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THE

Character Builder

Devoted to Personal and Social Betterment
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THE CHARACTER BUILDER

DEVOTED TO PERSONAL AND SOCIAL BETTERMENT

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Sketch of Prof. Leslie R. Mutch

By the Editor of The Character Builder

PROF. LESLIE R. MUTCH

WE are pleased to introduce to the readers of the Character Builder this month a man who has done much to introduce the principles of health culture and the rational study of human nature into the schools of Ameica. Prof. Mutch has devoted much more than a quarter of a century to such work. Nearly thirty years ago the writer met the Professor in one of the Rocky Mountain towns, and was then very much impressed by the work he was doing.

At that time Prof. Mutch was lecturing on the Gallian system of character analysis and applied psychology. After the lecture three citizens were selected by a committee to go to the platform for a free character analysis. When Prof. Mutch examined the cranial developments of one of the subjects he found that he had suffered an injury in the occipital region of the skull. The Professor then remarkt :

"Gentlemen, you have not treated me fair in selecting this man. He has had an injury in the region of the brain thru which the domestic affections function and this injury might affect his domestic relations." It was not possible to tell all in public that might have been said, without wounding the feelings of the man who had been injured, but it was well known to the citizens of the community that the man's atti-

tude toward his family was very unusual and that as far as Prof. Mutch went in his explanation he described the conditions accurately. The man told the audience that the top of a tree fell on him, causing the scar and modifying his mental tendencies.

This unfortunate man was severely censured by his neighbors for his conduct toward his family, but it would have been as rational to have abused a sick man for being ill. If human beings knew one another better they would often give sympathy and service where they now give censure and abuse. The lesson of the evening mentioned made a profound impression upon the audience.

Two years ago the writer had the pleasure of spending an evening at the home of Prof. Mutch at Tacoma, Washington, and was highly entertained as well as instructed by the recital of experiences similar to the foregoing that had occurred in his professional career. He has had remarkable experiences in schools, mental hospitals, reformatories and other institutions. If every college and university had a specialist to teach the principles that Prof. Mutch has used, there would be more rapid progress in making the adjustments that are essential in the improvement of the race.

A glance at Prof. Mutch's development shows keen observation, as shown by the fullness above the eyes; constructive and planning ability as indicated by the broad forehead; persistence, determination and ambition as shown by the high crown; energy and activity as shown by the width of the head above the ears. His versatility and adaptability have enabled him to become interested in many different phases of life and to help solve many of the perplexing enigmas of human life and development.

Prof. Mutch is still very active in research work pertaining to mind and body, and is continuing his lectures to large and appreciative audiences. He is busy with discoveries in human life that he is preparing for publication.

The Character Builder wishes many more years of efficient work humanity.

TREES AND POEMS.

I think that I shall never see
A poem lovely as a tree.
A tree whose hungry mouth is pr
Against the earth's sweet flow
breast;
A tree that looks at God all
And lifts her leafy arms to
A tree that may in summ
A nest of robins in her hair
Upon whose bosom snow h
Who intimately lives with
Poems are made by fools l
But only God can make a t
—Jo

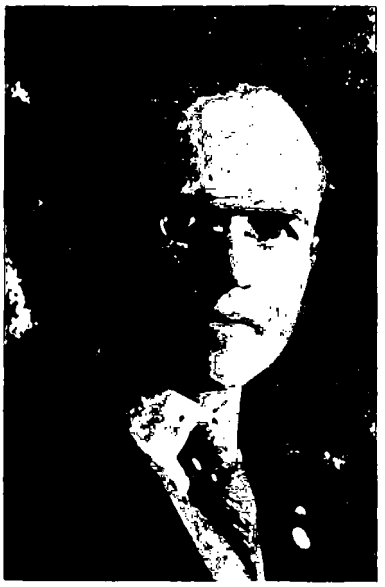
Manual labor is a scho
men are placed to get en
pose and character. a vast
portant endowment than a
ing of all the schools. A
man who has not learned to
universe in which we live
meant by the Creator to s
Every object, even the simp
ture and society, every event of
made up of various elements
bound together, so that to und
anything we must reduce it to its
and principles and determine the
lations to one another. The gr
men have not been book men. W
ington, it has often been observe
no great reader. The learning
monly gathered from books is
worth than the truth we gain
observiation. Every human be
a volume worthy to be studied."—
ning.

There is nothing hidden or m
ious about making a perpetual
life. Face it cheerfully and it wi
flect back success.

While the minister is work
keep children out of hell the pare
teacher must work to keep hell
children.

Sketch of Aubrey Parker

By the Editor of The Character Builder



AUBREY PARKER

WE are pleased to introduce to the readers of the Character Builder a young man who is ambitious to devote his life to helping people discover themselves and the principles that will enable them to make the most of life. Mr. Parker has already had considerable experience in platform work in England and in America. Any of our readers who are also readers of the Liahona Journal have certainly read some of Mr. Parker's articles, because he has been a frequent contributor to that journal.

Some time ago Mr. Parker expresst a desire to join the Character Builder family and devote his time to lecturing on the subjects to which the Character Builder has been devoted for so many years. He has been taking a special training course for the work, and we feel sure that he has a message that will be helpful to young and old in any community.

In Mr. Parker's case the urge for the work has come from within and will help him to succeed much better than if he were taking up the work thru the persuasion of others. He has already begun the lecture work in Southern Idaho, where the response of the people is very encouraging. In the near future he will make Salt Lake City his headquarters. His efforts at present will be limited to the Rocky Mountain region. The support that the editor of the Character Builder has had in that region on his lecture tours for more than twenty years convinces him that Mr. Parker will find his work very pleasurable.

There are a number of things that point to the success of Mr. Parker in the work he is undertaking: He has the "pep" and "ginger" as well as the health necessary for such work. His emotional nature is strong enuf to enable him to appeal to the emotions of his auditors as well as to their intellects. He has studied the needs of the people and is desirous of helping them to solve their problems. He is engaging in a work for which there has always been a need and for which there is now a growing demand.

In making an analysis of Mr. Parker's character it is noticeable that all the organs are nearly equally developt and that there is quite a symmetrical development of the various regions of the head. In this medium development there is evidence of versatility and adaptability. The fullness above the eyes shows good perceptive powers. These give ability to study people and other phenomena of nature. The broad forehead shows good constructive ability that may be used in mechanism, lit-

erature, or in the fine arts. The high crown shows ambition, determination, optimism, approbativeness. The expression of the face shows quite active emotions.

As a speaker Mr. Parker is likely to be more popular than philosophical: he will awaken the emotions of his auditors, rather than to indulge in logical discussions. He has the sociability necessary to meet the public. Ambition makes him want to reach the top in whatever he undertakes. The good health and activity that he appears to possess will help him to make a continuous and determined effort in whatever he undertakes. Such an organization should fit well into the field of action that Mr. Parker has chosen.

In this issue we have an article written for the Character Builder by Mr. Parker. The title is "The Building That Endures," and in it he shows that **character building** is the greatest work in the world; all else is means to an end. Teachers and others who devote their lives to building characters do not usually get as much money as workers in many other vocations, but there cannot be greater happiness and satisfaction in any other work than in helping immortal lives to make the best use of their time and talents so as to enjoy themselves now and thruout eternity.

We bespeak for Mr. Parker the cooperation of the readers of the Character Builder in his work. It is very gratifying to the Editor to find volunteers who will continue the work in the cities and towns of Western America to which he has devoted so much of his time for more than twenty years. There is room for many more workers and the work will be much easier now than it was twenty-five years ago. The need is great and the laborers few, but there is joy and satisfaction for all who do their work well.

"Righteousness is a terrible thing when a conscientious fool enforces it."

"He who speaks the truth must keep one foot in the stirrup."

HOW TO SUCCEED.

By P. C. Ganguly, D. C. E., A. M. I. C. E.

Life is a mirror. It reflects the countenance we present to it. Those who face it hopefully and cheerfully see in it images of hope and cheer. Those who offer it a visage of gloom find gloom threatening. The whole story of success or failure is told in the attitude we take toward life. The most important part of every person's life is that part devoted to work. The work hours are the gripping, throbbing, vital time. Those not happy in their work seek happiness in vain outside of it. Work is the divining rod with which the soul uncovers its treasure.

No greater mistake could be made than to enter into one's work, sullen, half-hearted or lacking in confidence. Confidence is the thing that will move mountains and should be every one's motto.

Natures plan and purpose is to develop beings of high aim and indestructable moral fibre. In this fact is to be found the explanation of why advancement in life is always uphill work against the current. There is no level road to glory, no descending plane like that which leads to ruin. The children of ease are the hairs of decay. But there is no real progress save in struggle, there is absolute certainity for those who courageously make the fight.

It is regrettable that so many regard their work, if not with actual aversion, at least with something akin to it. Forgetful that advancement for the individual problem and not the employer's, many become at first dissatisfied, then resentful, and finally tho they may not realize it disloyal. With such a state of mind there is no possibility of progress. Once it has become a habit pessimism and failure are inevitable. Success never just happens. It is no accident. Efforts to be effective must be continuous and persevering. Little is gained by those spasms of enthusiasm that run quickly to despair.

The War and University Reform

By D. E. Phillips, President University of Denver

Among the many far-reaching results of the most dreadful thing in the world, have always been beneficial and constructive tendencies. When Spencer said that there is an element of truth in all things erroneous, he might have added with equal certainty that there is something good in all evil things. This monstrous war has had, and will have, many good effects upon universities of our land. I wish to call our attention to some changes that have been produced by the war; to some that will become definite reforms, and then to prophecy others that must follow if the redemption of our universities is to be in any wise comparable to the profound and permanent changes in our social and political order. Few governments have ever experienced such a fundamental and far-reaching transformation in the short space of twelve months as the government of these United States has now undergone. Set your face toward the future. We shall not return; we cannot return. Shall not the universities of this land realize that they are called upon to make corresponding adjustments? It is obviously certain that every institution that does not adjust itself will be in imminent danger of decay and death.

A few months ago I sent out letters to 150 universities. I askt the authorities to specify the changes and reforms that the war has demanded, to designate such as are likely to be permanent and to suggest any anticipated reforms. During a transition period like this it is difficult to tell what is and should be only temporary change, and what will strike deep enuf to be called reforms. But the most moderate and cautious conservatism cannot survive this super-human vigor and activity without some rare and striking modifications. Is it not the business of higher education to anticipate the future?

I received replies from 140 institutions. Here are the chief facts of interest: Five universities have instituted special scientific research work. Two coast institutions have naval training. Baker University and Lehigh have developt civil engineering departments, and the latter has added shipbuilding. Eighteen universities have establisht military engineering. Ten of these are State institutions and eight are private.

The University of Nebraska writes: "In all engineering departments, particularly the electrical and mechanical, increast demands are so imperative as to compel re-organization." Bowdoin and Tufts College and John Hopkins University have organized courses in navigation. Six southern and two northern schools have establisht agricultural courses since the beginning of the war.

Wireless telegraphy has become a vital part of the work in 47 of the 140 institutions reporting; and signal service has been establisht in 40 colleges and universities. I must emphasize the fact that these figures only represent the changes and courses adopted since and because of the war, and that only 140 institutions are included. The results indicate only general tendencies.

Fifty-six report that courses in military conversational French have been establisht and enthusiastically supported. Thirty-five institutions have establisht departments of home economics, and two-thirds of these reporting are giving courses on food conservation for war purposes. Some thirty have organized courses for the medical side of the Red Cross work. Sixty-four report the inauguration of military

science and reserve officers training corps.

The University of Pittsburg reports a dozen important modifications, such as special household economics, courses in economic zoology, extension work for establishing comm nity morals, arrangements "to make it possible for students to complete their courses in three years," scholarship students to be used wherever possible, "radio work opened to women students."

The University of West Virginia writes: "Credit for full semester's work for all students who within the semester go into military service and for all who go into intensive agricultural work."

Similar consideration for direct service to our country's needs is reported from 22 institutions.

The president of Kansas Wesleyan University says: "We are planning for some changes but are at a loss to know just what to do. Our trustees recently appointed a special committee to revise our course of study. That committee has not yet reported. We feel that some changes should be made. What are they? When you sum it all up, please let us know. We will greatly appreciate your advice and help.

President Jessup of Iowa State University says: "Among the effects of the war upon the university, has been the modification of the entrance requirements relative to foreign languages."

President Payne of Peabody College says: "I believe that the chief reform that will have to come in American education will be the giving of a more practical turn to all teaching and the more thoro and complete preparation of our teachers, for all grades of schools, from the kindergarten thru the university."

In an extensive and interesting letter from the University of Cincinnati, is this suggestive statement: "What reforms will result from these changes it is impossible now to forsee, but these activities will leave an influence upon the future work of the university which will never pass. For example, we shall probably continue to maintain our new department of military science, especially if universal military service is to be introduced in our country. These experiences have taught us also the necessity of unifying and co-ordinating the work of the various edpartments of the institution. Our different colleges and departments will always co-operate better after the war than before.

I would like to give more details of this investigation, but I bring this part of my speech to a close by quoting from President G. Stanley Hall: "Never was the need of the university work so great as now because the cry is, 'Put out the fire,' but later we shall have to rebuild vast areas on a new and better plan, industry, society, religion, family, will all have to be reconstructed like Chicago after her great fire, and this will test every ability.

Of course you have noted the academic trend all along the line over to the technique and away from the pure cultures, from humanity to the real stage. We are having one of our best thesis men working on these changes. Every department here is modified in its spirit and in its field, and it would take a long time to tell you the changes that the war has wrought, even in my own work."

As incomplete and indefinite as this material must of necessity be concerning changes and what may become reforms, it is undisputably suggestive and stimulating to the would-be educational prophet. The deepest and most sacred thing behind all of it is a spirit of educational devotion to the needs of our naton never known among us before. Nearly every page manifests wider and more national views of higher education.

It is too early, as many think, to begin to ask what modifications we should make in higher education to meet the changed conditions thruout the country? Is there an institution anywhere that can continue without reform? Many colleges al-

have special committees to study
ecessary reforms. We are already
in a new world. We shall never
ck to the old world. It is the
ne business of higher education
cipate the future and to provide
needs. The war has struck deep
ir university system.

g of you to tolerate the boldness
w suggestions concerning prob-
forms in institutions of higher
ig. If they never come to pass
l lose nothing save the few min-
am to speak concerning these
making achievements.

obviously certain and desirable
igher education shall become
ationalized. This supreme crisis
nonstrated the need of national-
ucation from the lowest to the
forms. This nationalization
me thru national financial sup-
m nationalized aims, and from
unified action. In our higher
ions, departments and courses
y have been originated and de-
n the past mainly to meet indi-
and local need. Greek, Latin,
early courses of study aimed to
individual disipline and indi-
eeds, not national and national

as assumed that the nation
establish such schools as are
to serve her ends. Do we not
lize that higher education has
rgely pursuing a kind of de-
leal? Thus universities have
w to establish such courses as
ion, wireless telegraphy, avia-
ining for foreign trade, nation-
inistration, consular service,
language courses from com-
bases, whose chief aims shall
nal service. This is one of the
ints from which higher educa-
st become nationalized.
above consideration suggests
definite lines of university re-
the future. We must not, we
escape becoming a world-wide
cial nation. To meet this de-
any adequate way there must
ite practical courses in every-
thing that pertains to navigation. In order that we may respond to our country's needs, such departments must be established in many universities. In less than ten years the mighty oceans will be dotted with thousands of ships flying the stars and stripes. Right now is the opportune hour to establish such departments. May the pictures of an inspired imagination move the educational world to action now.

This increased commerce of the world especially with South America, calls for a decided emphasis on and preference for all the modern languages. When we have triumphed over the German army we shall still need to triumph over the German commercial agent in fair and open competition. Let us prepare for it now. In war prepare for peace. Let us bury the dead of all kinds and move on.

Aviation, wireless telegraphy and all kindred sciences must have a specific place in our universities. Such courses must not stop with a slight familiarity with these sciences. They must aim definitely at national service and at practical air and water navigation. In less than a quarter of a century these infant sciences will develop such magnitude and complexity as now baffles the imagination. Higher education must anticipate the future.

As a means of settling the great problems of the war, and successful prevention of such a world calamity in the future, sociology must become even more fundamental than it now is. Universal biological sociology founded on anthropology, ethnology and psychology must become the common knowledge of the people. This can be accomplished by enlarging these subjects in our universities and by college extension work which will furnish simplified knowledge in these lines to all the people. There is no other way by which nations will ever be brot to understand our present institutions, our present relations, or why nations take different views of the world problems. Only by the development of such

a sociological consciousness will we arrive at any reasonable toleration of different governments, religions, and customs. It is a question of applied physiology. This alone can give us that pure democratic spirit that must save the world. We must look to the proper kind of university democracy for the high ideals founded upon scholarships. These ideals and hopes for humanity must de disseminated by organized college democracy. Schwab, Ford, and other great masters of public life and finance are telling us that we must end the aristrocracy of wealth. What aristocracy shall be established on the throne? The war must likewise end a certain form of university camouflage, bigotry, and aristocracy. An aristocracy of mind is as fatal as an aristocracy of wealth for it will soon mean both. We must have a democracy of sympathetic helpfulness that enables each citizen to rise above blind conformity to something he knows not what.

These additions and extensions with others that will doubtless come call for greater freedom and adaptability to individual needs in our university courses. I forsee the complete collapse of our time-honored college course.

There exists a certain kind of criterion and university standardization that must be banished from among us. It is not necessary that every university should have everything that every other similar institution has or be discredited. If national service is to be the chief aim of higher education then uniformity in university courses is a ridiculous misconception. Careful surveys as to the demands of the nation must be made, and then there must be some sensible gentlemen's agreement concerning the supply of these needs. The educational as well as the economic world must have due respect for the law of supply and demand. Sympathetic helpfulness and co-operation must take the place of narrow-minded criticism.

If the national government do establish a dozen or more univer backed by the most liberal appro tions from Congress, then the na government should establish a number of free liberal scholarsh the various institutions of h learning. It is glorious to starv way to fame if you ever arrive. are too many young men and w starving their way through our co now and there are thousands whose talent and inventive would enrich the nation if only had an opportunity. Too long ha taken it for granted that genius no help. By such scholarship th ernment might encourage and control the organization and di tion of departments aimed to more directly and specifically m needs.

American universities must b the centers of unlimited inventiv ius. It is a startling fact that a per cent of the enormous list nual inventions emanates from c iversities. The large majority ar by individuals who were never lege or who stumbled on the di out of college.

To stimulate invention and ship of the highest type, I am p for what seems to me one of the mental needs of our civilization fer to an entirely new type of tional institution. There is no way to regenerate our decaying arship inspiration. The objec fluence of requirements and is more and more being sustitu the real inner desire for a scho Philanthropic men have seen th institution after another ha founded with the hope of solvi problem. But all soon follow t eral traditions.

What the country needs mo anything else is an endowed hig stitution of learning where a can study practically anythi which there is a reasonable without a penny's cost and by

ıancial aid wherever necessary. This ıiversity should be free for anyone enter. There should be no entrance quirements. The only question ould be the personal one—am I pre-red to do the work to which I aspire? ırsonal liberty would soon lead to oper adjustment. There should be course of study to complete and no ne limit for graduation. From this stitution no one would ever graduate. udents shoud be permitted to work as st and as long as they desire. There ould be no examinations with grades ıd foolish objective incentives. The udent should be told that he can go ıe year, twenty, or a lifetime just as deems it most profitable, that he ıs an opportunity to make discoveries any kind, and that such are his for-er. He should understand that his ture life will depend not upon what plomas and institutions are back of m, but upon what he carries within, upon what he is able to do.

Such a higher seat of learning would ıve an immediate and most profound feet upon our insane course-making, ıd upon our short cuts to graduation. ıch an institution must come, it will ome to save and regenerate our edu-ıtional system.

It must be a clear-cut divergence om the old system. Such a system ill automatically eliminate all persons ithout a deep and abiding desire for lucation and will develop the most ırnest set of intellectual workers ver assembled on earth. I am pre-enting this scheme to a few men nply able to inaugurate such a world-ide and enduring movement for the lvancement of the race. I am hoping ıat some one will become convinced of s paramount necessity and possibili-. Pronounce it a dream if you like. reams more fantastic than this have een realized. I will work for it until I ream my last dream.—American ducation.

"I prefer my family to myself, my ountry to my family, and humanity to country."—Fenelon.

One of the Girl of the Period

"She lies abed in the morning, until nearly the hour of noon,
Then comes down snapping and snarling because she was called so soon.
Her hair is still in the papers, her cheeks all dabbled with paint.
Remains of her last night's blushes before she intended to faint.
She dotes upon men unshaven, and men with the 'flowing hair,'
She's eloquent over mustaches, they give such a foreign air.
She talks of Italian music, and falls in love with the moon,
And if but a mouse should meet her, she sinks away in a swoon.
Her feet are so very little, her hands are so very white,
Her jewels so very heavy, and her head is so very light.
Her color is made of cosmetis, tho this she never will own;
Her body's made mostly of cotton, her heart is made wholly of stone.
She falls in love with a fellow, who swells with a foreign air;
He marries her for her money—she marries him for his hair;
One of the very best matches—both are well suited in life,
She's got a fool for a husband, and he's got a fool for a wife."

"The saving of the masses thru the reorganization of education upon the basis of labor is the watchword of the modern State which rests on universal production."—Samuel Royce in Race Education.

"A mastery of the game of chess improves more the mind than all the translating of all the Greek and Latin authors in the world."—Prof. J. W. Draper.

"What God hath made asunder let no man join together."

"God help the rich, the poor can beg."

Mind Cause and Cure of Disease

By Dr. S. Wier, in Doctor and Patient Patient.

Many times I have been askt if there were no book that helpfully dealt with some of the questions which a weak or nervous woman, or a woman who has been these, would wish to have answered. I knew of none, nor can I flatter myself that the parts of this present little volume, in which I have sought to aid this class of patients, are fully adequate to the purpose.

I was tempted when I wrote these essays to call them lay sermons, so serious did some of their subjects seem to me. They touch, indeed, on matters involving certain of the most difficult problems in human life, and involve so much that goes to mar or make character, that no man could too gravely approach such a task. Not all, however, of these chapters are of this nature, and I have, therefore, contented myself with a title which does not so clearly suggest the preacher.

It would be scarcely correct to state that their substance or advice was personally addrest to those still actually nervous. To them a word or two of sustaining approval, a smiling remonstrance, or a few phrases of definite explanation, are all that the wise and patient doctor should then wish to use. Constant inquiries and a too great appearance of what must be at times merely acted interest, are harmful.

When I was a small boy, my father wacht me one day hoeing in my little garden. In reply to a question, I said I was digging up my potatoes to see if they were growing. He laught and returned, "When you are a man, you will find that it is unwise to dig up your potatoes every day to see if they are growing." Nor has the moral of his remark been lost on me. It is useless to be constantly digging up a person's symptons to see if they are better, and still greater folly to preach long s mons of advice to such as are under despotism of ungoverned emotion, whirled on the wayward currents hysteria. To read the riot act to a of emotions is valueless, and he wi wise will chose a more wholesome h for his exhortations. Before and d are the preacher's hopeful occas not the moment when excitement i its highest, and the self-control seek to get help from at its lowest

When you sit beside a woman have saved from mournful years feebleness, and set afoot to taste the joy of wholesome life, noth seems easier than with hope at y side, and a chorus of gratitude in woman's soul, to show her how she failed, and to make clear to her she is to regain and preserve dom tion over her emotions; nor is it less easy to point out how the m failures, which were the outcome sickness, may be atoned for in the ture, now that she has been taught see their meaning, their evils for h self, and their sad influence on the of others.

The position of the physician deals with this class of ailments, the nervous and feeble, the pain the hysterical, is one of the gra gravity. It demands the kind charity. It exacts the most tempe judgments. It requires active, temper. Patience, firmness, and cretion are among its necessa Above all the man who is to deal such cases must carry with him earnestness which wins confide None other can learn all that should learned by a physician of the lives, bits, and symptons of the differ people whose cases he has to From the rack of sickness sad con sions come to him, more, indeed, he may care to hear. To confess

'or mysterious reasons, most pro-'oundly human, and in weak and ner-;ous women this tendency is some-imes exaggerated to the actual dis-ortion of facts. The priest hears the :rime of folly of the hour, but to the)hysician are oftener told the long, sad ales of a whole life, its far-away mis-akes, its failures, and its faults. None nay be quite foreign to his purpose or ieeds. The causes of break-downs and iervous disaster, and consequent emo-ional disturbances and their bitter 'ruit, are often to be sought in the re-note past. He may dislike the quest,)ut he cannot avoid it. If he be a stu-lent of character, it will have for him a)ersonal interest as well as the rela-ive value of its applicative side. The noral world of the sick-bed explains n a measure some of the things that ire strange in daily life, and the man vho does not know sick women does iot know women.

I have been often akst by ill women f my contact with the nervous weak-iesses, the petty moral deformities of iervous feminie natures, had not les-ened my esteem for woman. I say, urely, no! So much of these is due to ducational errors, so much to false elationships with husbands, so much s born out of that which healthfully lealt with, or fortunately surronded, :oes to make all that is sincerely harming in the best of women. The argest knowledge finds the largest ex-uses, and therefore no group of men o truly interprets, comprehends, and ympathizes with woman as do physi-ians, who know how near to disorder nd how close to misfortune she is 'rot by the very peculiarities of her iature. which evolves in health the lower and fruitage of her perfect life.

With all her weakness, her unstable motionality, her tendency to morally varp when long nervously ill, she is hen far easier to deal with, far more imenable to reason, far more sure to)e comfortable as a patient, than the nan who is relatively in a like posi-ion. The reasons for this are too ob-'ious to delay me here, and physicians accustomed to deal with both sexes as sick people will be apt to justify my positions.

What I shall have to say in these pages will trench but little on the mooted ground of the differences between men and women. I take women as they are to my experience. For me the grave significance of sexual difference controls the whole question, and, if I say little of it in words, I cannot exclude it from my thot of them and their difficulties. The woman's desire to be on a level of competition with man and to assume his duties is I am sure, making mischief, for it is my belief that no length of generations of change in her education and mode of activity will ever really alter her characteristics. She is physiologically other than the man. I am concerned with her now as she is, only desiring to help her in my small way to be in wiser and more healthful fashion that I believe her Maker meant her to be, and to teach her how not to be that with which her physiological construction and the strong ordeals of her sexual life threaten her as no contingencies of man's carreer threaten in like measure or like number the feeblest of the masculine sex.

I began, somewhat discursively, by showing how much care the masters of my art gave even in past day to matters of diet and modes of life. This is still to-day a test of larger applicability. There are those of my profession who have a credulity about the action of drugs, a belief in their supreme control and exactness of effect which amounts to superstition, and fills many of us with amazement. This form of idolatry is at times the dull-witted child of laziness, or it is a queer form of self-esteem, which sets the idol of self-made opinion on too firm a base to be easily shaken by the rudeness of facts. But, if you watcht these men, you would find them changing their idols. Such too profund belief in mere drugs is apt, especially in the lazy thinker, to give rise to neglect of more natural aids, and these tendencies are strengthened and hept by the dislike of

most patients to follow a schedule of life, and by the comfort they seem to find in substituting three pills a day for a troublesome obedience to strict rules of diet, of excercise, and of work.

The doctor who gives much medicine and many medicines, who is continually changing them, and who does not insist with care on knowing all about youd habits as to diet, mealtimes, sleep, modes of work, and hours of recreation, is, on the whole, one to avoid. The family doctor is most of all apt to fail as to these details, especially if he be an overworkt victim of routine, and have not that habitual vigilance of duty which should be an essential part of his value. He is supposed to have some mysterious knowledge of your constitution, and yet may not have askt you a medical question in months or years. Too much is taken for granted, and inefficient opinions are the outcome of carelessness. Every new case in a household should be dealt with as if it were a stranger's, and outside familiarity should not be allowed to breed contempt of caution in study or lead to half measures. Every consultant will agree with me that this kind of social nearness of the doctor to his patient is a common cause of inert advice, and nowwhere more distinctly so than when unwise physicians attampt to practise in their own households on those they love.

There are very few instances of chronic ailments, however slight, which should not be met by advice as to modes of living, in the full breadth of this term; and only by a competent union of such, with reasonable use of drugs, can all be done most speedily that should be done. I have said "with use of drugs," for I am far from wishing to make any one believe that medicines are valueless. Nor do I think that the most extreme dosing employed nowadays by any one is as really hurtful as the neglect to urge efficiently the value of definite hygienic means. There are, indeed, diseases which can only be helpt by heroic measures; but, in this case, were I the patient, I should like to be pretty certain as to the qualifications of my hero.

Physicians are often enuf tempted to give a simple placebo to patients who are impatient, and ask instant treatment when we know that time is what we want, either for study of present symptoms or to enable the growing disorder to spell itself out for us, as it were, letter by letter, until its nature becomes clear. The practice is harmless, but there is, of course, a better way, if we possess the entire confidence of the patient or his friends. But sometime it is undesirable to give explanations until they can be securely correct, or haply the sick man is too ill to receive them. Then we are apt, and wisely, to treat some dominant sympton, and to wait until the disease assumes definite shape. So it is that much of what we thus give is mild enuf. The restless mother is the cause with some doctors of much of this use of mere harmless medicines. I once expresst surprise in a consultation that an aged physician, who had called me in, should be so desirous of doing something, when I as earnestly wisht to wait. At last he said, "Doctor, it is not the child I want to dose; it is the mother's mind." Perhaps the anecdote may not be lost on some too solicitious woman, who naturally desires that the doctor should be doing something just when he is most anxious to be doing nothing.

"Let man cast off the clog of his individuality and remember that he has race connections. The appearance of isolation presented by the individual is altogether illusory. Each individual man drew his life from another, and to another man he gives rise, losing in point of fact his individuality, when his race connectons are considered. One epoch in life is not all life, Man cannot be separated from his race. We have not been introduced here and do not continue here for our own personal sake, but that we may share in the development of a result of a higher order."—PROF. J. W. DRAPER.

Physiognomy and Pathognomy

ON THE DISTINCTION BETWEEN PHYSIOGNOMY AND PATHOGNOMY: WITH AN ATTEMPT TO PROVE THAT THE FORMER IS INDEED A SCIENCE.

By M. T. Cooke, of Manchester, England

PHYSIOGNOMY, scientifically considered, and in its widest signification, comprehends the entire fund of human faculties, with all those external signs, which in man directly force themselves on the observer. It embraces, according to the excellent Lavater, every feature, every outline, every modification, active of passive, every attitude and passion of the human body. In short, everything that immediately contributes to the knowledge of man; every thing that shows him as he really appears.

Such is this valuable science in its most enlarged sense. In a more contracted one, it may be defined to be the art of analyzing the human face, and of reading in those living characters the inward faculties and emotions of the soul. It contemplates man in a state of rest, or such as he is observed when totally unmoved by any extraordinary passion, feeling or sensation.

PATHOGNOMY is that branch of the physiognomical science which regards man in a state of action. It treats of the signs of the passions. It is the motion of the physiognomy; the proof or demonstration of the accuracy of physiognomical judgment. The features, air, and countenance of a person consist of certain solid, fixt, and absolute parts. The discerning physiognomist contemplates these with the eye of a philosopher, and the understanding of a moralist. He judges, from those parts which are visible, of certain others, not perceptible till called into action; and from the whole forms his estimate of the natural, or constitutional, character of the individual.

If his physiognomical discernment be not obscured by prejudice, nor opposed by accident, a careful examination of the motion of the features will soon prove that, with comparatively few exceptions, the judicious physiognomist has not formed an erroneous judgment.

Having already, in the language of Lavater, stated physiognomy to point out the fund of the human faculties, we may continue the figure, from the same admirable observer, and remark that pathognomy scientifically points out the effect, the interest, or revenue which it produces. The one considers man as he is in general; the other, what he is at the present moment. By physiognomy I can judge that such an one is of a benevolent or malevolent disposition—he is sanguine, or melancholic, or phlegmatic, or choleric. I mark the general form and contour of his features; the air and character of his physiognomy, as designated in the various lineaments and parts of the countenance. The restless character of nature very shortly furnishes me with an opportunity of judging concerning the accuracy, or otherwise, of my physiognomical discrimination. The person is shortly assailed by some object of commiseration or pity; if the sanguine and benevolent characteristics of his physiognomy prevail, the gentle flame of benevolence, rising from his heart, plays on his cheek, and beams in his eye. He is then considered pathonomically. His features are in motion, and their attitudes and positions correspond with those anticipations of character, which I had contemplated while in a state of rest.

Again; I am called upon to observe the face of a person whose ruling or predominant disposition is malevolence and ill-will. I see the striking

indications of such a character in his general physiognomy; but they are quiescent, and in a manner latent; yet sufficiently markt and defined to place me on guard. It is the duty and the wish of every true physiognomist to approach with caution, and to decide with modesty; for frail and short-sighted is man at the best. Till, therefore, I have palpable demonstration of the fact, I suspend the expression of my judgment; tho I cannot fail to exercise my physiognomical curiosity. At length, some turn in the converscation —some sudden event—some apparent accident occurs, to show me the real character of the man. His enemy is mentioned. The name is sufficient. His heart palpitates with indignation; his muscles protuberate; his lips tremble; and the eye completes the development of his malevolent character; demonstrating the fact, that what I had physiognomically conjectured is pathognomically correct.

Physiognomy, however, is less liable to mistake and deception than pathognomy. Various fortuitous causes may occur to superinduce, or call into action, passions and emotions not uniformly existent in the character; and he who has the least command over his features, may, for a moment, assume the visible marks of a character to which he is, naturally, or constitutionally, a stranger. If, therefore, the dispositions of men were to be judged of by the soft, moveable, and flexible parts of the physiognomy only, very often the most erroneous judgments would be formed. An expert physiognomist unites the two branches of the science. He looks with minute and scientific eye upon the solid and permanent parts of the face — he surveys, with care and caution, the defined and determined lines of the forehead; the permanent formation of the eye, the eyebone, and the eye-brows; the relative position of the nose, the chin, and the mouth; not as these members, or portions, of the physiognomy are distorted by passion, disease, accident, habit, or depravity, but as they are manifest in their native and quiescent state, which will scarcely ever be so far changed, as not to leave sufficient indications of their real and original character; for, in spite of the most studied hypocrisy, in defiance of most inveterate habits, nature will still assert her supremacy over the human countenance, and preserve ample proofs, to the penetrating eye of an experienced physiognomist, that a fool and a wise man, who are so from nature and constitution, can never so far erase the records of native disposition, as entirely to exchange physiognomies with each other. Socrates, the wise, the chaste, and the virtuous, was, by nature, a dunce and a libertine. Zopyrus, the physiognomist, so pronounct him; and the honest and good philosopher admitted the justice of the sentence; but added, that he had corrected the vices of his nature, by the exercise of reason, study, and philosophy. The anecdote is well related by Lavater. A similar judgment was pronounct against the great Hippocrates, who also had the candor to acknowledge the accuracy of the physiognomist's judgment. The physiognomist decides not what a man has made himself to be, or what he may be capable of becoming, but what he always really was, and now is. He reads the pristine character of the soul as it so stampt and delineated in the permanent formation and lines of the forehead and other parts. He will sometimes mistake; nay, he may often err; but generally he will judge aright.

The errors, or mistakes, to which a merely pathognomical judgment is liable, are infinitely more numerous. Lavater has justly observed, that pathognomy has to contend with dissimulation. This may require some explanation. Pathognomy considers the moveable and moving parts of the human frame. It contemplates the every changing features of man, as they are the subjects of internal volition, or external action. It has little to do with definite lines and solid forms, which cannot be materially altered by time

ır accident; but judges more by insuated deeds, and what is easily visible, han by what is silent, and requires the xercise of a sound understanding, and abitual powers of discrimination. No onder, therefore, that there should ometimes be a considerable discrepncy between a judgment formed from he physiognomy, simply considered, nd that pathognomical determination, hich grounds its decisions on that nly which is heard, seen, or felt.

HREE MENTAL PRESCRIPTIONS I HAVE USED.

By Lily M. Leaman.

Almost any physician will tell you hat as spring approaches his school eacher patients begin to flock to his fice with requests for nerve tonics to race them up till the close of school. had been my habit for a number of ears to use up my capital of nervous nergy by the beginning of April. One ear, however, I found myself bankupt about the first of February, and hen I made my usual appeal to the octor, he told me that there was but ne thing to do, and that was to take rest.

I secured my usual bottle of liquid ink medicine and went home. Thoro miserable, I threw myself on a couch rest and consider the situation.

"Rest and Starve."

There was little repose in such an couraging thot, so I pickt up a magine. There my eye fell on a little ticle on relaxation, and as I read I alized I did not know the meaning of e word.

Why had no one told me before to ust let go?" I began to amuse myself making my hands, my feet, my ad, my limbs, respond to the suggesn "Let go." For the first time I oticed that I was constantly dissipag nervous energy by the constant nsion in which I held every part of y body. It was some days before I ucceeded in making my rebellious nerves and muscles answer promptly to the invitation to rest.

Soon I made another discovery. Whenever I walkt I raced, whether I was in a hurray or not; so I adopted another slogan, which I was compelled to resort to very frequently:

"Slow down."

Finally I found that my mind had a habit of wearing itself out in reviewing and dwelling on ancient emotional situations, so I issued the edict:

Forget it."

These three mental prescriptions: "Let go," "Slow down," and Forget it," I took much more regularly than I did the pink stuff in the bottle, and then I suddenly became an object of great interest to my friends. "How fat you are getting," were the words that greeted me everywhere. The ambition of my life, to cover my bones over decently, was attained!

My astonisht physician inquired as to what I was doing to myself, and poohed at my confession, but as I have had no occasion to consult him in the several years that have past since then, I believe I have cured my nervous-breakdown-habit forever.

—Nautilus.

"The young citizens must not be allowed to grow up amongst images of evil, lest their souls assimilate the uglines of their surrondings. Rather they should be like men living in a beautiful and healthy place: from everything that they see and hear, lovliness, like a breeze should pass into their souls and teach them without their knowing it the truth of which beauy is a manifestation."—Plato.

"Let no one say that he cannot govern his passions nor hinder them from breaking out and carrying him to action; for what he can do before a prince or a great man he can do alone, or in the presence of God, if he will."

—Locke.

"Good is usually a fear of violating conventional conditions."

M. D. Means Mind the Diet

Importance of Proper Diet

"Too much stress cannot be laid upon the importance of diet in conjunction with vibratory treatment. Most chronic, and all the wasting diseases are now treated almost exclusively by "natural remedies," chiefly environment and diet. When a sufferer from any form of wasting disease put himself in touch with Nature, and finds himself capable of ingesting, digesting and properly appropriating an increast quantity of food, he generally believes, and his physician knows, that he's on the road to recovery.

"Many general practitioners and most of the specialists are lamentably indifferent and careless respecting the daily dietaries of their patients, usually enjoining a "plain" diet, even when it would seriously puzzle them to prepare an intelligent list of what they term "plain" foods. Patients thus miscellaneously prescribed for are quite as apt to betake themselves to crackers and tea as otherwise; and consequently would be as inadequately nourisht as if they should attempt to subsist on seafoam and sugar.

"As physicians, we must plead guilty of either negligence, indifference or ignorance. We let the advertising food venders prescribe what our patients shall eat, much as we let the advertising proprietors of "elegant" drug preparations prescribe our drug remedies. Our best work will not be done until we give more attention to this vital question of the feeding of our patients. It certainly is not a matter of secondary importance, as we have all along and almost universally made it. The patient, whether suffering from chronic or acute maladies, who is once plact upon a thoroly correct and competent dietary, has past the rubicon of his disease, regardless of what the pharmacopeia is doing or undoing for him. His physical destiny is more im ately in the hands of his dietist t his doctor, except when his docto ly assumes the function of dietis

Modern Dietetic Mistakes

The vital mistake of the prese dietist is in forgetting that the digestive canal was never des and is not adapted to dealing wi centrated, prepared, and pre-d foods. It is anatomically desig functionally endowed with a manipulating, dissociating and gently disposing of bulky, unp and comparatively innutritious It therefore demands bulk, and an opportunity to make its own tion; whereas, we give it art winnowed proximate principles for assimilation," if we can be semi-professionally sanctione nouncements. The result is fu decadence and a gradual loss of intestinal capability, simply fr sistent and either wilfully or ig disposed disuse. Anatomy, ph and the feeding history of the incide to establish the dietet that the human stomach prima the entire digestive tract sec require the presence of a cert and considerable refuse before properly act.

"Of such preponderating im is this question of dietetics form of disease and in connec every form of treatment that tor's title of M. D. might very made to stand for "Mind the D his patients eat properly, the physiologic peccadilloes will f mere side-shows. The circu has its innings in the cook's

Even morality is an outg sane minds in sound bodies. Christianity of the day limp of liver-complaint, torpid di

ins, and the uric icid diasthesis, on e part of its thotless, careless or impered advocates.

" Nine-tenths of all the diseases of odern life are the direct or indirect sults of faulty feeding habits. Thor- y correct these bad habits, train back normal vigor the debilitated digest- e function and the diseases vanish ithout the aid of drugs, masseurs or ental science-healers.

" Tables of food values of nearly all ie food-products on the market are t the command of every physician; and et in the face of all these facts, which mbrace the accumulated wisdom of ie 19th century in relation to diet, it s almost unbelieveable that an over- helming majority of the practicing hysicians of the day are either ignor- nt, indifferent or incorrigibly narrow nd prejudiced on the subject of diet.

"As a profession, we ought to be shamed of the dietetic rut in which nost of the very best of us are, and ven some of the very best of us habit- ally travel. We all know that no di- estive apparatus, outside of the os- rich, can long maintain its integrity f fed in an irregular and slipshod man- ier.

" It ought not to be necessary to re- nind practitioners that of all men, the nodern physician should be a living xponent of the known laws of hygiene, anitation, and dietetics; instead of which most of us are so careless in our feeding habits that we are compelled lo pettifog with our consciences and plead guilty to the common charge of preaching temperance with our tongues and pens while we ourselves practice gluttony, irregularity and sensual in- dulgence in the cafe, the banquet-room and at our own tables.

" Under normal conditions, nutrition is the only legitimate and true stimu- lant.

"Prayer is the contemplation of the facts of life from the highest point of view."

NEW FEATURES OF CALIFORNIA-BROWNSBERGER COLLEGE OF LOS ANGELES.

In a recent issue of the Character Builder there was an announcement of the department of Character Analysis, Vocational Guidance and Applied Psychology that the California-Brownsberger College has added. The progress of the work in that department has been very encouraging. In addition to the regular classes in character analysis and applied psychology, a popular lecture on the subject is given the 400 students of the College in general assembly nearly every week.

During the past month a department in Dramatic Art has been opened by the College and the work is in charge of Mr. W. H. Wright, who has had long experience in Chautauqua work and is a very efficient teacher of dramatic art. Expression is an essential feature of almost every vocation, and the popularity of the work with the students is evidence that they recognize the importance of the art. Mr. Wright's characteristics are so typical of his profession that we hope in the near future to give in the Character Builder an analysis of his character for the opportunity it will afford our readers to study human nature and vocational tendencies. Mr. Wright recently gave a talk on expression at the general assembly which was one of the most popular addresses that has been given at the College for some time. The Dramatic Art Department promises to become one of the popular and helpful features of the College.

"Most faces are but a mass of scars, the tide-marks of life's ocean, the past worries and cares and sorrows indelibly stampt upon them; most bodies are so stiffened by the "left-over" pieces of past exertions or past repressions that the real nature finds hard work to express itself, and often gives up the atempt. The real HIM is hiding behind the useless and uncomfortable framework afraid to come out."—Phrenological Journal:

Mark Twain on Mental Telepathy

Famous Humorist's Version of Osteopathy.

The following Letter of Mark Twain's was sent to us by Dr. J. C. Howell of Orlando, Florida.

It recently came to light in his letters by Albert Biglow Paine, publisht by Harper's. The Kellgren system spoken of is of course not in any sense identical with osteopathy, as Mr. Clemens assumed, being a system of Swedish movement.

Letters of 1900, Mainly to Twitchell.

The New Year found Clemens still in London, chiefly interested in osteopathy and characteristically glorifying the practice at the expense of other healing methods.

London, Jan. 8, 1900.

To Rev. J. H. Twitchell, in Hartford:

Dear Joe:—Mental Telepathy has scored another. Mental Telepathy will be greatly respected a century hence.

By the accident of writing my sister and describing to her the remarkable cures made by Kellgren with his hands and without drugs, I brot upon myself a quite stunning surprise; for she wrote me that she had been taking this very treatment in Buffalo, and that it was an American invention.

Well, it does really turn out that Dr. Still, in the middle of Kansas, in a village, began to experiment in 1874, only five years after Kellgren began the same work obscurely in the village of Gotha, in Germany. Dr. Still seems to be an honest man; therefore I am persuaded that Kellgren moved him to his experiments by Mental Telepathy, across six hours of longitude, without need of a wire. By the time Still began to experiment, Kellgren had completed his development of the principles of his system and establisht himself in a good practice in London—1874—and was in good shape to convey his discovery to Kansas, Mental Telegraphically.

Yes, I was greatly surprised to find that my mare's nest was much more rears; that this new science was known in America under the name Osteopath. Since then I have found that in the past three years it has itself legalized in 14 States in spite the opposition of the physicians; that it has establisht 20 Osteopathic schools and colleges; that among its students are 75 allopathic physicians; that there is a school in Boston and another Philadelphia; that there are about students in the parent college (Still's at Kirksville, Mo.), and that there are about 2,000 graduates practicing in America. Dear me, there not 30 in Europe. Europe is so in superstitions and prejudices that is an almost impossible thing to get to do anything but scoff at a new thing unless it come from abroad; as with the telegraph, dentistry, etc.

Presently the Osteopath will come over here from America and will make himself a power that must recognized and reckoned with, and 25 years from now, England will be to claim the invention and tell us all its origin, in Cyclopedia B, as in case of telegraph, applied anaesthetics and the other benefactions which heapt her abuse upon when her inventors first offered them to her.

I cannot help feeling rather inordinately proud of America for the and hearty way in which she takes of any new thing that comes along gives it a first rate trial. Many an in America is getting a deal of out of X-Science's new exploitation an age-old healing principle—fa combined with the patient's imagination—let it boom along! I have no jection. Let them call it by what

they choose, so long as it does help the work among the class which is numerically vastly the largest bulk of the human race; i. e., the fools, the idiots, the pudd'nheads.

We do not guess, we know, that 9 out of 10 of our species are pudd'nheads. We know this by various evidences; and one of them is that for ages the race has respected (and almost venerated), the physician's grotesque system—the emptying of miscellaneous and harmful drugs into a person's stomach to remove ailments in many cases the drugs could not reach at all; in many cases could reach and help, but only at a cost of damage to some other part of the man; and in the remainder of the cases the drug either retarded the cure, or the disease was cured by Nature in spite of the nostrums. The doctor's insane system has not only been permitted to continue its follies for ages, but has been protected by the State and made a close monopoly—an infamous thing, a crime against a free man's proper right to choose his own assassin or his own method of defend his body against disease and death.

And yet, at the same time, with curious and senile inconsistency, the State has allowed the man to choose his own assassin; in one detail—the patent-medicine detail—making itself the protector of that perilous business, collecting money out of it, and appointing no committee of experts to examine the medicines and forbid them when extra dangerous. Really, when a man can prove that he is not a jackass, I think it is the way to prove that he is no legitimate member of the race. I have by me a list of 52 human ailments—common ones—and in this list I count 19 which the physician's art cannot cure. But there isn't one which Osteopathy or Kellgren cannot cure, if the patient comes early.

Fifteen years ago I had a deep reverence for the physician and the surgeon. But six months of closely watching the Kellgren business has revolutionized all that, and now I have neither reverence nor respect for the physician's trade, and scarcely any for the surgeons. I am convinced that of all quackeries, the physician's is the grotesquest and the silliest. They have taken the place of those augurers who couldn't look each other in the face without laughing.

See what a powerful hold our ancient superstitions have upon us; two weeks ago, when my wife committed an incredible imprudence and by consequence was promptly stricken down with a heavy triple attack—influenza, bronchitis and a lung affected — she recognized the gravity of the situation and her old superstitions arose: she thot she ought to send for a doctor. Think of it—the last man in the world I should want around at such a time. Of course I did not say no; not that I was indisposed to take the responsibility, for I was not, my notion of a dangerous responsibility being quite the other way, but because it was unsafe to distress a sick person. I only said we knew no good doctor, and it could not be good policy to choose at hazard; so she allowed me to send for Kellgren. Today she is up and around, cured. It is safe to say that persons hit in the same way and at the same time are in bed yet, and bookt to stay there a good while, and to be in shaky condition and afraid of their shadows for a couple of years or more to come."
—Osteopathic Physician.

"We have had something of the gospel of work; it is time to preach the gospel of relaxation."—Herbert Spencer.

Art should interest by the true.
Art should move by the beautiful.
Art should persuade by the good.
Art should
Interest by the true to illumine the intelligence.
Move by the beautiful to regenerate the life.
Persuade by the good to perfect the life.

—Delsarte.

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EDITORIAL

A FORERUNNER.

Karl Roeder began in 1839 a series of writings aiming at bringing the conception of penology to the universal law of tutelage over deficient beings. Not only in its restrictive sense of decreasing the criminals' exterior freedom, so as to diminish the stimulus and the opportunities that cause him to persist in his condition, to relapse and to grow worse; but also, in its positive sense—which is always the first—of protecting the development of his freedom, the repression of his will, the regeneration of his conscience, the restoation of the sense of justice in his mind, and his energy and strength in the realization of his deeds.

" The restriction of the delinquent's freedom which removes all the elements that might induce him to persevere in his degredation; this educative discipline of his reason; this true medicine for the patient, whose affliction counteracts in him and in all the normal course of the juridicial life. is what Roeder means by punishment. Thus we can understand why at the beginning of his scientific work he could ask himself whether punishment was to be an evil. Whether the delinquent will consider this punishment—this tutelage as an evil or as a blessing, will depend only on the state of his mind. The moral temper of his sentiments will make him capable or incapable to know his true interest, his aversion from the remedy being always in inverse ration to that inspired by his crime. To consider punishment an evil for the delinquent, would be the same as to agree with the patient when thru ignorance he detests remedial measures, or with the child when he cries because forced to go to school.

Modern criminalists have taken offense at this illustrious thinker. His name seems forgotten and his doctrine badly understood. Tarde's " Penal Philosophy" does not mention him once; while it devotes entire pages to writers without whom penal history would not suffer in the least. Others, like Garofolo, speak of "the absurdities of the reformistic school," without being acquainted with it. It is to Roeder that we must trace the beginning of the movement of penal transformation, which, changing punishment into tutelage, makes of it a branch of reformatory education."—Page 126 C. Bernaldo De Quiros' "The Modern Criminal Science Series."

A LETTER OF APPRECIATION.

Law - Froebel Kindergarten School
2313 Ashland Avenue
Toledo, Ohio

My Dear Doctor Miller:

I want to thank you for the interesting articles upon Froebel and the kindergarten which appeared in the last issue of the Character Builder. It is rare, indeed, to receive appreciation from someone outside of the kindergarten profession.

Yours sincerely,
MARY E. LAW.

A CORRESPONDENCE COURSE IN HOME NURSING.

Every mother and home-maker should be a practical nurse, in order to avoid the causes that produce disease and to apply rational remedies when they are necessary. If it becomes necessary to call a physician into the home he will be greatly assisted in his work when the members of the household have an intelligent knowledge of the principles of health-culture and of the true healing art.

The Human Culture College has a six month's correspondence course in home nursing. Eack week's work is outlined in detail. The life essentials, food, air and water, are treated intelligently. Students are taught how to use scientifically the nature cure remedies that are within the reach of every home. The work of the students is under the direction of teachers who have devoted a life-time to the prevention and cure of disease. All the text-books needed are furnished.

The students are directed in their weekly work by Dr. and Mrs. J. T. Miller, and Dr. and Mrs. C. Peterson. Many of the readers of the Character Builder are familiar with the preventive work Dr. and Mrs. Miller have been doing in Western America during the past twenty-five years. They were college teachers in physiology, hygiene and sanitary science fifteen years ago, and are now teaching these and other studies in the Human Culture College of Los Angeles. Dr. Peterson has been a practicing physician for years and Mrs. Peterson has had years of experience as an obstetrician. They are both now devoting their entire time to the principles and practices that help people to keep well and that train them into health in the most rational way when they are ill.

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THE CHARACTER BUILDER LEAG.
1627 Georgia St. Los Angeles, Cal.

CUTTING OF TONSILS

By John N. Mackenzie, M. D.

To subject a child to the tonsil operation, with all that it entails, when we have safer and more efficient measures at hand, is to say the least, bad judgment and unnecessary surgery.

That the tonsil has some important mission to fulfill is shown from its frequent appearance after removal, a protest as it were on the part of nature against its destruction of function, also by the vicarious activity of the neighboring lymphatic tissues when its physiologic properties cease to exist.

Tonsils are phonatory organs and play an important part in the mechanism of speech. They influence the action of the surrounding muscles and modify the resonance of the mouth. They may be so enlarged as to cripple the voice, and should in some cases, be removed.

In tonsillectomy no one can foretell the amount and character of change in the anatomic relation of the parts, no matter how skillfully the operation is performed.

The adhesion and contraction left after this operation, even in the best of hands, leads often to deplorable changes in the quality and even ruin of the voice.

I should hesitate long before advising such an operation in a singer or anyone dependent upon the voice as a means of livelihood.

The operation of tonsillectomy is a capital, dangerous operation, and should only be done in a hospital or other place where every facility is at hand to meet possible emergency.

It should only be done by one skilled in its performance and equipt for every accident and with a mind awake to possible fatality which has often followed the operation.

One word, again, to those who fail to grasp the meaning of these [illegible]. It is not my object to decry in the [illegible] degree the many measures which [illegible] ern ingenuity has devised for the [illegible] gical treatment of tonsil affections.

No one resorts to them more [illegible] myself when necessity for their [illegible] tion is apparent. We who are teach[illegible] of laryngology should wake to the [illegible] sponsibility and see to it that [illegible] shall not leave our schools until [illegible] are taught conservatism.

The problem, tho difficult, is not [illegible] possible of solution. While impress[illegible] upon our student the necessity for [illegible] gical measures in proper cases, [illegible] should at the same time make [illegible] dangers of their indiscriminate [illegible] formance fully apparent.

In this way only can we be reas[illegible] ably sure of accomplishing the des[illegible] result. The error of first impress[illegible] derived from teacher and text-[illegible] often difficult of eradication.

In the lecture-room, clinic, in [illegible] daily walks with the student, let [illegible] make that first impression a good [illegible] Equally if not more responsible [illegible] the deplorable state of affairs w[illegible] exists in this matter, is the teacher [illegible] internal medicine and the general [illegible] geon.

When eminent authority preci[illegible] in lecture and text-book the relati[illegible] ship between a host of diseases [illegible] the tonsil of a child, and advises [illegible] removal of the glands as a rou[illegible] method of procedure, what can we [illegible] pect of the student whose mind is [illegible] poisoned at the fountain-head of [illegible] medical education, by theory [illegible] masquerades as fact?

How are we to offset the irrespon[illegible] bility of the responsible? But we [illegible] on all sides, "Look at the resu[illegible] Result! Here is a partial list from [illegible] practice, not of the ignorant, but of [illegible] most experienced and skilled.

Death from hemorrage and shock, development of latent tuberculosis in lungs and adjacent glands, laceration and other serious injuries of the palate and pharyngeal muscles, great contraction of the parts.

Severe infection of the wound, septicemia, troublesome cicatrices, ear affections, troubles of vision and voice, ruin of the singing voice, emphysema, septic pneumonia, increased susceptibility to throat disease at the seat of operation, pharyngeal quinsy, and last, but not least, tonsilitis:

Who, may I ask, is in the better position to advise, the surgeon or practitioner, who without sufficient knowledge, lightly recommends enucleation of the tonsils, or those who have devoted their lives to the study of throat conditions and who witness its disastrous and often fatal results?

Formerly it was the nasal septum, now it is the tonsil that is the surgical objective of every beginner in laryngology, and a tonsillectomy is usually his first baptism of blood. This operation is done all over the land by operators of all kinds, and, if the truth were known, with great mortality.

The amount of reckless surgery done in this field will never be known or chronicled in the pages of medical literature, but it may be found in its abiding place in the book of the recording angel.

Let us hope that the day is not far distant when not only the profession but the public shall demand that this senseless slaughter be stopped. Is not this day of medical moral preaching and uplifting a fitting one to lift the public from the atmosphere in which it has been drugged, and for the reckless tonsillectomist, a proper time to apply the remedy of the referendum and recall ?

We are going through in laryngology what the gynecologist went through years ago. The ovaries were removed then under as little provocation as tonsils are being taken out today.

The so-called "tonsil question" is one of simplicity and comparatively small dimension when viewed in the light of sanity and common-sense, but it has been made to assume formidable proportion by unsound observation and reckless surgery.

It has come to a point when it is not only a burning question to the profession, but also to the public. This senseless, ruthless destruction of the tonsil is often so far-reaching and enduring in its evil result that it is becoming a great menace to the public good.

Until we have more definite knowledge concerning the use of tonsils, no one can tell the damage done to children of the present generation, or the influence of wholesale tonsil removal on the children of the next.

Whatever the more exact examination of the tonsil may reveal as to its function, I believe it was placed in the throat not with evil, but with good intent — to serve a teleologic, rather that a pathologic purpose—that its mission is physiologic and that it was not designed as a natural, easy, and convenient avenue of infection.

It is, of course, not open to debate that there are conditions that call for partial destruction, or more or less complete removal of the tonsils; but radical operation should not be done without definite and sufficient reason.

The tonsil should not be sacrificed any more than any other organ, without convincing evidence that it is the cause of the disease to be removed.

Hasty theory, which sees in destruction of the tonsil the only means of treatment, and which, unmindful of the lymphatic and other anatomic arrangement of the neighboring structure and its physiology, have no part in modern scientific laryngology.

When we shall clarify the atmosphere of our ideas in this matter, and when sane authority shall demand a halt, then we will hear less of the massacre of innocent organs and have less frenzied literature on the subject. — Health Culture.

What Does Your Face Say?

By E. E. Keeler, M. D.

I have for many years made a critical study of faces—the faces of my students and patients from all parts of the earth. There are few physicians who have treated more people whom they have never met. I wanted to know these good people. I wanted to feel acquainted. I wisht to know them all over, from toe nails to scalp lock. And after that I wanted to really know them in all ways. To secure this intimate knowledge I have askt for detailed accounts, for all sorts of personal reports and for confidential statements concerning aches, pains, sensations, emotions and aspirations of body, heart and soul, and after all this has been secured I have askt for recent photographs. From constant study I have become something of a physiogomist. I just believe that the average adult carries around with him a chart of his soul, printed in indelible ink, carven with a sharp chisel and always turning to his friends a map more certain to be correct than any other.

This is not any "fad" of mine; it is as old as history. You will find that Aristotle, the old Greek philosopher, wrote a treatise on the study of the human face and temperaments. Another old writer said—"The mind of a man changeth his countenance whether it be for good or for evil, and a merry heart maketh a cheerful countenance. A man may be known by his looks and one that hath understanding by his countenance when thou meetest him."

Do you not find yourself studing the faces of your friends to see what is "inside"? When you meet a stranger, are you not unconsciously examining his face even more than you listen to his spoken words? Don't you find yourself forming an opinion of those around you because of their facial expression? Homely or beautiful, do you not suppose that you are thus being classified by others? You not only build your body, add to your brain cells and make health and strength possible, but you also mold your own face. People differ in capacities, potentialities, tastes and dispositions, and we determine "the man within" by the face in front.

This face of ours—the adult face—is both history, chart and prophesy. Of course I am now considering the face of the thinker, our own members, representing a high grade of intelligence—not the faces of the rabble. But, even with them I can see hosts of things. When I sit in a street car I read the life history of my companions. Each face is an open book, frequently with many chapters freely offered, all unconsciously for inspection.

Here is Mr. Henry Dubb, the plodder, unintelligent, unfeeling, unresponsive. He never earned over $12 a week until lately, when the war has brot affluence to him, his weakly wife and brood of seven children. Henry is a poor father but a splendid breeding animal.

Next to him sits Fluffy Ruffles, with kalsomined cheeks, plastered hair and 57-buttoned shoes, on her way downtown to join Mamie and Flossie behind the ribbon counter at Cashem and Chargem's Department Store. Her face cries out in stentorion tones the story of her empty pate and he would be a fool indeed who could not read her whole life history in a minute and have many seconds to spare.

Mrs. Humdrum excites a mingled feeling of pity and disgust. I pity her drabcolored soul and am disgusted that in all her life she has never known a deep emotion nor experienced the desire, ever for something true, deep and satisfying. I can smell the pancakes and sausage she had for breakfast and visualize the piece of black steak she will serve for dinner. She has never

learned to even spell p-r-o-g-r-e-s-s and never will.

Slumpt down in a corner with cap at a rakish angle, sits John Tuff, who exhales the fumes of defunct cigarets and proclaims to all those who will read his face that to play a good game of pool is his highest ambition, and it is one safe bet that even this will not be accomplisht because of lack of initiative and persistency.

John G. Rockboy is reading the stock market reports as I read his face. The lines show an alternation of expectation and fear, determination and doubt and we would hesitate about "tying up" to him as a friend. We look for poise, and the strength of repose, and it is lacking. He is perpetually traveling thru a forest without guide or compass, expecting to "arrive."

Miss Flint sits next with boney hands tightly claspt and tells us a pitiful story of a life sacrificed because she was disappointed thirty years before, and each hour of each day since has bemoaned her "fate." The ideal of the "larger love" has never come to her and we would risk a slap in the face if we should even suggest such a thing as allowing love to shine and affection to rule, unless it be according to the legal rules of Private Ownership.

There sits Josiah Spiggins, the much-married man, familiarly known to his neighbors as "Hen." He looks it. Thirty years ago he married a shrew and upon hs face you see the results. For twenty-nine years and eleven months he has parted his hair and wiped his feet according to The Law as proclaimed by the Law Giver. The men say that the other day some one askt him how he was going to vote and his reply was "Well, I'll have to ask Jane.

Susan Greyheart is watching the baby across the aisle with eyes which radiate maternal love. Study her face but a moment and you will find there a desire to "smile with another soul," which means welcome maternity. Benevolence, gentleness, sweetness and love have penciled her face with the lines only possest by the expectant mother, who is joyous because of the little heart beating beneath her own—and yet The Law declare that Susan can never be a mother, because, forsooth, she is not married.

Ebenezer Botts' trousers proclaim him a farmer, but his face tells us also that for forty years he has bent his eyes to the sod. If he ever looks at the sky it is to find out if it is going to rain; he looks upon birds as friends or enemies, but never as a tpart of the divine orchestra; a forest is to him merely so many feet of lumber and flowers are mere weeds. Starved, pincht and dwarft in soul he lives amid the beautiful plenteousness of a bountiful earth, the mere owner of land and cattle, a Slave of the Soil.

John Jones is a grocer I would not trust, because Acquisitiveness is too largely shown. He is apt to be found with his thumb on the scales when he is weighing out your butter. That day he counts lost when he has not "gotten the best" of somebody, and his poor, little, shriveled soul has placed its trade-mark on eyes and forehead.

Mrs. Fluster has always been expecting to get health, or get happiness, or get some new dresses, and has always been so worried because they did not arrive on time that a well poised mind has never been hers. She has always lookt forward to the time when there would be nothing to annoy her and worried ceaselessly because that time never came. If a member of her household was sick she was certain they were about to die; if her husband lost his pocketbook she knew that financial disaster was about to overtake them; if Johnny has a pimple she at once magnifies it into a boil, and as a result her morale is always demoralized—and the picture of all this is markt in unmistakable lines.

Peter Prunes focuses his attention upon his work and is a successful business man, but success to him means following a definite plan rough-shod over all competitorsuntil hardness of heart is markt in his chin and unyielding mouth. He is a man feared by

all and loved by none. The beauty of Generosity is unknown. Stubbornness is accentuated, He seeks love and wonders why it flees. His face frightens children and he wonders why.

And then there are the Blanksons, every one of them with faces beaming with the true joy of living and loving. None of them ever took prizes in a beauty show and yet to my practist eyes they are all beautiful. Kindliness predominates. If they cannot admire their neighbors, they keep still. Those who are true, free, pure and loving are their brothers and sisters. A clear brain and a healthy body are united with lofty motives and a loving heart, and of course every line and curve of their faces tell of the joy within. Here are men and women worth "tying up to." They are happy and they cannot keep that happiness within. It is a joy to have such for neighbors—an inspiration to call them friends—and a perpetual blessing to make one of them your mate.

And so I could continue the list almost indefinitely. Are you not rubbing elbows with each one described? Can it be that "having eyes you see not?" Have you never learned that facial expression mirrors the soul?

Of course, the clever rogue carries a clever face, but when did we ever learn to trust mere cleverness? And of course a man may smile and smile and be a villian, as the Hon. Bill told us. And equally of course the pickpocket next to you may look like a "business man" and some sorts of "business men" have a face (and occupation) very similar to the pickpocket. And once in a while we will meet a face seemingly a shutter, rather than a window, but all this we can understand and read, if we care.

The attainment of a fine, perfect and well balanct personality does not come by accident, because it implies self-mastery, honest work and persistent endeavor. It is the work of the Thinker, and when this work is accomplisht, or well under way, the picture of the real man is seen in your face. Your face is telling the story of your life all the time, whether you would or not. To the seeing eye your attainments and weaknesses are delineated plainer than an advertising sign.

And **what does your face say?** Are you going thru life with a face that does not please you? Then change it at once. Get a new face. It is just as easy to build a new face as it is a new stomach, a strong heart or a healthy lung—and all these things are easy for the student of Auto-Therapy.

Step right now in front of a mirror and take a personal inventory of your own face. Is it one that is interesting to you? If not, how in the name of all that is good and great, do you suppose it will interest others? Does it express the best that is in you? If not, change it. Does it give the impress of high ideals? Ask yourself the plain question—"Are my ideals high?" Give yourself an honest answer. You might think that it would be well to lie to me, but you know that you cannot lie to yourself and get away with it. What is your verdict? Are you contented?

I hope not, because the contented man is altogether impossible. He is the only fellow that is quite beyond the pale.

Now make out a list of the emotions, sentiments, characteristics and depths of brain and soul that **you would like to see imprinted upon your face.** Naturally, you will leave out anger, fear, hate, jealousy, remorse, greed, envy, revenge, stubbornness, disdain, bewilderment, perverseness, obstinacy, scorn, suspicion, illwill, inferiority, apprehension, contempt, distrust, derision, worry, ridicule, mockery, nagging, quarreling and all that clump of weeds we may group under the head of Selfishness. You have no use for any of these sentiments in your consciousness and of course would not have them imprinted in your face. You will begin today to pull up every such weed when found in your Garden Beautiful.

Eliminate them from your vocabulary, forget that they are to be found in the dictionary.

"Think how much the moving picture actor has to portray by facial expression," says Clare Tree Major, "and don't get discouraged" when you try to put your soul into your face. "Just persist, and in a little time you will find that the thot of any emotion calls up a corresponding expression in your eyes and gradually your face will become the sensitive, living reflection of your mind * * *making a vitality and charm that is the very essence of personality." * ,

"It is positively uncanny the way you have read my photograph," writes one of our members. And yet, to me it was the most natural outcome of my years of study of physiognomy. The human adult face contains a record as plainly read as those of the Victrola are heard. Make a face that represents you when at your very best and then live up to the face you have made. Let truth, appreciation, courage, aspiration, holiness, purity, confidence, studiousness, honesty, valor, happiness, benevolence, sympathy and loyalty become outlined in your face, and above all, let the light of a great love shine there which is not a selfish love which desires ownership, but one which gives to all. Get all these beautiful plants well rooted in your garden and scatter their flowers and seeds around you. Be Happy inside, and then radiate happiness to all who meet your smiling face. The face, positively ugly today, may be "beautiful" in a year.—Good Health Clinic.

TAKING ACCOUNT

Is the time not ripe for the American people to take account of our National conditions? Some will argue that it is inopportune to now consider anything except war re-construction. That is true as applied to men who are in the trenches; but is it true of the men and women at home? Do we not find, even in the ordinary affairs of life, when the world is at peace, that it takes vision in order to succeed? How much more does this apply at the close of the greatest conflict in history?

Our leading men and thinkers are more troubled about the future than the people imagine; it does not matter what social or economic conditions may prevail, it is generally conceded that a radical and vital change of some character will follow the conclusion of peace, and these men are as much or more concerned apout the re-adjustment as about the successful conclusion of the war.

Those of us who are able to interpret the signs of the times perceive that the old political game of "I fool you and you fool me," is passing; as one gentleman high in the financial world expressed it, "I fear the good old days are gone." He meant that the old opportunities for financial piracy were passing.

All this shows us the necessity of continually taking stock as to measures in order to meet conditions as they arise; primarily to prevent slipping back into the old conditions under the comfortable guidance of the "men who know just what they want" doing our thinking for us; as against the masses who are divided amongst themselves and not certain as to just what they want, each ready to compromise on a half-loaf if it seems expedient.

I wish every citizen of this country would thotfully read President Woodrow Wilson's "The New Freedom." It is the plainest and ablest exposition of the facts that has yet come before the American people. It is unanswer-

able. It is the voice of the statesman and prophet voicing the thots and aspirations of a great people. In ability and power of discernment President Wilson is the father of us all, and we will do well to listen to and support him to the limit; and I am glad to note that not only his own party, but the country, has had the good sense to have done so in a marvelous measure.

If we now steel and prepare ourselves for the impact with the same great combinations of the past, we shall finally win and be enabled to successfully steer our national craft thru the rapids and whirlpools of the greatest radical and economic adjustment of all times.

It were useless to deny, after the present dangers have past, that there will come a tendency to pat ourselves on the back and to sit down and celebrate; to eat, drink and be merry, and to drift with the stream. Herein lies our great danger. It will be necessary that we redouble our efforts in all departments of our social and political life in order that the new era may be realized. This only can be done thru encouragement and standing shoulder to shoulder by the masses in defence of our new ideals and of the urge that will come to us thru their inauguration. We must **stand guard** until they have been **workt into** the very **warp** and **woof** of our **national life**. If this is not done, the cause we are now fighting for will have been lost.

Our right to celebrate our final victory for human rights is not to be questioned, but we should not be blinded to the fact that in achieving such victory we have in reality only reacht our own national crisis; and to insure success and the adoption of these new conditions and principles, we shall have to maintain redoubled vigilance, holding ourselves ever ready to sacrifice, or fight, if need be, for the supremacy of such national ideals; in the suport of which we will have paid a price in blood and wealth that will stagger manity.

We fully realize, in the words o immortal Lincoln, when he said: ernment of the people, by the and for the people shall not from the earth." That we must gree, endeavor to preserve and late his attitude and receptivene his consideration for his brothe his country; and we may add, the It is right here that the people perceive, in becoming their own ters, the vast increase that will in their individual responsibiliti that it will be necssary to con keep this before them, on beh their families, their nation a world. The people should solem solve that special priviledge by t and the government thru truste cease in free America; and tha citizen shall be educated in fit measure up to the requirements part as a **dynamic unit** in the g democracy in the world; as on can we hope to see our beloved tions preserved and the promi the Declaration of Independenc ized.—Jesse M. Emerson.
Sept. 10, 1918.

Secure of possessing within self a standard of perfection which to aspire, you can hen contemplate undismayed all chance finite and infinite."—The Keys of Creeds.

The whole system of the Del study of expression is based upon idea that outward manifestation human organism are the result of ward states; that the external mot are caused by internal emotions." M. Booth in Delsarte Outlines.

"The wise man rules his stars, fool obeys them. The enemy of a the enemy of nature. Art is not but the highest sagacityoof human ture, and what nature will he h who honors not the human?"—La

The Gallian Psycho-Analysis

y and Utility of the Gallian oanalysis, as Enricht by Mod- esearch—By Leslie R. Mutch, ıa Washington

ıll, who was invited to be court n of Austria, a man of eminent ınd large experience, made his rations in character analysis ɜtudy of the proportionate de- nts of the brain. He did not vivisection, but his observa- ɜre often made on the brains ıted criminals and other de- nfortunates. Their peculiari- ıaracter were known to the sur- ıd prison officials who furnisht the brains, but were unknown he convinst the world.

ssociates of Dr. Gall (Spurz- mbe and others), were men of ıntal calibre. The progressive ong the most eminent scient- r. Gall's time accepted his sys- sycho-analysis. The societies d to perpetuate the work of Dr. e composed largely of profes- en. When Dr. Spurzheim, the inent student of Dr. Gall, came ca he was honored by the Pres- Harvard University and other ɔharacters in the New England

arly advocates of the Gallian ınalysis were largely medical and had a thoro knowledge of an organism. After the pio- t away an effort was made to ɜe the work and bring it within ı of the common people. In o Harriet Martineau about the ıt that time Dr. Atkinson said:

were professors, and few ɜtudents."

ɔf them rode hobbies with dis- ɔesults. The system failed to ɔproval of the schools because ɜiples were so different from the metaphysics which constituted the psychology of the schools at that time. Horace Mann, America's most eminent educator, built his entire system upon the discoveries of Gall and his scientific followers, but made himself unpopular with conservative educators by doing so.

In the latter half of the 18th century Ferrier and other cerebral physiologists demonstrated thru studying the brains of galvanized monkeys the fact that large centrally located areas of the brain are also motor-muscular in function. Many of these localizations confirmed those made long before by Dr. Gall, but there were some antagonisms between the followers of Gall and the cerebral physiologists. Both were right and both were wrong; each had only a half-truth. These post-frontal centers of the cerebrum have both motor and psychic functions.

Seventy years ago Dr. Joseph Rhodes Buchanan said:

> "The brain centers have psychic and physiological functions."

For more than twenty-five years the writer has been piling up proof of this **double office** of these motor areas. Of one of these (the location of secretiveness) the writer has found many hundreds of cases of extreme size, enlarged by toxic congestion, of this cerebral center which is a ganglion controlling the "sympathetic system", or the gastric digestion. All these cases had very serious digestive troubles, often having gastric convulsions for months and even years. When this faculty is greatly enlarged by gastric fever it endangers the physical, intellectual and moral poise, and does not indicate shrewdness or strategy. Dr. A. E. Osborne, Supt. California Home for Feeble-Minded Children, Eldredge, Cal., told the writer in 1894,

that he owed his position, reputation and success to making this discovery in his earlier practice. The writer had his first case in January, 1893; a boy of two years starving to death from gastric convulsions. He had conspicuous enlargement (with local inflammation) above both ears. He was cured thru correcting diet, and by means of the bath.

Anyone who would succeed in our day must study the whole man. It is imperative that every fact with relation to every physical as well as psychic function be mastered and utilized. In no other science is "a little learning" so fatal to the demonstrations of utility. Thoroness is essential to any analysis worthy of the name. Unless the opinion of the **Adviser** is accepted as correct—as being the last word—the person who receives the advice will not adjust his life thereto. Less than this is a waste of time and money.

It thus appears that the analyst, the adviser, must be actuated by absolute honesty and must be a master of character analysis and applied psychology. He must be capable of giving unfailingly correct guidance, or he must not assume to do it. Wrong advice is worse than none at all.

Many authors on the functions of cerebral centers have been indefinite in their terminology. Here is a sample: At the upper edge of the temple, and just back of the outer edge of the eyebrow, is an organ usually called "tune." It should be called pitch, or measurement. It is the forward portion of the organ of construction. It has been defined as "love of, and talent in, music." It is not either of these. It is merely pitch as far as music is concerned. There is no "love" of any kind located in any organ in this frontal region of the brain. The "loves" are located in the coronial and posterior parts of the brain. No faculty of reason or observation ever is the seat of choice or desire—these are only servant organs. The master is elsewhere. "Tune" is often present when there is no musical desire. It is more often a measurement of especially in people skilled as c ters, tinsmiths, tailors, dress milliners, etc. This organ is more value here in cutting trades than in musical work.

In our day of sight-keyboard the writer has studied hundreds skilled musicians in whom this was small. It is more necessary public speaker in enabling him his voice to the room than to th cessful pianist. Pitch is really office of this organ. The onl served by this faculty, in music mechanical one of pitch. All elements are located elsewhere successful musician must also b tional; this is shown in the forms and the coronial faculties violinist must have a cup-shap of perfect rim and ample size; evident reason that one must be fect receiver of sound before pro it perfectly. The external ear, sition of the teeth; the warmth emotions are more essential to music, or elocution, or speech the organ called "tune."

"Modern education is too muc mental strain, a desire for ab development in special directio ignores all the laws of real d Education should fit a man f life he is to lead; should press develop his personality; and str en all his powers of relating h to and understanding others. H either belong to the crude, brut physical type, or to the over-st nervous, short-breatht, broke intellectual; which is especially mon in America. A man wit monious ballance of power or r lation of his moral, intellectu physical nature is rare. Th struggles to speak thru an im instrument; sometimes it ceas struggle; and finally has noth say."—Delsartes work, in the ological Journal.

The Building That Endures

itten for The Character Builder
By Aubrey Parker

le who builds a mansion, builds for
e only, but he who builds a char-
ɔr, builds for time and eternity.

'All are architects of fate—
Building in these walls of time."

.rchitects are not always builders,
the truly progressive individual who
as to build a character worth while,
first plan his work, then work his
a.

Nothing Useless or Low is. Every-
ıg in the great scheme of things is
t of the Divine Plan, whereby man
r build for himself a character which
lodlike in its nobility, yet Christlike
ts humility. The mind passes thru
chrysalis state until like the perfect
terfly, the character Beautiful is in
ascendency.

For the structure that we raise,
time is with materials filled;
)ur todays and yesterdays are the
blocks with which we build."

'emporal man is but a puny being
)est, but considered from the Eter-
standpoint, he is a potential possi-
ty. A weak creature, yet a glorious
ation. A man's future is greater
n his past. Eternity is the bound-
s ocean. Time is but the trickling
)am. Character is knowledge ap-
:d. Man is in the making every day.
l, the great Creator, gave man the
rting point on this temporal plane,
"it doth not appear what he shall
' He has been called a Creature of
:umstance, but he is, nevertheless,
reator of circumstances; a formu-
)r of his own future.

Ie is the result of many past envir-
nents, which we call heredity, and
his own past thinking. What he
ıks today is being woven into the
e texture of his being. The head,
ich contains the thinking mechan-
ı, has the highest elevation in the making of the Body Beautiful. It is the throne-room of intelligence, wisdom, and love, where reason sits as king. This is the seat of Character.

The poet dwells here, for this is his work-shop, the image room wherein he stores the materials in fancy wrought. The preacher dwells here, for this is his study wherein is formed the sermon of power. The inventor also lives here, for it is here that human progress has its birth. The brain is the dynamo through which mind acts.

Wherein lies the difference in individuals? In the quality, health, activity, proportional developments, and development of brain. The power of the poet, preacher, or inventor, is stored in the active gray matter which resides in the lobes of the human brain.

The brain is the Washington, D. C. of the united parts of man. It is the seat of Government. The head, which is the seat of thought-centers, is the key-stone of the Body Beautiful.

"Build better bodies." should be the slogan of the man of progress.

A nation of brain and body builders must be a nation of character builders, and such a nation must be supreme in all that is noble and good.

The storehouse of knowledge is in the brain, and as the knowledge increases, the storehouse increases in size.

Knowledge is Power

Brain, united with braun, will remake the world.

Even as the head of man is the nearest part of him to Heaven, so it is of the highest importance. If the mind causes the brain to function properly, the body in turn will function correctly.

"Build today then strong and sure,
With firm and ample base,
And ascending and secure,
Shall tomorrow find its place."

Be Character Builders.

A Maker of Dynamite

ALFRED BERNHARD NOBEL.

Alfred Bernhard Nobel maker of dynamite, died in the year 1896, and by his will gave the bulk of his great wealth to benefit mankind, by these remarkable provisions:—

"With the residue of my convertible estate I hereby direct my Executors to proceed as follows: They shall convert my said residue of property into money, which they shall then invest in safe securities; the capital thus secured shall constitute a fund, the interest accruing from which shall be annually awarded in prizes to those persons who shall have contributed most materially to benefit mankind during the year immediately preceding ing.

"The said interest shall be divided into five equal amounts to be apportioned as follows:

"One share to the person who shall have made the most important discovery or invention in the domain of Physics;

"One share to the person who shall have made the most important Chemical discovery or improvement;

"One share to the person who shall have made the most important discovery in the domain of Physiology or Medicine;

"One share to the person who shall have produced in the field of Literature the most distinguisht work of an idealist tendency;

"And finally, one share to the person who shall have most or best promoted the Fraternity of Nations and the Abolition or Diminution of Standing Armies and the Formation and Increase of Peace Congresses.

" The prizes for Physics and Chemistry shall be awarded by the Swedish Academy of Science in Stockholm; the one for Physiology or Medicine by the Caroline Medical Institute in Stockholm; the prize for Literature by the Academy in Stockholm, and that for Peace by a committee of five persons to be elected by the Norwegian Storthing.

"I declare it to be my express desire that in the awarding of prizes no consideration whatever be paid to the nationality of the candidates; that is to say, that the most deserving be awarded the prize, whether of Scandinavian origin or not."

The more attentively we study these provisions the more we shall be struck by their originality and insight.

Hitherto the hereditary objects of charity have been the sad leaving of mankind—

The poor, whose broken lives
Lie underneath great empires' pageantry
Like rubble underneath rich palace walls.

Nobel is the first philanthropist who has desired to benefit the forerunners of the race, as well as the laggards, and who has seen that in benefitting them he would benefit all the rest.

There are two kinds of human outcasts. Man, in his march upward out of the deep into the light, throws out a vanguard and a rearguard, and both are out of step with the main body. Humanity condemns equally those who are too good for it, and those who are too bad. On its Procrustean bed the stunted members of the race are rackt; the giants are cut down. It puts to death with same ruthless equality the prophet and the atavist. The poet and the drunkard starve side by side.

Of these two classes of victims the stragglers are not more in need than the forlorn hope; but the ambulance has always waited in the rear. It would seem as tho the vanity of benevolence were soothed by the sight of

degradation, but affronted by that of genius. Even the loafer and the criminal have found friends. The thinker and the discoverer have been left to the struggle for existence. For them are no asylums; for them no societies stand ready to offer help. Millions have been spent in providing libraries for the populace; the founder of German literature was refused a librarian's place. And so philanthropy has cast its vote to this day for Barabbas.

Nobel alone has had the courage not to be afraid of genius, and the wisdom to see that whatever is conferred on it really is conferred on all mankind.

The third of these bequests may serve to illustrate the superiority of Nobel's method.

Many benefactors have desired to relieve bodily suffering. But they have discerned no way of doing this except by building a hospital for the advantage of a limited class. Nobel's aim has been at once wider and higher. He has demanded world-wide remedies; he has offered rewards for the abolition of disease.

And in doing so he has at the same time remedied a great injustice, by endowing medical discovery. The mechanical inventor has long had it in his power to acquire wealth by the sale of his idea. Nobel's own fortune owed its rise to a patented invention. But the noble etiquet of the healer's calling voluntarily renounces an advantage that would hinder the relief of human pain. In medicine every advance made by one is placed freely at the service of all. For such saviours of humanity there has been hitherto no material recompense, and humanity has been content that it should be so. Neither parliaments nor emperors have ever wisht that the healers of men should take rank with their destroyers, and that a Pasteur should receive the rewards of a Krupp. Nobel willed otherwise. The fifth bequest contains a yet more striking instance of that refined and beautiful inspiration which distinguishes the Testament of Nobel.

This is a bequest for practical work on behalf of peace, disarmament and the fraternity of nations. At the time when Nobel drew up his will, these aspirations seemed to have no more active enemies than the Norwegian people. Norway was seeking separation from Sweden, and seeking it in that temper of hatred which unhappily accompanies such movements almost everywhere. The Norwegian Storthing was building fortresses on the Swedish frontier, and providing battleships. Every Norwegian boy was being trained with a view to an armed struggle with the Swedes, and taught to regard them with revengeful feelings, as American children were long taught to regard the English. Nobel was a Swede who loved his country, and he has placed the administration of his other bequests in Swedish hands. He entrusted the endowment of peace and brotherhood to the Norwegian Storthing.

Surely no more magnanimous appeal than this has ever been addrest by a man to men. The directions of such a Testator ought not to be regarded lightly. They begin to assume the character of a sacred text.—"The New Word," by Allen Upward; publisht by Mitchell Kennerley.

ESSENTIAL TO CHARACTER

It is bitter medicine, but the one thing needed most in the human soul is discipline.

It is well to have force, genius, vigor, enthusiam, love, power; but you may have them and be a criminal, a maniac or a cad; you become great only when to these you add self-control.

The latest movement in education is toward developing the initiative of the child. This can hardly be carried too far. And the old, stupid method of thwarting, denying and browbeating little ones, just for the sake of discipline, cannot be too roundly condemned.

But for all that there is danger that in our new eagerness to find and bring out the child's forces we may forget the prime need of strengthening his self-denial.—Woman's World.

MENTAL EFFICIENCY

By I. Ray, M. D.

Now, more than ever before, the fortunes of men, the welfare and happiness of the race, are determined by mental efficiency. The time has been when the mass of the people had but little use for their minds. They had no occasion to think. Indeed they were forbidden to think. A few mortals did their thinking for them. It was enuf for them to do as they were bid. Stout limbs, stalwart frames, robust health, were what the times demanded and what the times admired. A man was valued by the force of his blows, by his swiftness of foot, by his capacity for hardship. Now, these qualities will give him but a low place in the social scale, and secure for him but a small share of those privileges which constitute the highest kind of human happiness, Never before did so large a portion of the race strive together for the great prizes of life, in a contest of mind with mind, not muscle with muscle, nor limb with limb—a contest in which, in the long run, the mind will win that can accomplish the greatest amount of work.

The law which pervades the propagation of living beings, preserving the unity of the species, and setting bounds to accidental or abnormal variations, is, that like produces like. Thus, thru successive ages, the characters that mark the species are preserved, and the order and harmony of nature maintained. But a certain amount of variety is not inconsistent with harmony, and therefore, individuals, while agreeing in all the characters of the species, are distinguisht from one another by some obvious tho subordinate traits or difference. In animate objects, perfect identity is no more a part of Nature's arrangements than unlimited variety. In every individual, therefore, we have two different orders of characters; one which he possesses in common with all other individuals of his species, and another which is peculiar to himself or a few others. That the former are preserved by hereditary transmission, of course nobody doubts, and the fact shows the possibility, if it does not afford presumtive proof that the latter are governed by the same law.

Now, then, starting from the unquestioned fact that the brain is the material instrument of the mind, we are led to the inevitable conclusion that its physical condition must modify more or less its mental manifestations, moral as well as intellectual. To deny so plain a proposition would be equivalent to denying that the quality of the instrument or organ can affect the quality of the result which it was intended to produce—to denying, in fact, that the quality of the music depends, in a degree, on the excellence of the instrument as well as the skill of the musician. We almost instinctively recognize the connection between a large and well-proportioned head and great mental powers; between the diminutive head and a very limited development of mind. In the various races of men, the dullest observer may see that the cerebral indicates very exactly the mental development; and the sculptor or painter who should disregard these relations would be considered stupid enuf to be beyond the reach of censure. It follows, therefore, that the quality of the brain as affected by breeding, whereby a high or low degree of organic excellence is made permanent, by being persistently transmitted thru several generations, or by the influence of morbid action in itself or in other organs of the body, must determine, in a great degree, the moral as well as the intellectual character of

lividual man. It is said in the
ı form of speech, that a person
or bad., because he chooses to
)ne or the other; and it is all
ıe, and sufficient, perhaps, for
gh estimates of responsibility,
loes not answer the essential
ı, What determines the choice?
considerations here presented,
hese only, is to be found a sat-
y answer to this question.

loctrine here put forth has been
ıirably unfolded by a popular
(Dr. Oliver Wendell Holmes, in
Venner," Vol. 2, page 115), the
of whose success consists not
n the force and humor of his
ions than in the sound philos-
hich pervades his views of mor-
social questions, that I cannot
to make a liberal quotation.
ters talk about the human will
stood on a high look-out, with
of light and elbow-room reach-
the horizon. Doctors are con-
noticing how it is tied up and
ed by inferior organization, by
, and all sorts of crowding in-
nces, until they get to look upon
tots and Indians—and a good
)f their own race—as a kind of
nscious blood-clocks, with very
l power of self-determination.
the tendency, I say, of a doc-
:xperience. But the people to
they address their statements of
ıults of their observation belong
thinking class of the highest
and they are conscious of a
deal of liberty of will. So in the
the fact that civilization with all
'ers has proved a dead failure
he aboriginal races of this coun-
)n the whole, I say, a dead failure
talk as if they knew from their
ill all about that of a Digger In-
* * * We see all kinds of mon-
ıa and insanity. We learn from
to recognize all sorts of queer
ıcies in minds supposed to be
so that we have nothing but com-
)n for a large class of persons
mned as sinners by theologians,
but considered by us as invalids. We have constant reasons for noticing the transmission of qualities from parents to offspring, and we find it hard to hold a child accountable in any moral point of view for inherited bad temper, or tendency to drunkenness—as hard as we should to blame him for inheriting gout or asthma."

STAND BEHIND BAKER.

The Public, New York, makes a strong call to liberals to stand behind President Wilson and his administration and charges that the animus of much of the attack on Mr. Baker is because of his antagonism of financial and industrial masters, aroused by his insitence on the eight hour day and fair treatment of workmen employed on government contracts, his vetoing of exorbitant prices for coal on government contracts and especially because he has opposed preparations now for a permanent policy of military preparedness by universal military service. Evidently, as The Public says, Mr. Baker "took our war aims seriously. He actually belived in them." And the Public asserts, that the critics are after the president thru Mr. Baker, not daring from Mr. Wilson's great popularity with the people, to at this time attack him directly.

The people should carefully study the situation and not be led by the virulent attacks upon the secretary of war or other officials in charge of our war preparation, to aid and abet the selfish efforts of reactionaries and withhold support from those who, in the spirit of our great president, are engaged in marshaling our forces for the mightiest conflict in which men have ever engaged.—Fairhope Courier.

Emerson assures us that society is a "conspiracy against the manhood of every one of its members," and that "whoso would be a man must be a nonconformist."

Improving Your Personality

CHAPTER II.

(Continued from Last Issue).

Suppose that we consider first the physical aspest of your appeal to others. Look in your mirror. That is what other people see of you. To a very large extent, your personality is fixt in their minds by what they see of you physically, at least, in the beginning. Your bodily development, your state of health, your coloring, your facial expression, your carriage, your state of cleanliness and your neatness and character of dress combine to form the impression that you make upon others. Remember that while these manifestations are purely physical, the impression made is not, for the reason that slovenliness and dirtiness convey the impression of a slovenly mind and a general lack of refinement, whereas cleanliness, neatness and good carriage suggest a cultured, wel-disciplined and well-groomed character. There is a fundamental relationship between physical and mental qualities. One infers a good personality from a pleasing exterior, because good judgment and experience have demonstrated the relationship.

Therefore, as you regard yourself before your mirror, it would be well to make a careful study of your person, both clothed and unclothed. Can you improve upon your exterior? Studying your unclothed body, can you honestly feel proud of it? Do you feel now that your physique and your health are as good as they can be made by proper direction of your physical efforts? Are you so perfect that you can be satisfied with yourself from this standpoint, without further efforts toward self-improvement? For all self-improvement should start with a good foundation of bodily vigor. And do not forget that the clearness of your eye and alertness of your expressi are primarily determined by yo physical health and energy.

Then again, consider your appe ance as you are known to othe Costliness of dress is far from impor ant as compared with your manner wearing your clothes and your ha Cleanliness, neatness and good bodi poise will go infinitely farther than th expenditure of money for an extensiv wardrobe. This is not said to belitt the value of good clothes, howeve They have a proven psychologica value. Sometimes it even pays t specialize on them, especially if yo have been inclined to slouchiness an carelssness in your attire.

Following this inquiry as to wha impression you may make upon th eyes of those you meet, consider t what extent you are known, not b what you look like, but by what you d and by what you think. What, for ins tance, are the impressions thus acquir ed by others if you are mentally aliv and independent on the one hand, or i on the contrary you lack interest in th affairs of the world. If you lack opin ions and convictions, you cannot hop to make the same impression and per sonal appeal as your friend who pos sesses a strong mentality. If there i one thing we like to find in others, i is intelligence. It is not a very com mon possession. It can be cultivate only by mental effort, by using one brain. Your mind will rust and atro phy if you do not use it, just as you muscles will waste away if you do no use them. Indeed, the brain cell which may have been awakened an developt, will degenerate and die. Ho many rusty and atrophied mentalitie do you know?

However, you are known not onl by what you think, but what you fee For what you feel is more perfectl

ed from your heart and soul to arts and souls of others. Emo- contagious. It is more electric- haracter than thinking, and is perfectly transmitted. It has been said that thots are more ul than physical force, but emo- the ruling power of the earth. hat makes men fight. A man ght for an idea, but only when els" it.

feeling qualities, therefore, are nary importance in determining id of person that you will be to others to be. Your spiritual, and soul qualities, for instance, and gladness, of cheer and cour- optimism and enthusiasm, are ily forms of feeling and are to trasted with qualities of gloom essimism, of irritation, anger, envy and various other symp- f the first-class grouch.

body, mind and soul are not te parts of your make-up; they erged one into another. If a personality depends first of all ts pleasing qualities, these in epend largely upon health. If ve not yet found out the part our bodily condition plays in disposish" it is time for you to gate. You may not realize the aning of this until you consider great many people who think ey are in good health, are very m being right. You can be out r without being confined to your l rackt with pain. You may be dress yourself, to feed yourself spoon, to walk about and even to fter a fashion, and yet be far eing in good health, and your may wonder where you got erce" disposition and how your id family can stand you. Or if you are one of the stiff and t-laced kind, some of the "fel- nay even suggest that it would e idea for you to go out on a unk every once in a while, just you up a bit and make you a ore human. Not that the drunk would do you any good. You may be in a state of health that makes it impossible to develop or manifest the best things in your nature. Your system may be so poisoned thru poor elimination—perhaps thru constipation— that the total effect upon your disposition may be as bad, or worse, than the alcoholic poisoning, and your friends may therefore wish upon you anything that even carries a promise of cheering you up. Dyspepsia, a torpid liver, or a lack of physical activity may keep your system so clogged with accumulated poisons that you are no more your best self mentally or spiritually than you are physically. It is not fair to yourself to entertain anything less than a vigorous, clean, strong and energetic state of health.

So the first thing to do in improving your personality, is to improve your blood. It is a case of blue blood or red, for when the blood becomes thin, sluggish and blue, it is quite likely to develop in you a streak of yellow. When your blood is burdened with poisons and impurities that ought to be eliminated thru exercise, deep breathing and greater skin activity, you are not yourself. You are not all there.

Even at your best, with all your powers, you'll have to fight for success. What can you hope to do when you are not all there? When your system reeks with the poisons in your blood and you are deficient in energy?

Having determined upon, and mapt out a plan or program of life that will give you the superior physical foundation, you can then commence to mend your disposition. This is entirely a question of cultivating a pleasant state of feeling, and of suppressing unpleasant emotions. One's nature may be compared somewhat to a garden in which one may grow both weeds and flowers. It should be one's purpose to cultivate the flowers and to destroy the weeds. This must be done by conscious effort. If one neglects the garden, he will find that the weeds will

grow so rapidly that they will soon overwhelm the flowers. It is the same with the human personality. In the undisciplined, neglected individual the character weeds tend to smother and prevent the growth of the flowers of mind and heart.

Improving a disposition is primarily a matter of wanting to improve it. Any one who has the desire, will, in time, find that desire translated into full realization. So many people are too well satisfied with themselves as they are—satisfied with their bad manners, satisfied with their ill-tempers. It is a peculiar thing that most "touchy" persons are proud of their quick tempers. They even like to talk about it. They seem to find some satisfaction in getting mad. They don't recognize it as a character weakness. They don't realize that it makes them obnoxious to others. There is such a thing as justifiable indignation. There are times when the only thing a self-respecting person can do is to fight. But such rare occasions have nothing to do with the extreme irritability of those "hair-trigger" individuals who seem to consider it a matter of pride to "go off" or "blow up" at a word. It is only when one recognizes his weaknesses and has the desire to develop the better qualities of his nature—to suppress the weeds—that he can acquire a disposition that will make him truly welcome among friends.

A thistle cannot help being a thistle. It cannot be anything but a thistle. But you can.

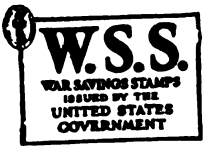
Personality is the sum of one's habitual feelings. If you wish, you can make the agreeable and attractive type of feelings a matter of habit. This is why you can build personality. This is the way you can make yourself attractive. And that is why, having read this article, and having had it put up to you in this way, the only reason why you will not have an appealing, compelling personality will be because you do not want one, or do not desire one sufficiently to make the effort to cultivate a more attractive group of feelings.

As an example of personality, take cheery Harry Lauder. Or take Douglas Fairbanks. "Doug" is not merely an athlete able to jump over fences, down stairways and upon the necks of villains, but he expresses a philosophy of life, a point of view. He is a tonic to the moviegoing public because he radiates not only personality but gladness.

You can see many examples of good personality in your own town. Think them over. You will find them in every walk of life. There is an obnoxious, offensive personality in Berlin. There is a magnificient personality in Washington. The Prime Minister of England, Lloyd George, is a delightful example.

You have a personality, too. But what kind? Is it undevelopt? Is it starved, emaciated and sickly? or is it alive, healthy and wholesome? Is it growing? Is it such that your friend Brown, whom you have just met, will go home and tell his family that he met you?

The interesting part of it all is that you can choose and determine the matter for yourself.—Physical Culture Magazine.



"The evil of the trust is not in its organization, nor in its bigness, nor in its success. It is threefold: first, corruption of public officials to obtain special privileges denied to competitors; second, the consequent oppression of the competitor and the consumer; third, watering of stock and then extorting excessive profits to pay dividends on such stock. These evils the law must cure without destroying co-operation, or discouraging enterprise, or impeding progress. All intelligent progressives are working to this end."—Elbert Hubbard.

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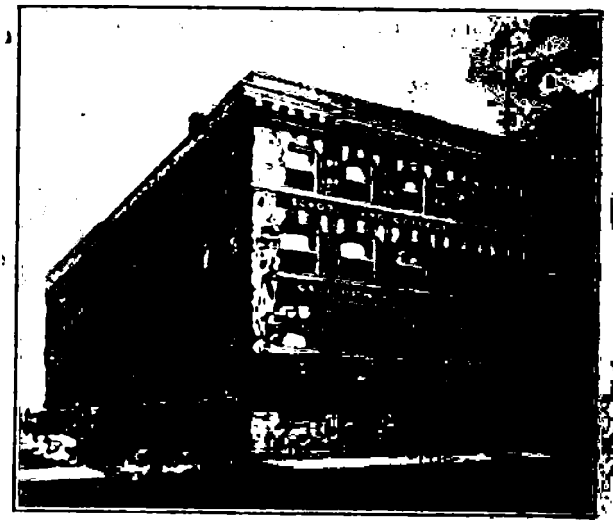

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