviction, and a prison experience among hardened men and women offenders. An earnest heart to heart talk with the boy might have saved him. It is possible that the

reason for his delinquency was a physical one. Under the present system, this would have been investigated by one of the juvenile court doctors, and the cause obviated, if possible.

Recover the Boy—Not the Goods.

Just as the old criminal court method pushed the elder brother down, the new system for juvenies lent a hearty hand to help the younger one up. If one of them today is a law abiding citizen, and one a crook, who is to blame? Surely the state which so inadequately fulfilled its function as guardian to this lad. During the six years prior to the establishment of this court, more than two thousand Denver boys, between the ages of ten and sixteen years, tasted jail life with all its attendant moral horrors. In other words, one boy out of every five during this formative period of his life, when impressions for good or evil are so sure and lasting, was thrown into the city prison.

If the officers of the Criminal Court would give half as much effort to recover the boys as they do to recover the stolen property, they would accomplish ten times as much as they do to suppress and prevent crime. I recall one case in the Criminal Court days where four boys came to my chambers one night to “snitch up.” They had stolen some bicycles. I soon discovered that there was a vast difference in my point of view and that of the police officer who came into the case. He wanted the boys flung into jail. We talked it over at some length. Then I said to him:

“You are thinking of the recovery of the bicycles. I am more interested in the recovery of the boys. Don’t you think that more important?”

He thot a moment before he said: “I guess you are right, Judge.”

But even from a financial standpoint the Juvenile Court work pays. During the four years in which the Juvenile Court has been in force, the saving to the state in Denver alone has been more than two hundred and seventy thousand dollars, in addition to which the court has actually paid back into the treasury of

the city over ten thousand dollars, received in fees, while it has done its work.

Treating Children as Children.

A further difference in method of dealing with youthful offenders is necessary because of the difference in the responsibility that can be placed on children and on adults. In caring for the financial affairs of minors, the state recognizes that it must assume responsibility which it cannot in the case of adults. But, in dealing with moral and personal affairs this fact is immediately forgotten. The state exacts from children the same respect for the law as it exacts from grown men and women, and deals out the same penalties. Such treatment is absurd. It may as well demand the same financial responsibility from children as the same moral and personal responsibility. Every case against a child must be judged from the standpoint of the child rather than that of the man. Certain well defined rules regulate the actions of a child. These must be respected. This is one of the great advantages of the Juvenile Court system, that thru it a means is devised of bringing about harmony between the Court of Boyville and the law of the adult.

Let me illustrate. Not to "snitch" (tell) is an unalterable part of the boy's code. Every manly boy responds to the call of this law. To be loyal to it, he is often disobedient to the law of the adult. For this he should not be condemned. Yet, if the boy is handled rightly, his fidelity to the "gang" will make him more amenable to the law of the home, the school and the state.

One of my court boys was "chumming" with another boy who was in hiding from the law. I asked Tom if he knew where Harry was hiding. He told me that he did, but that he felt that it would be wrong, since Harry had trusted him, to give him away, and let the "cops pinch" him. I agreed with him. Two days later, about ten o'clock in the night, the two boys came to my house. Harry was a fugitive from justice under sentence to the State Reformatory, but he said that he guessed he would take his papers and go

to Buena Vista, the reformatory town. I am glad to be able to relate that this proved unnecessary.

Another case was that of Tommy D., who ran with a gang and finally got "pinched." The officers could neither persuade nor threaten any information out of Tommy. They called him sullen and dogged, and they nagged him to the limit of endurance. Poor Tommy stood between conflicting obligations—his duty to his comrades and his duty to his superiors. In the Juvenile Court we recognized this, sympathized with his loyalty, and explained the necessity of obedience. It was not two days before Tommy—without giving us the name of a boy—brot in the whole gang to my court. Today the gang counts for law. Its spirit is no longer bad. They understand the law and the law understands them.

In this way the dragnet works. Two boys were caught stealing some trinkets in a store. They admitted that there was a gang of them. I explained to them that the boys were injuring themselves by continuing in theft. They saw this, but refused to "snitch" on their comrades. Instead, they went out to the "gang," rounded up the sixteen boys, had a talk with them, and brot them back to a "snitching bee" in my chambers. Every boy involved was thus brot to the Juvenile Court. Nor was this all. The men who had sent these boys to saloons or furnished them tobacco were discovered. Several parents were found to be responsible. Thus a case of two boys caught stealing marbles resulted in involving more than a score of men, women and children equally guilty. Yet not one of the boys were ever committed, because they have given up their wrong doing, aided by the enforced responsibility of the parents.

In another case four culprits increased to forty-eight. It is no longer safe for a dealer to sell tobacco or other forbidden ills to the boys of Denver. In several cases responsible merchants have been fined or imprisoned solely on evidence submitted by the boys. The police, even had they been desirous of enforcing the law, could never have discovered that

these men were engaged in violating it.

In the Juvenile Court the boy is not always made to fit written text on the statute book. The system is elastic. A study is made of individual cases. What is best for one boy may not at all fit another. Fear and punishment are relegated to the background. Force is minimized. Love, trust and an appeal to manliness are emphasized. The boy learns that we are working for him, not against him, and that we want him to work with us for himself. He is a responsible party to his own redemption as well as that of the rest of the "gang." He is never dismissed on probation without having it impressed on him that he must obey the law—the law of the home and the school no less than that of the state. For the first time in his life, perhaps, he realizes that he is part of the body politic, with definite duties and responsibilities to it.

How the Probation System Works.

A word about our administration. Under our compulsory school law over three-fourths of all delinquents are school boys. So far as we can retain a child in its home and its school while keeping surveillance over him. Every other Saturday the child reports to the court along with two hundred or three hundred others who are also on probation. This report consists of a card from his teacher stating his conduct and the regularity of his attendance at school. Should the boy fail to return to school, he knows that the principal will telephone the fact to the clerk in the probation office, and that a probation officer will get after him. The boy must be at school or at work. The working boys, in whom much interest is taken, report to the judge at odd times.

The court almost becomes a club for mutual improvement. No Juvenile Court can be successful in any larger sense unless the young delinquents upon which it depends for membership are the members of this moral elevation society, banded together to improve themselves along various lines. The relation of the state to crime in our judicial system is so interwoven with the court that it is neither possible nor desirable to eliminate the latter from the system.

One of the features of the Saturday morning court work is to talk to the boys on some topic of interest to them. These talks are intended to help in the character building, to teach the lads to know the right from the wrong and the wisdom of following the former. Such subjects as "Snitching" and "Ditching" are keenly interesting to the lads, nor do I dislike to use the street boys' slang when the occasion seems to demand it.

A word of kindly cheer spoken before his comrades to a boy struggling against bad habits often does much good, just as the private talks in the chamber or the long walks I occasionally take with boys help them to feel that the mighty power of the law is backing them in their fight. For the boy who has a "good" report, as nine out of ten of the boys have, there is real pleasure in the Saturday morning session. In case a boy shows a "poor" report, he is encouraged to do better next time, and in the event of this happening twice, he meets the judge alone in his chambers at the end of the day's work in court. At these interviews the reason for failure is sometimes discovered. It may be physical—weak eyes—or it may be he has fallen among bad comrades again. If his failure is inexcusable he may be sent to the detention school, where he is "kept in" for several days. Here he is put at his studies, just as at the grammar school, except that he is not allowed to go out and play. No boy is told that he is bad. He is encouraged to be hopeful of himself. He is led to understand that what he did was wrong, and the consequences of it must hurt him more than anybody else.

The essential features of a good juvenile court system cannot be described in a paragraph. Indeed, they cannot be laid down definitely at all, since in some places a juvenile court can properly have fuller jurisdiction than in others. Certainly a good juvenile court system does not necessarily require a special court or a special judge. In the juvenile court system of Denver, however, there are some essential features. Certain laws are required concerning delinquent and dependent children and their treatment. A

compulsory education law, a child labor law, an act to hold parents and others responsible for the moral lapses of children, and another making fathers legally responsible for the physical maintenance of the children, and various statutes providing for the punishment of cruelty to children. It means also co-operation between schools and the court, whereby these laws for the protection of the children of the state are enforced in one court, having complete jurisdiction to deal with every phase of the situation before the judge, who is assisted by efficient officers paid a salary to keep the laws from becoming a dead letter. This active enforcement, together with the administrative work of the court with the boys and girls and their co-operation in the work, comprises the Juvenile Court of Colorado, probably the most complete in the world.

No juvenile court system can be complete until it is supported by a compulsory school law, a child labor law, an adult delinquent law, and a detention school in place of the jail. These will probably come only by degrees, but until they have been secured the fight is not wholly won.

The Soul of a Good Law.

I do not in the least want to minimize the value of good laws governing juveniles, but I do wish to emphasize the necessity of earnest personal work on the part of those having charge of the enforcement of juvenile court laws. After all, the administrative work is of infinitely more importance than the statutes. The best juvenile laws in the world without competent, sympathetic and energetic people to administer them would not be a success, tho even at worst they would be better than the old system. Excepting the addition of three paid probation officers and the establishment of a detention school in place of a jail, the new laws regarding juveniles have not changed the administrative work of our court so far as the children are concerned. The acts under which we operate date back as far as an industrial school law of 1882, and include various acts up to 1899, when a statute was passed concerning "juvenile

disorderly persons." In 1903, one new feature was included in the law, the making of adults responsible for the delinquency of children. Colorado is the only state in the Union where this can be done, and its effect is extremely salutary. Scores of parents have been brot up and coerced into a sense of responsibility for their children.

Recently a father had neglected his boy and allowed him to go into a saloon without forbidding it. Here the boy's keen eyes saw drinking, gambling and other vicious things. The father was sentenced to thirty days in the county jail for contributing to the delinquency of his boy. From Saturday night until Monday morning he was confined, the rest of the sentence being remitted on condition that the boy be kept out of the saloon, stay at home at night, and go regularly to Sunday school. There was no more trouble with that boy. This illustration is merely one of many.

The court does not entertain for a moment the idea that a child is a criminal because it has violated law. Nor does it consider punishment the important thing. Given a case where the child can not be corrected at home, it may be necessary for his own and the public good to send him to the detention home or to an industrial school. But this does not at all imply that the system has failed. A change of environment or the chance to learn a trade may be the needed factor in the boy's proper development. I have often had boys ask me to commit them to the industrial school in order that they might be taught some useful trade, and in one case I knew a lad to violate a petty law in order to be sent up for this purpose.

My relations with children sent to Golden have invariably been most friendly. Very often I visit the school and talk to the boys. I may add that I have received scores of letters, some of them from probationers and others from former members of the industrial school, telling me how the boys are getting along after they are out in the world taking care of themselves.

Let me interject right here on behalf

of the boys in whom I have been interested, and others similarly placed, an earnest plea for greater opportunities of learning useful trades. Under our school system trades are taught only in reform schools. Here only is it recognized as the best system to fit boys to meet the industrial activities of life. A boy must commit a crime in order to gain the opportunity to learn a trade. Idleness breeds crime, but boys are often idle because our system of public education never fitted them for useful, joyful, practical work rather than because of any inherent unwillingness to work. It may be the school system and not the boy that fails. Ninety per cent of our boys are forced to go to work without even a high school education. This sudden transition from school to work takes thousands to the messenger service and the street, because they have never been taught to do anything well. There is plenty of work for the skilled hand, but the boy lacks the equipment to be obtained from a proper training. It is the duty of the school to supply the child with a chance to become a worker with his hands. Get his hands and you have his head and heart

I believe in public schools and know that they are entitled to great credit, but I know too, that we are on the eve of a great awakening in educational matters. The reduction of crime and its prevention are dependent more on the school than the court.

To me the juvenile court work is the most important given the court to do. The future of the state depends upon its children. Every case involving a boy or girl is more important than one involving dollars and cents, no matter how large the amount may be. To properly rear and handle children will do more than anything else to reduce both civil and criminal proceedings in court.

We must acknowledge that the waywardness of children cannot be overcome by force. To overcome evil with good, to put love and justice at the foundation of the state's treatment of children—this is, and must be the doctrine of the Juvenile Court. The state and society have suffered in the past because they had

forgotten there is no justice without love. Unless it remembers that all men are brothers and all boys and girls are children, the commonwealth will continue to suffer for its own failure. The Juvenile Court is simply one evidence that should fill us with hope for the future, since it is a recognition on the part of the state of its obligation to the children entrusted to it.—*Leslie's Monthly Magazine*.

WASTED ON GREEK.

Not long ago the University of Cambridge sent Sir Richard Jebb, the Professor of Greek, to see Andrew Carnegie with a view to securing a large subscription for some needed extensions. The millionaire seemed favorably impressed with the idea, but suddenly asked, "Do you teach at Cambridge, Sir Richard?"

The reply was affirmative, and the visitor, in answer to another question, mentioned the comfortable sum he was paid.

"Well," quoth Mr. Carnegie, with a decided change of manner, "all I can say is that any university that can afford to waste as much money as that on Greek doesn't need any from me!"—*Christian Endeavor World*.

HARD TO SUPPRESS TRUTH.

The unbridled license of speech reacts generally and defeats its own objects in the end, on the other hand, it is impossible to suppress truth by any effort to interfere with rational liberty of speech. Wendell Phillips the famous American orator and abolitionist had an effective way of dealing with disturbances. Once when he was interrupted by an unfriendly audience, he stooped down and began to talk in a low voice to the men at the reporters' table. Some of the auditors, becoming curious, called "Louder!" Whereupon Phillips straightened himself up and exclaimed:

"Go right on, gentlemen, with your noise. Thru these pencils," pointing to the reporters, "I speak to 40 millions of people." And history has shown that the cause he advocated triumphed.

BOY INVENTORS.

It is not generally known that many of the greatest inventors began their work when mere boys in their early teens. Marconi, the famous inventor of wireless telegraphy, was but fourteen when he set up his first crude apparatus, in which tin biscuit boxes held important places. At sixteen Samuel Compton began work on the spinning jenny, which he perfected before he was nineteen. Eli Whitney conceived the idea for the cotton gin when he was only thirteen. Sir John Brown was a lad of sixteen when he invented in his mind the conical spring buffer for railway trucks, an invention which made him immensely rich in later years.

❖

 VEGETABLE TRAVELERS.

Prof. W. Whitman Bailey, LL.D.

Many are the ways in which plants travel over the earth. As aeronauts they have solved the problem which is still perplexing us. There is many a Santos-Dumont among them. To show their superiority in resource they have worked out the puzzle in most diverse ways. It would seem as if even now they were still experimenting. The thistle wafts its fruits abroad by a parachute of hairs. The dandelion and salsify, in addition, mount these hairs on a long, attenuated beak.

The milkweed opens its chamois-lined pod and shows us many seeds, like Blue Beard's wives, tied by the hair. As these dry they separate from their fastenings and imbrication. Hitherto they have overlapped like the scales of a fish. Now, each thin flat seed, of a rich brown color, with its silky coma, floats off into the air. The willow-herb or "fire-weed," acts in much the same manner.

The observer is surprised when he first discovers that in many cases the balloon is empty. The passenger has taken but a short voyage and then dismissed the airy chariot. The object aimed at appears to be, not necessarily far distribution of the seed, but a carrying of it outside the direct home surroundings—a pretty good lesson for parents. "Let us," says the

plant, "give our youngsters a fair chance in a new field. If they have the stuff in them they will abandon our dogma and prejudices."

But, as we have hinted, the balloon is not the only way in which plants travel by air. It is no unusual thing to find a fruit or seed fitted with wings—like Icarus of old. Anyone will at once recall such cases; the pretty fairy oar-blade of the ash; the narrowly elliptical scale of the ailanthus, often brilliantly painted; the round, notched, silver penny of elm and hop-tree (*Ptelea trifoliata*); the clock keys of maple and box-elder (*Negundo Aceroides*), and the fluked propeller of linden. The latter is the perpetual delight of plant lovers, as it whirls in spiral gyrations thru the air. Here is a propeller motion far antecedent to the screw steamer.

Sometimes these wings serve two purposes; first for aerial navigation; secondly as a sail to propel the voyager if he takes to the water. Our own air-ships have adopted the suggestion. To assist his buoyancy in such situation, a real life-preserver of cork is in some cases placed around his middle. Witness the seeds of dock and many fruits of the parsley family.

This naturally leads us to consider the canoe travelers, such as the fruits of many sedges, in their bladder-like sacs, and ordinary berries of many kinds. Beal has shown how many seeds, like those of water plantain or of various berries, will sink when divested of their fleshy covering. Let this dry, as in the rose-hip, and it will serve as a raft or float. Not a few pods, like those of locust with us, or the *Entado scandens* of the tropics, exhibit bulkheads and water-tight compartments. If the plant ship meet with a catastrophe by stream or sea, one or more compartments may remain water-tight; one passenger at least may escape to found a colony.

In opening cranberries everybody has wondered at the large air spaces, four in number. The purchaser thinks perhaps here is a case of fraud; he should have it filled with edible pulp. The plant is like other folks, looking out for num-

ber one. The air spaces aid materially in floatng the berry.

Many plants are tramps by nature; even those of noble origin will steal a ride when opportunity offers. For this purpose they will carry a diversity of hooks, grapnels, and the like. Think how many of these there are—the hooked burs of dock, the two-toothed achene of beggar's ticks, the prickly pods of enchanter's nightshade and galium, the adhesive nullets of hound's tongue, the cockle-bur, bur-grass, and the plaguey joints of tick-trefoil. The last are pieces of a pod, which breaks up and leaves the segments adhering to one's clothes.

Sometimes taking a flight with some bird, even maybe on the mud of its feet; sometimes a slower journey attached to the fleece of animals; they may again strike boldly and travel by rail. It is indeed not impossible for them to intrude without pass or ticket into Wagner or Pullman cars, and make man himself an agent in their distribution.—*Education*.

In America the woman governs the man absolutely. In a certain sense the last man that came to America was Christopher Columbus.—Dr. Emil Reich.

Scarcely need the child know that he has a soul; it is ours to take care that, when at length he finds it, it shall be a noble and august discovery.—Jas. Martineau.

The absolute justice of the system of things is as clear to me as any scientific fact. The gravitation of sin to sorrow is as certain as that of earth to the sun.—T. H. Huxley.

A taste for poetry is not given to everybody, but anybody who does not enjoy poetry, who is not refreshed, exhilarated, stirred by it, leads but a mutilated existence.—John Morley.

In the home only is there true happiness. It is there a man's best ideas get their birth and grow. The tender care of a good wife is the finest thing in the world.—Russell Sage.

RAILWAY BUILDING.

The present year will witness a large addition to the railway mileage of the country. According to the *Railway Age* there is under contract or in process of construction for 1906 a total of 13,000 miles of railroads. It is significant that 8,900 miles, or nearly 70 per cent of this aggregate, are credited to the West. The southwestern and Pacific states are running neck and neck in the way of pushing out new lines. The northwest is to be the scene of great activity in railroad building during the entire year.

SHOULD LIVE TO 140?

Human beings ought to live five or six times longer than it takes them to attain the full adult state, just as some animals do, their lives thus extending from 120 to 140 years. Dr. Lasalle has been drawing the attention of the Paris Academy of Medicine to this theory of the famous Flourens. Life, Flourens argued, was abnormally abridged by the racking conditions of labor generally, from overpopulation, and artificial contrivances for the benefit of some caste or class.

The rich injure themselves by over-indulgence, while the poor and ignorant don't know how to get the most for their money or to take care of themselves intelligently. Dr. Lasalle submitted that the philosophic spirit should be cultivated, so that people might live rationally, regardless of the question whether they were rich, or poor.

Several young women have just completed a course of instruction in economical house-keeping at the Chicago Commons and they received diplomas certifying that they were qualified to "keep house" for husbands with an income of \$10 a week. Specimens of their work were exhibited in the form of actual meals. A sample breakfast for four cost 19 cents, while a dinner represented 40 cents. Such young women are always in demand, and all the graduates are engaged to be married.

FOR DISARMAMENT.

At the annual peace conference held at Lake Mohonk, N. Y., resolutions were adopted urging President Roosevelt to have three propositions submitted to the international peace conference to be held at The Hague next year. These were: to establish a permanent international peace tribunal, to arrange a general arbitration treaty, and to adopt a treaty providing for the gradual disarmament of all the nations taking part.

Justice Brewer of the U. S. supreme court said the United States could stop armament with absolute safety and that no other nation in the world is so well situated to do it. "If we limited our armament we could go to The Hague and say, 'We are doing it. Follow in our foot-steps,' said he.

If we can only come back to nature together every year and consider the flowers and the birds and confess our faults and our mistakes under the silent stars and hear the river murmuring in absolution, we shall die young even tho we live long. We shall have a treasure of memories which will be like the twin flower, a double blossom on a single stem and carry with us into the unseen world something which will make it worth while to be immortal.—Henry Van Dyke.

Notwithstanding the opposition of the agricultural department, the adverse report of the House committee on agriculture, and the condemnation of the agricultural press and all farmers organizations, the House has voted to continue the free-seed distribution.

According to the report of the post-office department, on May 1 there were 35,365 free rural routes in operation in the United States, serving no less than 13,474,065 farm patrons. To reach this number, mail was left at the homes of no less than 3,182,850 farmers.

There is but one real heresy: Disloyalty to truth one ought to see.—David Starr Jordan.

NO REASON OR SWEARING.

Sometimes boys think it manly to swear because they have heard some men use profane language. General Grant, one of the bravest of men and greatest of generals, was once asked why he never swore. His reply was as follows:

"Well, when a boy I had an aversion to swearing; it seemed useless, an unnecessary habit; and besides I saw that swearing usually aroused a man's anger. I early had a desire to have complete command of myself. I noticed when a man got angry his opponent always got the better of him; on that account also I determined to refrain from swearing. Then, the swearing men of my acquaintance when a boy were not the best men I knew. I never saw any reasons for swearing; all were against it!"

Independence of soul must underlie that of nations.—*Madame De Stael*.

Recompense kindness with kindness, and injury with justice.—*Confucius*.

It doesn't do to talk too much about happiness; you scare it away.—*M. de Combelle*.

Make yourself an honest man, and then you may be sure there is one less rascal in the world.—*Carlyle*.

Inquire not of a man what God he serves, but what conduct his God inspires in him.—*Maxime Du Camp*.

The man with a grievance is surely one of the happiest of mankind. He so enjoys to grumble.—*Mrs. Edmund Gosse*

Events are judges which pass very severe sentences; the justice of history is the most costly kind of justice.—*M. Valbert*.

No matter if you are hidden in an obscure post, never content yourself with doing your second best, however unimportant the occasion.—*Gen. Phil. Sheridan*.

PRINTING REFORM.

The house printing committee has for months been investigating the charges of extravagance in the public printing and as a result certain recommendations have been made to the house, in the way of needed reforms. Hitherto the government printing-office has kept grinding without anyone's keeping watch as to whether the work done was of any use or not. The government now has 10,000 tons of documents on hand which no one wants, and pays \$14,000 a year rent for a building to store them in; and this is only a small item in the waste. The purpose is hereafter to have the printing-office run on a more businesslike basis and to see that huge editions of useless books are not run off at the people's expense.

The good man sat in silent meditation. After a time the spirit moved him and he began to speak.

"What," he queried, "shall I give up during Lent?"

"Well," rejoined his wife, "you might give up \$25 for my new Easter head-gear."

And the good man proceeded to meditate in silence some more.—*Chicago News*

People forgive much to illusions that console them, while they are very impatient with realities that do not.—*G. M. Valtour.*

The man never lived—red, white or any other color—who did not learn a more valuable lesson from one hard blow than from 20 warnings.—*Indian Commissioner Leupp.*

I begged to escape from suffering; I prayed God to save my soul from sin. Today I stand aghast at the thing I should have been, had my prayer been heard.—*Muriel Strode.*

Do not believe that all greatness and heroism are in the past. Learn to discover princes, prophets, heroes and saints among the people about you. Be assured they are there.—*John Davidson.*

WORTH STRUGGLING FOR.

Men strive for many things in this world—wealth, fame, power, position, and influence; but after all, the one thing worth struggling for, is a home.

This should be the first object in life of every young man when he starts out to make his own way in the world. This "home idea" should be more generally instilled into the minds of children, and every boy should be taught that his first aim in life should be to own a home of his own, and every girl should be taught how to make a home what it should be in every sense of the word. So far as earthly possessions are concerned, a real home, with its comforts and joys, is the best thing that man can acquire.—*Maxwell's Homemaker.*

Grammercy—Why not take out of Bridget's wages enough to pay for the things she breaks?

Ms. Grammercy—But, my dear, how could we get her to pay us the balance each month?—*Harper's Bazar.*

His wife—John, dear, the doctor says I need a change of climate.

Her husband—All right. The weather man says it will be colder tomorrow.—*Chicago News.*

A well-known judge fell down a flight of stairs, recording his passage by a bump on every stair until he reached the bottom. A servant ran to his assistance and, raising him up, said: "I hope your honor is not hurt?"

"No," said the judge sternly, "my honor is not hurt, but my head is."

She—And are you really descended from one of the old English kings?

He—Yes, but don't mind that. I've worked myself up again.—*Philadelphia Record.*

A tutor who tooted the flute
Tried to teach two young tooters to toot,
Said the two to the tutor,
"Is it hard to toot, or
To tutor two tooters to toot?"

POSTAL NOTES.

There is a bill before Congress which provides for the issuance of postal notes to be used in sending small sums by mail. The notes would be of denominations not over \$2.50, payable at money-order post-offices and others to be designated.

They would not be negotiable and would be good three months. Notes of denominations up to ten cents would be issued without fee; from ten cents to fifty cents the fee would be one cent, and notes from fifty cents to \$2.50 would cost two cents. The bill appropriates \$1,500,000 to carry into effect during the year ending June 30, 1907. The Postmaster General drafted the bill and urges its early enactment.

The law of the universe is that the potentialities of living things shall not be fully unfolded, but everything having reached a certain stage of development shall deteriorate and die.—*Rev. B. F. Schubert.*

One of the most-needed reforms in our spelling is to spell it "Wensday." Old Wodan, whom the day was named after, could not reasonably object to having the word modernized in this way. He cuts no ice these days anyway. Spell it "Wensday." Other papers please copy.—*Pathfinder.*

We must not forget that if earthly love has in the vulgar mind been degraded into mere animal passion, it still remains in its purest sense the highest mystery of our existence, the most perfect blessing and delight on earth, and at the same time the truest pledge of our more than human nature.—*Max Mueller.*

"Doctor, I want to thank you for your splendid medicine."

"It helped you, did it?" asked the doctor, very much pleased.

"It helped me wonderfully."

"How many bottles did you find it necessary to take?"

"Oh, I didn't take any of it. My uncle took one bottle, and I'm his sole heir."

HABITS.

Boys, remember that many habits which will cling to you thru life are formed in early boyhood. Honesty, industry and obedience—acquire these in your school days, and when you have reached manhood, no matter what may be your chosen occupation, you will find yourself respected and honored. As for bad habits, like those of tobacco and drink, it is much easier never to begin than to quit after you have once acquired them. Tobacco and drink frequently fasten their jaws upon men with such relentless grasp that they are not able to shake them off—all because these habits were formed in boyhood or early manhood.

A little East London boy was having his first country outing. It was the occasion of his Sunday-school treat. He lay on the grass in an apple orchard, making a chain of daisies and buttercups. Across the blue sky a line of swallows dipped.

"Look up, look up, Jimmy! See the pretty birds flying thru the air," said his teacher. Jimmy looked up quickly.

"Poor little fellers!" he exclaimed pityingly. "They hain't got no cages, have they?"

The hard experiences, the severe trials we meet with, are the refining processes of life. The more you polish wood, the more you reveal its grain.

No trouble nor sorrow can come thru right. It is because we are out of harmony somewhere with right, that we suffer.

Most of the trouble with having money is that you haven't any more.—*New York Press.*

Keep within the proprieties and you must stand on your merits. But if you want a short cut to fame, there's an easy way if you're unscrupulous enough to take it. That way is to shock.—*Dr. Felix Adler.*

EXTRAVAGANCE REBUKED.

In the house Mr. Longworth urged an appropriation of \$1,000,000 for sites and buildings for the embassies of the United States in foreign capitals. He pointed out that at present no man can suitably represent this country in any of the leading countries without being wealthy, as he must be prepared to spend much more than his salary. Ambassador Reid in London for instance pays \$40,000 a year rent for his residence alone, while his salary is only \$17,500.

Several Democratic members made a severe onslaught on the proposition. Mr. Shirley of Ky. declared that it was undemocratic and un-American for our representatives abroad to "vulgarly and snobbishly flaunt their money," and that such men misrepresented instead of representing the nation. The amendment was not accepted.

Two little fellows of 7 and 8 years heard older people speaking of skeletons. The 7-year-old boy listened intently to the conversation when the older boy with an air of superior knowledge, said abruptly:

"You don't know what a skeleton is, and I do."

"So do I," replied the younger. "I do know."

"Well, what is it?"

"It's bones with the people off."

"I believe in a spade and an acre of good ground. Whoso cuts a straight path to his own living by the help of God, in the sun and rain and sprouting grain, seems to me a universal working man. He solves the problem of life, not for one but for all men of sound body."—*Emerson.*

It was nine miles from anywhere, and the motor had broken down.

"Do you know anything about automobiles?" asked the owner, speaking to a man in a buggy who was driving along.

"Yes, sir," said the man, "I do; I've been run over by four of 'em. Good morning."

THE YELLOW JOURNAL EVIL.

It would be well if the great Sunday papers in the United States would, in their supplements, try to cultivate the artistic taste of the young instead of serving up colored horrors and sketches of impossibly brutal men and youths. In their great art supplements, the Buenos Ayres papers are true educators of the masses. If Italy still remains a country where the common people love art and have the artistic faculty, it is because the youth of the land are familiar from childhood with beautiful objects. The brutality of the colored supplements is evident. Children whose sole notions of art are derived from the adventures of Happy Hooligan and Bad Boys will surely grow up lacking in fine feeling and good manners.—*Mexican Herald.*

"I dreamed a beautiful dream in my youth, and I awoke and found it true. My 'silver bride' they call her just now. The frost is upon my head, indeed; hers the winter has not touched with its softest breath. Her footfall is the lightest, her laugh the merriest in the house. The boys are all in love with their mother, the girls tyrannize and worship her together. Sometimes when she sings with the children I sit and listen, and with her voice there comes to me, as an echo of the long past, the words in her letter,—that blessed letter in which she wrote the text of all my after life: 'we will strive together for all that is noble and good.' So she saw her duty as a true American, and aye! she has kept the pledge—Jacob A. Riis.

And you say the senators are all rogues?" "Most of them, yes," answered the magazine expert on morals. "Prove it." "I don't have to prove it, I get space rates for just saying it."—*Philadelphia Ledger.*

Have fun at home and social enjoyment for the boys and girls. Young people must have relaxation, and the remembrance of a happy home is a safeguard when care and sorrows come.

Miscellaneous.

Children, do you know that flowers are among the purest and loveliest things in nature? Have you a flower garden at your home? If not, do not let another summer go by without having some flowers growing, even if your home is so situated that your "garden" will have to be confined to a large box on your back porch. While you care for them and watch their growth you will learn to appreciate the wonderful beauty, delicate perfume and attractive colors of flowers.

Tailor—The postal service is in a wretched condition.

Friend—Never noticed it.

"Well, I have. During the last month I sent out 180 statements of accounts, with requests for immediate payment, and, so far as I can learn, not more than two of my customers received their letters."

The late Paul Kruger was not an eloquent man, but he excelled in brief and pithy sayings. To a nephew who wanted an office he said: "My dear boy, you are not clever enough for a subordinate position and all the higher offices are filled."

It is said that a candidate for parliament at the recent English elections, while justifying flogging in the army, remarked, "There is no necessary disgrace in being flogged. I was once flogged myself, and it was for telling the truth, too." "It seems to have cured ye," said a voice from the back of the hall.

Uncle Sam fooled.—"James, my son, did you take that letter to the post-office and pay the postage on it?"

"Father, I seed a lot of men putting letters in a little place, and when no one was looking I slipped in yours for nothing.—*Harper's Weekly*.

If all the laws were enforced who would be left to act as jailer and lock the rest up?—*Pluck*.

Spelling reform is taking hold even in hide-bound England. Professor Skeats, Anglo-Saxon professor at Cambridge, has come out in an attack on the British custom of spelling such words as "labor," "honor," etc., with a "u" between the "o" and the "r." The Englishman, however, thinks as much of that little "u" as he does of his roast beef or Magna Charta.

A Connecticut judge has decided that "woman" is as respectful a term of address as "lady." He should have gone further and added that the indiscriminate use of the latter term has made the former more respectful.—*Springfield Republican*.

The Poet—Congratulate me, my dear; I have just sold a poem.

His Wife—Oh, I am so glad! Now I can have a new bonnet?

The Poet—I'm awfully sorry to disappoint you, but I bought a celluloid collar with the money.—*Columbus Dispatch*.

Teacher—Tommy what is the difference between a monarchy and a republic?

Tommy—In a monarchy the people obey the rulers because they love them; in a republic they obey the bosses because they can't help themselves.—*Chicago News*.

Luther Burbank, the California plant expert, has been so overrun by visitors—over 6,000 last year—that a public request has been issued asking that visits to him be discontinued.

"But since we live in an epoch of change and too, probably, of revolution, and thots which are not to be put aside are in the minds of all men capable of thot, I am obliged to affirm the one principle which can and in the end will close all epochs of revolution—that each man shall possess the ground he can use, and no more."—*Ruskin*.

Richmond Pearson Hobson appears to be drawing near the goal of his ambition. Should he succeed Alabama will replace a Bankhead with a big head.—*Boston Transcript*.

Softly—I'd have you to understand, sir, that I'm not such a fool as I look.

Sarcast—Well, then, you have much to be thankful for.

“I've half a mind to write a magazine sonnet.”

“Go ahead—that's just what it takes.”
—*Cleveland Leader*.

Johnny—Pa, what is the law of gravitation?

Father—I don't know. I haven't got time to keep up with every silly law that the legislature passes.

“Ever worry about the servant girl problem at your house?”

“Worry right along.”

“What phase of the matter troubles you?”

“How to pay the girl.”—*Philadelphia Ledger*.

“That's arrant nonsense,” said Mr. Henpeck, “about there always being room at the top.”

“Oh,” his wife sarcastically replied, “when were you up to see?”

“Tommy,” said the young man to his prospective brother-in-law, aged five, “will you be sorry when I marry your sister?”

“Yes,” answered the little fellow; “I'll be sorry for you.”

Religion is nothing but love—perfect love toward God and toward man—without formality, without hypocrisy, without partiality; depending on no outward form to preserve its vitality or prove its existence.—*Wm. Lloyd Garrison*.

She—Mr. Flaxman is unusually stingy.

He—I should say so. Why, he wouldn't laugh at a joke unless it was at somebody else's expense.

English Tourist—I suppose there is a great deal of work attached to the presidency of this country?

American—There is when you are looking for renomination.—*Town Topics*.

Foresight is very wise, but foresorrow is very foolish, and castles are, at any rate, better than dungeons in the air.—Lord Avebury.

“What makes him so popular with everyone?”

“Oh, he knows what not to say and when not to say it.”—*Watson's Magazine*.

If a young man's attack of love is the genuine article he never thinks of postponing the wedding until he can afford to marry.—*Chicago News*.

Blox—Do you think a college education is beneficial to the average young man?

Knox—No; it makes him too smart to work and not smart enough to get along without work.—*Chicago News*.

Owing to recent investigations there is no longer much disposition to measure a man's success in life by the salary he is receiving.—*Washington Star*.

Nobody ever questioned there being a man in the honeymoon.—*New Orleans Picayune*.

He—The minister preached a scathing discourse on the extravagance of women.

She—Yes; and there his wife sat, with a \$15 hat on.

That was probably the cause of the sermon.

The value of love as a compelling force is realized, by very few people.

A Sunday school superintendent, noted for his live of punctuality, a few Sundays ago had the pleasure of making the following statement:

“My dear fellow workers and children. I am able to announce today that out of the entire school only one person is absent, little Maggie Brown. Let us hope that she is ill.”—*London Tid-Bits*.

THE CHARACTER BUILDER

For Home and School.

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

Consolidated with the Journal of Hygieo-Therapy that was published for sixteen years at Kokomo, Indiana, F. V. Gifford, A. M., M. D., editor and publisher.

\$1.00 A YEAR, IN ADVANCE.

Published by the HUMAN CULTURE COMPANY, Salt Lake City, Utah.

JOHN T. MILLER, D. Sc. Editor
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

RATES FOR ADVERTISING:

One inch, per issue, \$1. Rates for larger space furnished on application. We accept no advertisements of liquor, tobacco, tea, coffee, patent medicines, drugs, quack doctors, or fakirs of any description.

Business communications and letters to the editorial department should be addressed to No. 334 South Ninth East Street, Salt Lake City, Utah.

AGENTS WANTED.

We can give employment during the summer months to students, teachers, or other persons who have ability as solicitors. Last week we started a young man soliciting for The Character Builder and Human Culture books who cleared \$7.00 the first day. Every home needs these publications, and the interest in this phase of education is growing rapidly. If there is no active agent in your community and you desire to take up the work, write us and we will give you the best terms possible. Here is an opportunity for you to get good employment and to promote a good work.

NOTICE.

Since sending in copy for the July issue of the *Character Builder* it has been decided not to publish issues during August and September. A number of educational journals suspend during two months in the summer. At this time of year people do not read as much as during the other months. The editorial work of the *Character Builder* has been done for several months in connection with lecture work and has not received the attention it deserves. The editor will continue his lecture work until September.

In October we hope to put new life into the *Character Builder* and hope to keep the improvements up each month thereafter.

We desire to keep the cooperation of the many friends who have helped to keep up this publication, and hope to get the cooperation of many more so that the magazine may become self-supporting. It has not paid its way a single month since it began but we have faith in the principles it advocates and know that the growing interest in these principles will increase the demand for such a publication.

CURE FOR DRUNKENNESS.

A novel method is that adopted in Norway for turning a drunkard from the error of his way. The patient is placed under lock and key, and is fed at frequent intervals on bread saturated with port wine. For the first day this is no doubt palatable fare; on the second day it begins to pall, and fails to tempt the appetite; on the third day the prisoner turns from it with obvious distaste. But he must either eat or starve; and before the eighth day sets him free he has acquired such loathing for intoxicants that he more often than not spends the rest of his days as a rabid teetotler.

At least that is what is asserted and the reader can believe as he likes about it.

WHAT MIGHT HAVE BEEN.

By Edgar L. Vincent.

A little over a year ago I was taken with a severe sickness that nearly cost me my life. The doctor who was called said that I had catarrh of the stomach and bowels. He gave me some drug intended to check the terrible pain which was making my life miserable. The pain began in the right side just below the short ribs and progressed until the lower bowel was involved. Hot applications were placed over the abdomen until I was almost blistered. Powerful anodynes were administered. Physic was given. In short I was treated just as are all men and women who summon to their

assistance in such cases an old style allopathic physician.

By the merest chance, and probably because I had one of the best of wives to nurse me I pulled thru, but I never fully recovered from that deplorable illness. Now, what was there back of this? I know now. after this period of suffering which may not entirely lose its power as long as I live. I had eaten freely of red and black strawberries. I had not taken any particular care of my bowels altho I knew they were not acting as freely as they should. Then I did a hard day's work at cleaning out a well, probably took a little cold, and down I went.

Now, What Might Have Been?

First, my bowels should have been thoroly emptied by means of a large enema. This would have removed all the irritating matter. Then, if plenty of pure water had been allowed me I have no doubt that in a short time I might have been up and around again with none of the long weeks of weakness and prostration which followed. Instead of water freely given, I had only enough to wet my tongue and that only given at rare intervals.

How slowly we learn in this world! The very men to whom we look to help us and take care of us when trouble comes seem sometimes the slowest of all to find out what is the right and common sense way of treating disease. Does it not seem as if any man with sense would know that as long as one's bowels are packed full of dead and decaying matter there can be only one result and that intense suffering? Why should stuff be put into a man when he is already suffering intensely from irritation of the lining of the intestine, to harass the delicate membrane and make the recovery more uncertain? Is it not a fact that a chain of bigotry holds men in the tightest kind of a grasp while common sense lies pleading for its very life? How much misery might be saved men if they only knew how to use the sense with which God has endowed them!—*The Liberator*

The world is given as a prize to a man in earnest.—*Robertson.*

THE BEST PLACE ON EARTH.

The home should be made the very best place on earth—the haven of rest for the toiling parents; the best “play house” to be found any where for the children; the most attractive “lodge” for the father; the dearest “club house” for the mother, and the most sacred sanctuary for the whole family.

The home may be made all this if every member of the family, as far as able, will do everything possible for the comfort and happiness of its inmates. It is the little things—little thots, little looks, little words and little acts—that in all make up the home life, and if they are directed along right lines everyone in the home will be happy. It ought to be as easy a matter to be always as cheerful and pleasant to those of your own family as you are when visitors call. Cultivate a kindly disposition, and let those most near and dear to you feel its magic influence. Never allow yourself to be cross, crabbed or fault-finding. Things may not always go just right; but there is a way out of every difficulty if bravely and calmly met. Sorrow may enter the home, but never is the cloud so dark but that a ray of sunshine will break thru and dispel the gloom. A great deal of patience—a virtue that ranks well with charity—is sometimes needed if the children are unruly or disobedient; but, remember that you were once a child yourself, and learn to understand child nature, and you will be able to train the children as they should go without having a large supply of rods in the house.

Let love supplant fear, and firmness take the place of passion, and Solomon's proverb may be turned to the wall. Never inflict an unnecessary wound—physical or mental—upon any member of the family. Do not let a day pass without telling, by word or deed, the love you hold for everyone in the home, and how much you appreciate the love and kindness of those about you. In short, try every day to make your home the best place on earth.—*Maxwell's Homemaker.*



**WE PAY YOU CASH FOR LIVING
A TEMPERATE LIFE.**

Altho it is appointed unto all men once to die, science has demonstrated that abstinence from the use of alcoholic liquors prolongs life, and to reward the abstainer, The Security Mutual Life Insurance Co., of Binghamton, New York, gives him a special rate on all forms of life insurance. This company provides the greatest amount of protection for the least cost compatible with safety. See our famous P. L. Policy before insuring. This is a purely Mutual Company. Policies registered with insurance department and the reserves guaranteed by special deposit with the State of New York, making policies practically as secure as government bonds. Call on or address,

S. J. STOOKEY, Manager for Utah.

421 Deseret News Annex.

Ind. Phone 993 Salt Lake City.

Accident Policies.

Health Policies.

WARREN FOSTER, Gen'l Agt.,

83 East Second South, Salt Lake, Utah.

SELLS INSURANCE AND NOT LAWSUITS

AS GOOD AS THE BEST.

Good Agents Wanted. Write for Particulars

JOURNAL—PUBLIC HEALTH.

—Stands for—

**PUBLIC SANITATION, HEALTH REFORM,
HYGIENIC EDUCATION.**

"TORTURED TO DEATH" is the final

chapter of life known everywhere.

The people may investigate the New Regime to learn how valuable the services of physicians can be to teach all who will, to learn how to avoid unnecessary disease, and premature death.

Trial subscriptions to this journal, without premiums, 50 cents, coin or stamps. Sample copies free. One is not a fair test; every number better, different. Dollar books and Journal for price of one, \$1.00. Dollar magazines, any one of Health interest, and Journal for \$1.00.

Send In Your Subscriptions at Once.

Address: COLUMBIA P. WOOD,

HIRE A MAN TO WORRY.

Men boast that they know every detail of their business. They point with pride to the many and varied details that are executed under their direction, and frequently express regret that seeing to the execution of these details leaves them little time for other work. They take pride in conveying the impression that every minute of their time is fully occupied.

The business man ought not to devote more time to business than his employes do. Physically and mentally he is constructed very much the same, and, sooner or later, overwork or constant mental strain will manifest itself in serious disorders. The business man who goes to work in the morning with a tired brain or diseased body cannot do as much or effective work as the one who forgets all about his work at a reasonable hour each day and refreshes his mind and body by a good night's sleep. Overwork sooner or later deprives one of the ability to do effective work.

The successful business men are those who manage men and leave the men they manage to manage the details. Of course, it is a good thing for the merchant to know details, so as to determine occasionally whether or not those under him are doing effective work, but a merchant who constantly sees to the small details of his business is wasting time that could be employed to better advantage.

It's lack of confidence in his employes that makes a business man a slave to his business, and the employe a slave to his employer. When a business man employs a manager, he should have sufficient confidence in his ability to let him conduct the business in the way he thinks it ought to be conducted.—Hardware Dealers' Magazine.

W. S. RAMER,

- - OSTEOPATHIST - -

Bell Phone 2485X Atlas Block,

Salt Lake City.

R. K. THOMAS DRY GOODS COMPANY,

67, 69, 71 Main Street, Salt Lake City.

THE LEADING

❖ BARGAIN HOUSE ❖

FOR

LADIES, MISSES AND CHILDREN'S

Ready to wear Goods.

Mail Orders Solicited.

EYE GLASSES

not only make people see better—they make them feel better. Properly Fitted Eye Glasses relieve eye strain, headache and nervous troubles, as well as improve defective vision. Our entire time is devoted to Testing Eyes, Fitting and Manufacturing Glasses.

GOLD MEDAL STATE FAIR 1905.

Advice is free

::

If you cannot call write us.

UTAH OPTICAL COMPANY,

R. W. DAYNES, Manager,

60 Main Street.

Salt Lake City, Utah.

HOW TO LIVE



Devoted to the Health,
Happiness and Betterment
of the People

THE GEORGE F. BROWN PUBLISHING CO., CHICAGO, ILL.

~ LEARN HOW TO LIVE ~

A HANDSOME
BOOKLET . . .

"STEPS TO SUCCESS," FREE!

YOU owe it to yourself and to others to get the very most out of life; to be happy and helpful, strong and well; to be able to make the "burdens of life" veritable pleasures. **HOW TO LIVE** is a monthly magazine, edited by well-known physicians, surgeons and other professional men; pointing out the "better way" of heart, of body and of mind, in home and in society; the truths of sex and the sociology of right living.

Subscribe now for yourself or others and you will receive, free, a valuable brochure, "Steps to Success." Three-months' trial subscription, with booklet, 25 cts.; 12 months, \$1.00. Six 3-months' subscriptions and six booklets, \$1.00. Six 12-months' subscriptions and six booklets, \$5.00. Write today. Agents wanted on liberal commission basis. Send us list of friends and we will send free sample copies.

**HOW TO LIVE, 1410 East Ravenswood Park
Address CHICAGO, ILL.**

REFERENCE: RAVENSWOOD EXCHANGE BANK

When writing to advertisers please mention The Character Builder.

The New Road The Best Line To Southern California



Only direct line Salt Lake to Los Angeles.

Most Modern Palatial Trains equipped with Standard and Tourist
Sleeping Cars, Diners and Free Reclining Chair Cars.

All Trains via Salt Lake and Nevada's Mineral Belt.

New Route open to Bullfrog.

Ask nearest agent about California Excursions or write to
J. L. MOORE, D. P. A., S. P. L. & L. R. R., Salt Lake City, Utah.

The Human Culture Magazine Agency

Can save you money on any Magazine published if you include the Character Builder in your order.

Get our terms before you order thru any other agency. We have the only Magazine Agency in the Intermountain West and can give you good prices.

ADDRESS:

The Human Culture Magazine Agency,
222 Constitution Building, SALT LAKE CITY.

The Freedom of Health

Is the Theme of THE LIBERATOR—Health
of Mind and Body—How to Attain It.

SEND TEN CENTS FOR SAMPLE COPY.
ONE DOLLAR A YEAR.

THE LIBERATOR PUBLISHING CO.

1114 21st Avenue North - Minneapolis, Minn.


Meatless Dishes


A cook book which tells how to prepare healthful and nutritious dishes without meats or animal fats. Gives tested recipes and menus. Contains an interesting sermon on Salads, by an expert Cook. Gives useful hints on How to Set the Table, Hygiene, Kitchen Economy, Care of Kitchen Utensils, etc. Sent prepaid on receipt of 10 cents; dozen copies, \$1.00. *Vegetarian Magazine* one year, \$1.00; three months, 25 cents.

Address,

Vegetarian Co., 115 Dearborn St., Chicago

When writing to advertisers please mention The Character Builder.

ALLEN BATH SYSTEM

TRADE MARK
WITH or WITHOUT BATHROOM
You Bathe
HOW DO
YOU DON'T NEED A BATH-TUB WITH THE ALLEN FOUNTAIN BRUSH


W. E. ALLEN
 Inventor and President
 The Allen Mfg. Co.

The only sanitary bath. Thorough quick hot or cold bath with shower and massage. Pores cleansed with clean water. Imparts delightful exhilaration, health glow. Increases circulation, tones entire system. Guaranteed.

Superb Portable (No. 1A) Outfit
 Superb Fountain Brush, Metallic Fountain, Safety Floor Mat, Tubing, Etc., **\$6.00**

Superb Portable (No. 1B) Outfit
 Same with Rubber Fountain **\$6.00**


Superb Bathroom (No. 3) Outfit
 Superb Fountain Brush, Tubing with Bulb to fit Faucet (Give size of Faucet) **\$3.50**



Send for free descriptive booklet the "Science of the Bath."

**A GREAT LUXURY
 A HYGIENIC NECESSITY**
 Sent on Receipt of Price to Any Address.

THE ALLEN MFG. CO.
 404 Erie Street, Toledo, Ohio

AGENTS
 Make \$50 weekly selling the Allen Brush. Send for outfit and terms.


\$1.50

Why Don't You Use The LOCKE ADDER?



The Famous Calculating Machine
 Enthusiastically endorsed the world over. Rapid, accurate, simple, practical, durable. Computes nine columns simultaneously. Adds, subtracts, etc. Saves time, labor, money. Capacity 999,999,999. Will last a lifetime.

THE MODERN BUSINESS NECESSITY
Should be on Every Desk.

Read What Pleased Users Say
 \$100.00 would not take it from me. It is all you claim.—*B. A. Carver, Troy Center, Wis.*
 I do not think the \$375.00 machine can be compared with your \$5.00 machine.—*R. G. Malhiot, Avoca, La.*
 Have found it entirely equal to any of the high-priced calculating machines.—*W. J. Hirni, Visalia, Calif.*
 Does the work of a \$375.00 machine for the small amount of \$5.00.—*Thomas J. Mitchell, Helena, Ark.*

Two models: oxidized copper finish, \$5.00; oxidized silver finish, with case, \$10.00, prepaid in U. S. Size 4 x 10 3/4 ins. Write for **Free Descriptive Booklet, Testimonials and Special Offer.** Agents wanted.

C. E. LOCKE MFG. CO., 155 Walnut St., Kensett, Iowa.

**INVALIDS HOME SANATORIUM,
 KOKOMO, INDIANA.**

A complete Scientific Institution.
 The treatment is hygienic and practical.
 All forms of chronic disease relieved quickly and effectively.
 Our methods are life giving and succeed where others fail.
 You need not despair; health is within your grasp.
 Patients are taught the principles of right living; thus they retain good health. Our journal, Vaccination, 25 cts. monthly, points out the way.
 No drugs is our motto, but all the life giving factors are used in effecting cures.

Send for particulars.

DR. R. B. JACKSON, **FRAND D. BLUE,**
 House Physician. Manager,
 Rural Route No. 7, Kokomo, Ind.

PURE BRED POULTRY

From America's Best Breeders of
 White Wyandottes.

Eggs from pens mated by Rankin & Duston themselves, \$3.00 per 13; from all other pens Fishel, Hartz, Din-smores, etc., \$1.50 for setting of 13. All inquiries answered promptly, and fertility and satisfaction guaranteed.

OAK LAWN POULTRY FARM.

F. R. LYMAN,
 Oak City, Millard County, Utah.

**MRS. GRACE STRATTON,
 —OSTEOPATH—**

435 Const Bldg., Bell Phone 2528K.

The Only Woman Osteopath in Utah.

Do you know the Best Way for You to Secure a Competent
 Instructor for Your Schools is to Apply to the

**WARRENSBURG-MIDLAND
 TEACHERS' AGENCIES.**

Offices: Warrensburg, Mo.; Townsend, Mont.; Winneboga City, Minn.; Room 92, When Building, Indianapolis, Ind.

**A. P. HIBBS,
 Osteopathist,**

PHONE 2485 x.

350 ATLAS BLOCK.

When writing to advertisers please mention The Character Builder.



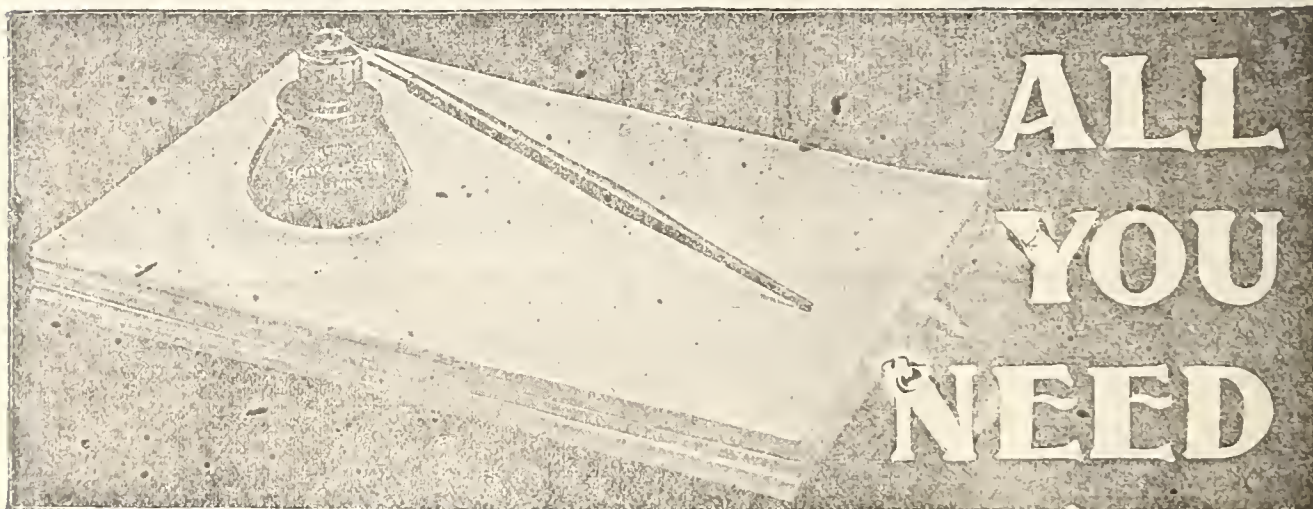
Operates Best Local Train Service in the State to all Points.

Connections made in Ogden Union Depot with all Trains
of Southern Pacific and Oregon Short Line.

3	<p>— OFFERS CHOICE OF —</p> <p>FAST THROUGH TRAINS</p> <p>LEAVING SALT LAKE DAILY AT 8:30 A. M., 3:15 AND 8:20 P. M.</p>	3
----------	---	----------

And Three Distinct Scenic Routes. Pullman Palace and Ordinary Sleeping Cars to Denver, Omaha, Kansas City, St. Louis, and Chicago without Change. FREE RECLINING CHAIR CARS. A PERFECT DINING CAR SERVICE.

I. A. BENTON, General Agent Pass. Dept.,
103 West Second South Street, - - Salt Lake City, Utah.



To Fit Yourself for a Successful Career.



All you need to begin and go through a college course by mail is paper, pen and ink. We supply all text books. We give instruction as high in grade and as thorough in degree as the leading universities and technical schools. You can become a journalist by a course in Journalism, studying practical newspaper problems and reporting real news under direction of a staff of well-known journalists. You can become a civil or mechanical engineer by a course in Engineering, taught simply and thoroughly. You can qualify for the best business positions by a course in Shorthand or Book-keeping.

All Teaching is by Mail.

Spare-time study, without interrupting your other work, will prepare you for teaching, for social life, for a political career, for the highest business success, for literary distinction, or lay the sure foundation for a professional education. If you are interested in the way thousands of students are winning success by this method write for an illustrated booklet, mentioning the subject in which you are interested.

NATIONAL CORRESPONDENCE INSTITUTE, 217 Second National Bank Building, Washington, D. C.

When writing to advertisers please mention The Character Builder.



The proof of the pudding is in the list of subscribers, the manner in which the VALUE of a telephone must be measured. On March 3rd we had 10,000 subscribers in Salt Lake.

THAT IS THE ARGUMENT.

**Rocky Mountain
Bell Telephone Company.**

A BOOK UNIQUE

NEW THOUGHTS ON OLD SUBJECTS,
By a Utah Woman.

"SELF CULTURE; AN ESSAY
ON INDIVIDUALITY."

By Olive Durfee.

CHAPTER I.—"To Dare and to Do" shows upon what success depends. The value of ideas as the creative principles of all human labor, the worth of strong desires, the fruitlessness of trying to please everybody, the refusal to listen to the unkind thoughts of others, and the dignity of being earnestly at work, are treated, in a variety of original propositions, intended to stir the ambition of those who are really in earnest.

CHAPTER II.—"Our Possibilities" develops and proves the thesis: "Our possibilities are unlimited." Our dreams can be realized with a serviceable body, good health, a clear mind, and a choice of the right.

CHAPTER III—Individuality; has its keynote in "Trust in thine own untried capacity," and maintains that we are individuals of our own creation.

The five succeeding chapters are similar.

PRICE ONE DOLLAR.

Address: Miss Olive Durfee, Salt Lake City

YOU NEED THE

**CHARACTER
BUILDER**

IN YOUR HOME.

4 TRAINS DAILY 4
EAST
VIA



This includes the famous
OVERLAND LIMITED
and the new

LOS ANGELES-CHICAGO LIMITED
Strictly Twentieth Century Vestibuled.
Electric lighted—steam heated Trains
—operating Pullman Palace Sleepers;
incomparable observation—Library
and Dining Cars of the very latest
manufacture.

City Ticket Office, 201 Main St.
Only 42 Hours Salt Lake to Chicago.

When writing to advertisers please mention The Character Builder.

WORK FOR EVERY YOUNG MAN AND WOMAN WHO IS READY FOR IT.

GOOD positions await those who complete a course in the COMBINED BUSINESS COLLEGES (L. D. S. and Salt Lake) of Salt Lake City.

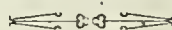
For over a year the demand for our students to take positions has exceeded the supply. Young people, this is your opportunity. A business education makes you orderly, prompt, and exact, and trains you in modern methods. It is the key to financial success, and lays the foundation of a prosperous career. Take a course in Bookkeeping and Law, or in Shorthand, Typewriting, and English, or in Telegraphy, Typewriting, and Accounting. Proficiency in any of the three lines will pay you well.

The business colleges are departments of the Latter-day Saints' University, and subjects may be taken from any course—Scientific, Classical, Normal, Kindergarten, Mechanic Arts, Domestic Science, etc. Enter at any time. Write for catalogue. Special half year for Eighth Grade Graduates begins January 29th.

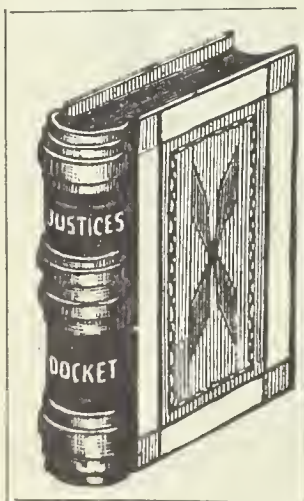
Publications describing the work of the school will be sent free to those who apply for them. (1) The General Catalog; (2) The Business Catalog; (3) Illustrations; (4) The Gold and Blue.

J. H. PAUL, President.

We MANUFACTURE LOOSE LEAF LEDGERS,
BLANK BOOKS & OFFICE APPLIANCES.



WE



RULE, PRINT and Manufacture Special
Books for Municipalities, Banks, Electrical
Companies, School Boards, Counties, and
Public Officials.



The Skelton Pub. Company,

Bell Telephone 40-y.
Independent Telephone 40.

Provo, Utah.