

The Character Builder

DEVOTED TO PERSONAL AND SOCIAL BETTERMENT

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No. 19



If there be some weaker one,
Give me strength to help him on;
If a blinder soul there be,
Let me guide him nearer Thee.
Make my mortal dreams come true
With the work I fain would do;
Clothe with life the weak intent,
Let me be the thing I meant.
Let me find in Thy employ
Peace, that dearer is than joy:
Out of self to love be led
And to heaven acclimated,
Until all things sweet and good
Seem my natural habitude.

—Whittier.



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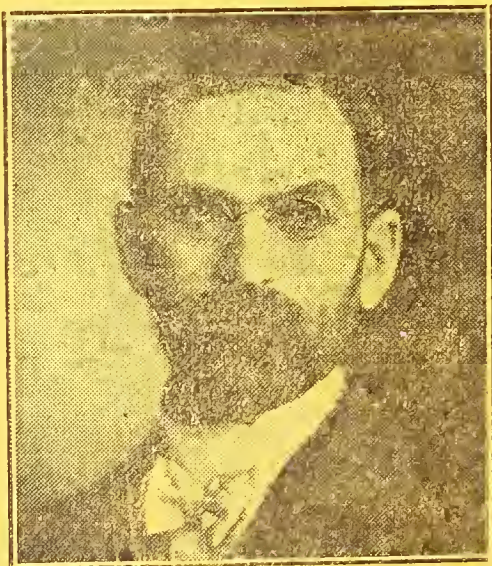
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THE CHARACTER BUILDER

A Human Culture Journal for Everybody

VOL. 21.

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NO. 19.

A Pioneer Health Reformer.

(David Paulson, M. D.)

Cornaro was an Italian nobleman who lived in the sixteenth century. At the age of forty he was completely broken down in health and his physicians were unable to give him any relief. They advised him to adopt a sober and simple life as his only hope. He suffered from a heavy train of infirmities, weakness of constitution, and had fallen into different kinds of disorders, such as pain in the stomach, stitches of gout, and an almost continual slow fever and a perpetual thirst. In reference to his change of habits he wrote:

"When I had once resolved to live sparingly and according to the dictates of reason, I entered with so much resolution upon this new course of life that nothing has been since able to divert me from it, and by pursuing it less than a year I found myself entirely free from all my complaints."

Cornaro lived to become a hundred years old. Fortunately, the secret of his marvelous success he left on record in a treatise entitled, "The Sober and Temperate Life," which has been translated into many languages and has been read by millions. From this book we abstract the following choice health ideas:

"I applied myself diligently to discover what kind of foods suited me best. I found the proverb, 'Whatever pleases the palate must agree with the stomach and nourish the body,' to be false, for wine, melons, fish, pork, tarts, garden stuff and pastry were very pleasant to my palate, but they disagreed with me notwithstanding.

"So I accustomed myself never to clog myself with eating and drinking, but constantly to rise from the table with the disposition to eat and drink still more. In this I conformed to the proverb which says that a man to consult his health must check his appetite.

"I betook myself entirely to a temperate and regular life. I likewise did all in my power to avoid melancholy, hatred, and other violent passions which appear to have the greatest influence over our bodies.

"Whoever leads a regular life cannot be sick, or at least but seldom and for a short time, because by living regularly he extirpates every seed of sickness, and thus by removing the cause prevents the effect.

"Since a regular life is so profitable and virtuous, so lovely and so holy, it ought to be universally followed and embraced, and the more so as it does not clash with the means or duties of any situation, but it is easy to all. To follow it a man need not tie himself down to eat so little as I do.

The "Nothing Hurts Me" Argument.

"Let nobody tell me that there are many who are living most irregularly who enjoy health and good spirits, for it is an argument grounded on a case full of uncertainty and hazard which so seldom occurs as to look more like a miracle than a work of nature. Men should not suffer themselves to be persuaded to live irregularly because Nature has been so liberal with some who could do so without suffering by it, a favor which very few have any right to expect.

"Whoever trusts to his youth or

strength of constitution or the goodness of his stomach and disobeys, must expect to suffer greatly by so doing, and live in constant danger of disease and death."

A Healthy Man Has Wonderful Recuperative Powers.

He writes about an accident that he met with on account of a runaway:

"I received many shocks, bruises; my head and all the rest of my body were terribly battered, and I had a dislocated leg and arm. When the physicians saw me in so bad a plight they concluded that within three days I should die.

"Nevertheless, they would try what two good things would do me. One was to bleed me, the other was to purge me. But I, on the contrary, who knew that the sober life I had led for many years past had so well united and harmonized my blood, refused to be either bled or purged.

"I just caused my arm and leg to be set, and thus, without using any other kind of remedy, I recovered without any other bad effect from the accident, a thing which appeared miraculous even in the eyes of the physicians.

"Hence, we are to infer that whoever leads a sober and regular life and commits no excesses in his diet, can suffer but very little from disorders of any kind or even external accidents." **Have a "Good Time" and Live Less.**

We often hear people today saying they would rather have a good time and live ten years less. Of that class Cornaro wrote:

"But be that as it will, I would not act like them. I rather covet to live these additional ten years. What importance is ten years more of life, especially of a healthy life at a mature age, when men become sensible of their progress in knowledge and virtue!

"I affirm that an old man, even of a bad constitution, who lives a regular and sober life, is surer of a long one than a young man of the best constitution who leads a disorderly life. He

who lives regularly keeps the body cleansed and purified. Hence, the brain of him who lives in that manner enjoys such a constant serenity, he therefore easily soars above the low and groveling desires of this life to the exalted and beautiful contemplation of heavenly things.

"As I advance in years the sounder and heartier I grow, to the amazement of all the world. I, who can account for it, am bound to show that a man can enjoy a terrestrial paradise after eighty. My memory, spirits, understanding, even my voice and teeth are perfect.

Health and Happiness in Old Age.

"Those who see me are amazed at the good state of health and spirits I enjoy,—how I mount my horse without any assistance, how I can climb up a hill from bottom to top afoot with the greatest of ease and unconcern, and how gay and good humored I am, for joy and peace have so firmly fixed their residence in my bosom as to never depart from it.

"Instead of finding life a burden, I contrive to spend every hour of it with the greatest delight and pleasure. My faculties are all, thank God, in the highest perfection, particularly my palate, which now relishes better the simple fare I eat than it formerly did the delicate dishes when I lived an irregular life.

"I would not exchange my manner of living nor my gray hairs with these young men even with the best constitution who give way to their appetites, knowing that such are daily subject to a thousand kinds of ailments and deaths.

"I have arrived at my ninety-fifth year and still find myself sound and hearty, content and cheerful. I never cease thanking the Divine Majesty for so great a blessing. This security of life is built on good and true, natural reasons, it being impossible in the nature of things that he who leads a sober and regular life should breed any sickness or die an unnatural death before the time. Sooner he cannot

die, as the sober life removes all the usual causes of sickness, and sickness cannot happen without a cause.

A Natural Death.

"Such have still greater reasons not to be dejected at the thoughts of death, as it does not attack them violently and by surprise, with feverish sensations and sharp pains, but steals upon them insensibly and with the greatest ease and gentleness, so that they pass gently, without any sickness, from this terrestrial and mortal life.

"What a comfort it is that, old as I am, I am able without the least fatigue to study the most important, sublime and difficult subjects, whereas people are for the most part infirm, melancholy and dissatisfied, at the same time thinking these are trials sent them by God Almighty.

"I cannot help saying that in my opinion they are greatly mistaken. I can by no means believe that it is agreeable to God that man, His favorite creature, should live infirm, melancholy and dissatisfied, but rather enjoy good health and spirits and be happy within himself.

"In this manner did the old fathers live who worked the great and surprising miracles we read of in history. How beautiful, how glorious a scene should we then behold! Like them we should find the road to heaven much easier, for it is always open to every faithful Christian, as our Saviour Jesus Christ came to this earth to shed His precious blood to deliver us from the tyrannical servitude of the devil.

Health Missionary Work.

"I am endeavoring to devise some method whereby my friends may be brought to believe that the irregularities of living to which they subject themselves cause them to die in their youth. I preach this to them continually, but they do not believe me and continue to fall victims to their excesses."

FRUITS AS REMEDIES.

The various uses of fruits as medicinal agents have never been properly appreciated. A brief and imperfect summary might be made as follows:

Laxatives—Oranges, figs, tamarinds, prunes, mulberries, dates, nectarines and plums.

Tonics—Pomegranates, cranberries, blackberries, dewberries, raspberries, barberries, quinces, pears and wild cherries. The most of these operate as astringents, and are therefore useful in chronic diarrhoea, dysentery, and some forms of dyspepsia.

Diuretics—For the kidneys the following fruits have diuretic properties and are therefore useful in kidney diseases: Grapes, strawberries, peaches, whortleberries, prickly pears, black currants and melon and pumpkin seeds.

Refrigerants—The cooling properties of lemons, limes and apples are well known. These are useful fruits for hot weather and to protect one against heat stroke. Apples are also laxative and diuretic as well as refrigerant.

Cranberries—The pure, fresh juice of raw cranberries, given freely, either undiluted or with an equal part of water, is an excellent means of relieving the thirst in fever; and, moreover, is markedly antipyretic. In the thirst and vomiting peculiar to cholera, it is even more effective. In fifty cases in which ice and narcotics failed to make the slightest impression, cranberry juice in small but repeated doses rapidly checked both vomiting and nausea.

PUBLIC OWNERSHIP OF UTILITIES.

(The Pathfinder.)

Inevitably as civilization progresses, the public collectively, represented by the government, extends its protecting and fostering wings more and more over the private citizen. We now commonly have public roads, bridges, schools, libraries, police protection and

courts, fire protection, water and lighting service, etc. The more advanced a community becomes the more duties it undertakes—for the very good reason that the public collectively can do most things better than any private citizen can single-handed. If the city can provide economical fire protection, why should it not go on logically and provide public fire insurance? If it does so well in providing public wagon roads, why not public trolley roads? If it can supply gas or electricity cheaper than a private concern, why should it not supply coal in winter and ice in summer? What possible excuse is there for the public leaving its own business in the hands of mercenary private concerns, whose only interest is to pay as big dividends as possible on watered stock? Franchises form the basis of much of the valuation of public service corporation stock, and these franchises are really public property. It is a matter of common knowledge that vast private fortunes have been built up out of unearned pickings from the public utilities service. In Europe, and especially England, it has become so common for the municipalities to own and operate water and lighting works, street car lines, etc., that idea is no longer considered as anything radical; it is a settled economic policy which yields such satisfactory results that the institution is being adopted in all parts of the world. It is only a question of time when the government, either general or local, will cater to all the common wants of the people, and the immense profits that now go to line private pockets will go into the public treasury, to decrease taxation.

APPROACHING WOMANHOOD.

(By Mrs. Bertha Billows Streeter.)

Many young girls approach maturity without the least idea of how that state is made known, and when it comes, in their fear of being accused of something for which they know they were not to blame, they have put

on damp clothing, or done some other indiscreet thing, from the effects of which they suffer for years.

To me it seems absolutely criminal for a mother to neglect telling her daughter before the period of adolescence what disturbances will mark her maturity.

It is at this period, especially, that a conscientious mother with good sense will impress upon her daughter the nobility of her womanhood. If she is told what she ought to know in the right way she will not rebel against the lot of woman; on the contrary, she will glory in her womanhood and desire to keep it pure, knowing that thereby will accrue happiness and health to herself and the children with which God in the future shall bless her.

A wise mother will answer all her daughter's questions at this time, of all times, truthfully and without any evasion. She will remember that this subject is as old as mankind, and, like other subjects, is pure to the pure.

If she herself treats it as a sacred subject between herself and her daughter, the younger woman will regard it in the same way. If she treats it lightly, makes vulgar jokes or tells smutty stories, look out for the daughter. A mother's attitude at this time determines in a large measure the daughter's tendencies for years to come—tendencies which she, in turn, will probably pass on to her children.—The Light.

The Victims of Patriotism.

During the Fourth of July celebrations of 1908 in the United States, 82 persons were killed and 2,620 injured. Fires caused by the fireworks amounted to \$115,090.

The causes of the injuries were:

By fireworks	1,961
By cannon	118
By firearms	184
By gunpowder	115
By toy pistols	217
By runaways	25

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DR. J. T. MILLER, - - - - - Editor

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EDITORIAL.

THRU DIXIE.

A person traveling thru Dixie during August and September is not susceptible to impressions from nature if he does not see the excellent advantages of Washington county as a fruit growing district. It is a deplorable loss to the state of Utah and the entire intermountain west not to have every available spot in the towns along the Virgin river devoted to raising the choice grapes, peaches, figs, almonds, pears, sweet potatoes, melons, green corn and numerous other varieties of superior fruits and vegetables that the ground is capable of producing.

In Springdale we had an opportunity to pick delicious ripe figs from a tree planted years ago by Mr. Gifford, one of the pioneer fruit growers of this region. In Springdale, Rockville and some of the other upper towns on the Virgin the environments are suitable for apples, pears and peaches, but not so favorable for grapes, almonds and figs.

For miles above these towns there

is some of the most beautiful mountain scenery that can be found anywhere in the world. The natural castles and beautifully colored cliffs cannot be surpassed anywhere. It is surprising that our geographies do not emphasize the beauties of this region. From one of the high cliffs a cable, more than 6,000 feet in length, lowers lumber from the plateau above to the valley below. Much of the scenery here rivals that of the most celebrated places in the world, such as the Grand Canyon of the Colorado, the Yosemite Valley and the Yellowstone Park. At least this claim is made for it by strangers and disinterested persons who have visited these other places. When the much needed railroad is built thru the Dixie country, this will become a popular resort for pleasure seekers. There are several reasons for believing that a railroad may be built thru this district before long. The coal deposits, the oil wells, the popularity of this region as a health resort for winter, the valuable fruit crop that can be increased at least tenfold; the cattle and sheep in Northern Arizona and Southern Utah that might be shipped from this center better than from any other.

The curse and blight of this region has been wine making. The choicest grapes of the world have been wilfully transformed into a poison that has cursed many a soul. But fortunately this foolish custom is less popular here today than ever before.

South of Toquerville, on the Virgin river, two of the best towns of Southern Utah are being built. Fine orchards and vineyards are being planted. These towns, Hurricane and La Verkin, are being settled by young families from the older towns of Dixie. They are determined to produce only the choicest varieties of fruits, and it is to be hoped that none of the choice grapes that they are raising and will raise shall ever be permitted to ferment into the poison that has been so destructive to this region.

If the people of this section will

bottle their fruit juice unfermented they can supply the market with a most healthful food for use in health and disease. It is prepared by pressing the juice out of the pulp and boiling it, the same as in putting up fresh fruit, but no sugar should be added. The juice may be put up in the ordinary beer bottles. The corks should be boiled and forced into the neck of the bottle while heated and moist.

In our larger cities there is already quite a market for sweet grape juice, and the demand might be increased a thousandfold for use in health and disease with great benefit to the public. The possibilities of Dixie have not yet been seen by some and will not be realized for some time to come.

In Hurricane, at the home of our friend and former student, C. A. Workman, we saw some of Luther Burbank's spineless cactuses that have been modified until their fruit is suitable for food.

The water supply for culinary purposes in many of these towns is not up to the desired standard, but the juicy fruits have quenched our thirst so completely that there has been no need to drink water. If the Utah State Board of Health could help the people kill off the excessive crop of flies, a trip thru the Dixie country would be very pleasureable.

We have just had a bath in the hot sulphur springs. An irrigation stream of hot sulphur water comes out of the mountains, flows thru an artificial bathing pool into the Virgin river. The water is as hot as the body can endure. The heat, with the strong sulphur smell, reminds a person of the descriptions usually given of the orthodox hell, but the bath is gaining quite a reputation for its medicinal and cleansing properties.

After leaving the bath and coming up the hill to La Verkin, the first place one comes to is the celebrated fruit farm of Mr. Thomas Judd, president of the Utah Horticultural Society. A long row of almond trees and a row of English walnut trees are growing on

the ditch bank in the street. The almond harvest is now on and the crop seems to be abundant. This country is certainly the vegetarian's paradise, but in spite of the abundant fruit crop and the excessive heat, there are people here who have been taught from their childhood that meat should not be eaten in hot weather and that hogs should never be eaten, who eat fat bacon in the middle of the summer in this hot climate.

We go to Toquerville tonight, and from there to Washington, St. George and other Dixie towns. In the towns of Southern Utah, thru the counties in the east as well as over here, a large number of the young people attend the academies and colleges of the north.

MY DUTY.

To lead some darkened soul to see the light;
To help some one to make a nobler fight;
To make the world to others seem more bright,
My duty is.

To cheer some lonely traveler on his way;
To help some doubting soul look up and pray;
To cause some saddened face to smile and say:
"In Thee, O Lord, I put my trust to-day,"
My duty is.

—Etna Holdaway, Provo, Utah.

Cut Postage to England.

After October 1, 1908, the postage on letters from the United States to England will be reduced from 5 cents an ounce to 2 cents an ounce.

The fellow who dwells within his little 8 by 10 creed can see the whole thing at a glance; but the man on the high hill of Truth realizes there is much that lies beyond the range of his vision and the power of his comprehension.

YOUTHS. DEPARTMENT

FATHER AND SON.

(By a Western Layman.)

Successful, lasting work for boys must begin with the home. The influence of the mother during the early years is not to be underestimated. There is much truth in the old proverbs about "the hand that rocks the cradle," "Train up a child in the way it should go," and "As the twig is bent," etc., and it is also true that it is "the personality of the mother that originates in the child the earliest and the most prominent ideas of God," but when the boy reaches adolescence he turns to his father, and as this is the period of shaping ideals, the impressions of infancy and childhood—be they never so beautiful and good—are dwarfed in their development if the father fails to give the right ideals or neglects his responsibility towards his son.

Mr. Hopkinson Smith says in a witty little monograph addressed to fathers: "Make a chum of your boy—hail-fellow-well-met, a comrade. Get down to the level of his boyhood and bring him gradually up to the level of your manhood. Don't look at him from the second-story window of your fatherly superiority and example. Go into the front yard and play ball with him. When he gets into scrapes, don't thrash him as your father did you. Put your arm around his neck and say you know it is pretty bad, but that he can count on you to help him out and that you will, every single time; and that if he had let you know earlier it would have been all the easier."

DON'T LET YOUR PAST SPOIL YOUR FUTURE.

(By O. Swett Marden.)

There is nothing more depressing than dwelling upon lost opportunities

or a misspent life. Whatever your past has been, forget it. If it throws a shadow upon the present, or causes melancholy or despondency, there is nothing in it which helps you; there is not a single reason why you should retain it in your memory, and there are a thousand reasons why you should bury it so deeply that it can never be resurrected.

The future is your uncut block of marble. Beware how you smite it. Don't touch it without a program. Don't strike a blow with your chisel without a model, lest you ruin and mar forever the angel which lives within the block; but the past marble, which you have carved into hideous images, which have warped and twisted the ideals of youth and caused you infinite pain, you need not ruin and mar the uncut block before you. This is one of the merciful provisions that every day presents to every human being, no matter how unfortunate his past, a new uncut block of pure Parian marble, so that every day every human being has a new chance to retrieve the past, to improve upon it if he will.

Nothing is more foolish, more positively wicked than to drag the skeletons of the past, the hideous images, the foolish deeds, the unfortunate experiences of the past into today's work to mar and spoil it. There are plenty of people who have been failures up to the present moment who would do wonders in the future if they could only forget the past, if they only had the ability to cut it off.

WORTH KNOWING.

Happiness is seldom found by seeking it. Strive to make others happy, and happiness will be added unto you as an inseparable gift.

Nothing is so fruitful a cause of disease as depression, gloominess and

sadness. Every wrong habit which injures the health of the body reacts in effect upon the mind.

We should stop eating when we still could eat more.

Cleanliness and care of the skin are the principal means of prolonging life. Water makes people wealthy, and at the same time makes them healthy.

Disease is the punishment for ignorance.

No great man has ever attained greatness without starting humbly.

In standing, or walking, or sitting, always have the chest in the lead. Strengthen the chest by daily exercise. Keep it lifted up, but do not make the mistake of raising the shoulders at the same time.

Habitually sitting with the legs crossed is apt to do injury. The weight of one leg is thrown upon the other, pressing upon and overheating and interfering with the action of the nerves and blood vessels of the under leg. A little footstool, on which to rest one foot, makes an easy and comfortable position in sitting.

It is a good idea to give the back a sun bath once a day. Sit in the sun and toast the spine. It is a splendid thing for nervousness and insomnia.

BE MODERATE, MY BOY.

By Charles T. Shueler,
Editor German-Herold.

Let me remind you, my boy, that now is the time to begin, if you are to lay the foundation for that grand and glorious structure—perfect manhood.

Now is the time, in the early spring time of your life, when you must decide whether you are to lay a foundation for a ramshackle, tumbledown old hut, that is going to be an "eyesore," a shame and a curse to you all your life, or whether you are going to lay a foundation of pure and healthy habits which alone will allow the building of a human structure that will withstand the ravages of time and bring you the satisfying joys of a happy, well-spent and successful life.

Think it over, my boy—think it over seriously, and when you have come to the determination that you want to amount to something in this world; that you want to be a credit to yourself, your parents and the community, then bear in mind that moderation is one of the first requirements.

Make moderation a habit and a study; take it for the cornerstone of your foundation, and you are sure to build solid and well.

Be moderate in all things. If it is baseball, learn to play well, excel if you can; but don't, don't overdo it. Don't spend all your time at play. Remember that play is a recreation to refresh the mind or body after work or study. As exercise, play is a grand, good thing, but if you play too much you overstep the boundary line of moderation, and it becomes excess—excesses are dangerous. If you want to see the result in after life of excess, just take notice of the steadily growing number of physical and mental wrecks which fill the sanitariums of our country. Rest assured, the nervous wreck of today was the boy who was excessive and knew no moderation.

Behold the unhappy capitalist, who finds no pleasure in life but to grind down his fellow men in his greed and selfishness, who has lost all feeling for his own flesh and blood in his lust for gain—he was the selfish boy, the greedy playmate, who was never satisfied until he had the other fellow "busted" in the boyhood games of chance, such as marbles, tops, etc. Never satisfied—always grasping for more—what a joyless, unsatisfactory life to live.

And think, my boy, when you see the dissipated, low-down, drunken outcast of human society, that the man might be a credit to society instead of an outcast if only he had learned the lesson of moderation as a boy. If only he had not been the unsatisfied glutton at the table—always demanding an extra piece of pie, of cake, of pudding, of anything and everything that happened to please his palate.

You must learn to be moderate a boy. Those selfish desires, those gluttonish cravings, those greedy impulses—you must control while a boy, or they will ultimately, but surely, get control over you in later life. You must learn to master them now or they will certainly become master over you as the years roll by.

Therefore, my boy—begin now and try to be moderate; moderate in all things the excess of which is harmful. Your reward will be consistent with your endeavor—a long and happy life.

THE OIL RUB.

The anointing of the body with oil is a very ancient custom and is frequently mentioned by Bible writers. Among the Romans it was the common practice to have the body rubbed with oil after the bath, and by this means the skin was kept soft, the muscles pliable, and the general elasticity of youth was long retained. The practice of oil rubbing is still in vogue among the natives of Africa; also in Samoa and other South Sea islands. Oil rubbing is a pleasant, health-promoting procedure, which may be advantageously employed during health as well as in disease. The application is best made after a warm or tepid bath, as the skin then more readily absorbs the oil. The application of oil to the dry, unwashed skin is not a pleasant procedure. The oil used should be pure and clean, and care should be exercised that not too much is applied. Any surplus oil should be removed with a soft towel.

The oil should be applied to a part at a time, with long, sweeping strokes, then thoroughly rubbed in with shorter, circular strokes. A knowledge of the movements of massage makes the treatment more agreeable and effectual. The rubbing should not be so vigorous as to produce perspiration. The best oil to be used is pure olive or cocoanut; cottonseed oil may also be used. Animal fats are very inferior. The benefits derived from oil rubbing are not due to the rubbing itself. Friction applied to the skin acts

beneficially by promoting the absorption of exudates and encouraging the flow of blood and lymph through the part.

The use of oil by the natives in tropical countries, is based upon the fact that the oiled skin radiates heat more rapidly than the dry skin. When little or no clothing is worn, the body is thus cooled by increased radiation. When the oiled surface of the body is covered with clothing, warmth is increased. This fact is taken advantage of by the natives in cold countries. It is also of practical importance in the prevention of colds after warm bathing.

When daily baths are taken, it is well to apply a little oil to the skin two or three times a week, especially in cold weather. After the soap shampoo or vigorous forms of friction, such as the salt glow, the oil rub is indicated. Vigorous rubbing of the legs and feet with oil may be employed for the relief of cold feet, the circulation being permanently improved by this treatment.

Dyspeptics, neurasthenics, and many other chronic invalids are benefited by the oil rub employed daily, or several times weekly. Mark and most favorable effects upon nutrition result from oil rubbing, in the treatment of emaciated infants and children. Warm olive oil is, as a rule, more effective in the treatment of rheumatic joints and muscles than the much advertised liniments recommended in these cases. It should always be borne in mind that it is the rubbing rather than the liniment, which gives relief. The oil rub prevents the scattering of infectious scales in scarlet fever and measles. A few drops of kreso or other disinfectant should be added to a deserts spoonful of oil for use in these cases. Oil rubbing is indicated for dryness of the skin and scalp. In cases of dandruff, or scurf, a few drops of oil mixed with alcohol makes an excellent application for the scalp.—Franklin Richards, M. D., in *Australasian Good Health*.

OUR BOYS AND GIRLS

THE FOUR T'S.

There are four T's too apt to run,
'Tis best to set a watch upon:

Our Thoughts:

Oft when alone, they take them wings
And light upon forbidden things.

Our Temper:

Who in the family controls it best,
Soon has control of all the rest.

Our Tongue:

Know when to speak, yet to be content
When silence is most eloquent.

Our Time:

Once lost, ne'er found; yet who can say
He's overtaken yesterday?
—Woman's Life.

The Stream and the Pool.

One morning a merry stream from the mountains, with laughter and song, ran by a stagnant pool.

"Good-morning," said the pool; "why are you in such haste so early in the day?"

"O," said the rill, "I have a little water here I am going to carry down to the sea."

"But you should be careful and not give your water away too freely; for we are going to have a very hot summer, and you might need every drop of it for yourself."

"Do you think so?" said the stream. "If that is true, I must hurry along, and do good with the little I have while it lasts." And with a merry laugh the brook ran away as fast as it could. But the pool stood still for fear it might lose a few drops of its precious water."

The rill ran on, blessing everything it touched. So sweet was its music

that several other streams were attracted by its song, and ran and joined it. Trees grew on its banks, and their thirsty little rootlets drank greedily of its moisture, keeping the leaves of the trees fresh and green all summer long.

The miller smiled and praised it; for his wheel was turned and the grist ground by its power. It made the farmer's pastures green as it flowed through the meadows, and the birds dipped their bills in its cooling waters, then soared into the sky and sang their sweetest song in its praise. The herds of cattle stood in it, ankle deep, and the swift-footed, timid deer of the mountains found in it a friend, as they drank and cooled their heated blood, giving them fresh strength to fly from the huntsman and his dogs. Thus it flowed on through meadow and plain, bringing joy and happiness to all, and one day it was lost in the sea.

But it never ran dry, for water was drawn up from the ocean by the sun, condensed in the atmosphere, carried by the clouds to the mountain tops, where it fell in showers of rain and fed the rill all summer long. But what became of the pool which was so much afraid of giving a drop of its water away? The hot days came and it became foul and filthy; man, beast and bird hurried away as soon as they smelled its breath, and refused to drink a drop of the green water; and, before the summer was half over, it slowly dried up and perished, and everybody was glad to get rid of such an unpleasant neighbor. The only way to be of value is to be liberal with what we have.—H. Harper.

The Trees.

Among the many text-books in God's school of nature are the trees. These noble lesson books are always open, full of instruction all the year.

whether their branches are heavy with foliage or their boughs are bare in winter. "Some trees give lots of blossom—promises of fruit—but no fruit. They are not unlike some people: they promise a great deal, but perform very little."

"Where the wind blows strongest the roots of trees are longest. So with the man who is tried by the winds of temptation and trial: the roots of his faith go deeper into the Eternal."

"The winter season stripped the trees of every sign of life. The branches were bare and had a withered appearance. But the trees were not dead—only resting; they were getting ready for a larger activity than ever before. Apparently the cold winds and snows had no terror for the trees."

"There should be a quiet period in every life—a time when we allow the outer world to do as it likes—a time when we, like the trees, are getting ready to go to work with larger hopes and ideals. We are apt to think the quiet time a waste—idleness; but it is not a waste; it is a gathering time for larger things."

"When the snows of winter had passed away, and the sun began to shine with its warm, life-giving rays, the trees began to stir themselves and evidences of life were seen on every branch. The trees were responsive to the season's touch, because they had life. There should be the awakening period in our lives, when we begin to respond to the wooings of the Sun of Righteousness."

"The trees have been growing fast. Not only are there new leaves, but new branches, too. Not all the strength has been given to foliage. Before the leaves were much in evidence, there was a profusion of blossom, pure white, pink and pink-tinted, which told of the fruit that would be forthcoming. Then the leaves developed more fully, the fruit keeping pace, until now the branches are beginning to hang downward, because the fruit is growing."

"There should be the growing period in our lives, when we, too, begin to show the evidences of the inner life, with its fruit-bearing possibilities. Our lives are not merely for ornamentation: God has ordained—decreed—that we should bring forth fruit."

Life's Lessons From Nature.

A profitable exercise may be made by selecting some of the older boys and girls to recite in their order the three selections that follow, choosing a person for each of the four parts of the exercise on "The Trees." Some appropriate nature song, such as "God Is Love," might be sung by all the group to conclude this exercise:

Lessons Everywhere.

"There isn't a blossom under our feet
But has some teaching, short and sweet,

That is richly worth the knowing:
And the roughest hedge, or the sharpest thorn
Is blessed with the power to guard or warn,

If we will but heed its showing.

"So do not spoil your happy looks
By poring always over books,

Written by scholars and sages;
For there's many a lesson in brooks
or birds,

Told in plainer and prettier words

Than those in your printed pages.

"And yet, I would not have you think
No wisdom comes through pen and ink,

And all books are dull and dreary:
For not all of life can pleasant play,
Nor every day a holiday,

And tasks must be hard and weary.

"And that is the very reason why
I would have you learn from earth
and sky

Their lessons of good, and heed them;

For there our Father, with loving hand,
Writes truths that a child may understand,

So plain that a child can read them."

THE DAWN OF PROSPERITY.

It is now nearly a year since the panic first struck America. Although money matters seem more normal than they were a few months ago, many complain that collections were never harder than at present. It is reported that the army of unemployed in the United States has reached the enormous number of more than five million men.

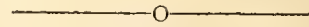
In spite of this discouraging condition of the present and outlook for some time to come, the outlook for our human culture work has never before been as good as now. During the past ten months the liabilities of the company have been reduced \$1,000, and the past year has been the most successful one in the history of the work.

For two months the editor of The Character Builder has been on the most successful lecture tour of his life. In spite of the hot weather and busy season, the audiences in Nephi, Mt. Pleasant, Spring City, Manti, Salina, Richfield and Joseph were larger this summer during the week nights than in the same towns during the winter months on former visits. The money received for use in the work increase in the circulation of The Character Builder has been more abundant than ever before, and there has been a remarkable increase in the circulation of The Character Builder. The number of stockholders in the Human Culture Co. has been increased to more than 130. This month will close the sixth year of the Character Builder under its present name and management. The many obstacles that have stood in the way of its progress are rapidly disappearing and each month we are getting in a better position to meet the obligations of the work which were assumed in securing the printing plant, which has placed the work upon a self-supporting basis.

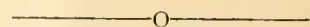
During the six years of this work, thousands have become interested in the principles of human culture. Every issue of the Character Builder is read by at least 10,000 progressive citizens; the circulation has never been less

than 3,000 copies per issue, and has thirty families, one copy of every issue was circulated in all the homes and kept up the interest in human culture. The lectures in the towns of Southern Utah and the work done in securing the co-operation of the people far beyond any previous period.

We fully appreciate the co-operation that the work is receiving and believe it will soon be placed on a basis where its usefulness to the people will be greatly increased. Although most of the capital stock of the company has been sold, there are a number of shares left in the treasury that are being sold at par value, \$10. The holder of a share of stock is entitled to a continuous subscription to the Character Builder at half price and to a life membership in the Human Culture book and magazine agency. During the past year there have been more new stockholders than during all previous years combined, and if a few more will join immediately the success of the Character Builder and Human Culture Co. will be insured for all future time to continue their work for personal and social betterment.



Too many think the life Jesus offers in abundance had reference only to the future state and through various forms of neglect and indulgence we are to go on existing at a poor dying rate. The pure life is the unselfish life: the unselfish life is the saved life: the saved life is the conserved life; the life in its fulness, the life that Christ formed within, the hope of glory, and the men with the grace of purity have found glory begun below.—S. Q. Halfenstein, D. D.

**Johnny's Definition.**

Said teacher, "What's a skeleton?"

"I know," said Johnny Goff;

"It's a man that has his insides out

And has his outsides off."

—Lippincott's.

NOTICE TO SUBSCRIBERS

THE report on the opposite page was sent to the office two months ago; the lecture tour was continued successfully until October 3rd, when the editor returned to Salt Lake. Early in September, the man who was left in charge of the office took a severe case of osteopathic fever and went to Los Angeles for treatment; this accounts for the delay in the last few issues of the CHARACTER BUILDER. We now have efficient help in the office and we hope to avoid delays in the future. The time of all subscribers will be extended to make up for the issues that were lost. All will be notified when their subscriptions expire and will not be continued beyond the time paid for.

Our working force is stronger than ever before in the history of the CHARACTER BUILDER; and thru parents' classes, juvenile courts and other educational factors, the value of human culture is being recognized as never before. We are working faithfully to overcome the obstacles that have stood in the way of our progress and solicit the co-operation of all who are interested in personal and community improvement.

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