

THE CHARACTER BUILDER

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THE NEED OF CHARITY.

By James Russell Lowell.

The time is ripe, and rotten ripe for change;
Then let it come. I have no dread of what
Is called for by the instinct of mankind;
Nor think I that God's world will fall apart
Because we tear a parchment more or less
Truth is eternal, but her effluence,
With endless change is fitted to the hour;
Her mirror is turned forward to reflect
The promise of the future, not the past.
He who would win the name of truly great
Must understand his own age and the next.
And make the present ready to fulfil.

Its prophecy, and with the future merge,
Gently and peacefully, as wave with wave.
The future works out great men's purposes:
The present is enough for common souls,
Who, never looking forward are indeed
Mere clay, wherein the footprints of their
age

Are petrified forever. Better those
Who lead the blind old giant by the hand
From out the pathless desert where he
gropes,

And set him onward in his darksome way.
I do not fear to follow out the truth,
Albeit along the precipice's edge.

Let us speak plain: there is more in names
Than most men dream of; and a lie may
keep

Its throne a whole age longer, if it skulk
Behind the shield of some fair-sounding
name.

Let us call tyrants tyrants and maintain
That only freedom comes by grace of God,
And all that comes not by His grace must
fall;

For men in earnest have no time to waste
In patching fig-leaves for the naked truth.

WASTE OF LABOR.

We often hear complaints at the high price of articles that are essential in home life. The cause of these high prices is found in the great waste of our present commercial system. The milkman comes to town and has one customer in each block. It takes him all day to make his rounds and deliver a quantity of milk that might be distributed in an hour if he could deliver to all the houses in the

district that he visits. There are 26 creameries and dairies in Salt Lake City that furnish the people milk and cream. Besides these there are dairies and private parties from outside that make their tour through the city each day delivering to their customers. Thus, perhaps, fifty wagons visit the same districts to supply customers, when if the milk were distributed to all the people in a district from one dairy wagon there would be a great saving of time.

In the dry goods and grocery trade conditions are similar. There are in Salt Lake 206 retail grocery stores. Most of these stores have a delivery wagon and send their goods over large districts. It may be that a merchant has friends in all parts of the city who prefer to trade at his store, but such a scattering of effort as now exists places a heavy tax upon the purchaser of the goods. There are in this city 51 general stores, besides the wholesale grocers. The deliveries from these stores sometimes go a mile to deliver a single order. A driver of one of these delivery wagons recently stated that he had driven his team thirty miles that day delivering goods. Perhaps a dozen or a score of other delivery wagons made the same tour that he did. If our government were as extravagant as that in distributing the mail the working force would need to be increased several hundred per cent.

Under the present system many of the merchants are idle the greater portion of their time. Co-operation and concentration of effort would greatly reduce the labor that is now required to provide for the physical needs of the people. The merchant who now begins business does not ask whether there is need of another store, but the question is whether it is possible for another store to exist. The

interests of the people are not best served by such a condition, and the sooner a change comes about in our methods of distributing foods and general merchandise in our cities the better will it be for the consumer.

MONEY COVERS A MULTITUDE OF SINS.

When the Salt Lake Commercial Club prepared a banquet for 300 in honor of Mr. Clark of Montana it was plainly shown that money is the great essential of the present age; intellect and moral worth are not rated so highly. If a man digs a hole into the earth and discovers a sufficient amount of some precious metal his success is assured. Our most autocratic newspapers bow at his shrine and humbly prostrate themselves before him, banquets at \$5 a plate are prepared in his honor; the most desirable political offices are at his command, and a large mob of earnest worshipers of money are ready to do his bidding. Who foots the bill when such expensive banquets are given? The public, of course. Since Rockefeller began making liberal contributions to colleges and other institutions the price of petroleum has nearly doubled. If the merchants of Salt Lake give many such banquets you may look for a rise in the price of their goods. The public is sure to foot the bill.

PREVENTION VS. CURE.

In the struggle of humanity toward better social conditions the efforts are directed too much toward the curing of evils and too little toward preventing them by removing causes. The result of this mistake is that our progress is remarkably slow, and in some instances no positive results are obtained. Let us examine here briefly some questions that have received much attention for a century. We shall begin with the misery producing article

ALCOHOL.

This destroyer of human life and happiness has been opposed by preachers,

legislators; it has been condemned in season and out of season, yet in some places its use is on the increase. We spend in the United States more than a billion dollars, or more than \$16 per capita each year for alcoholic drinks. Besides this large sum we spend nearly half a billion dollars per year for drugs and patent medicines that are composed mainly of alcohol. In our own city results are not encouraging. In 1902 Polk's Directory of Salt Lake recorded 93 saloons; in 1903 the same directory reports 137 saloons.

It appears that these are not able to supply the demand for intoxicants, because during the year the proprietors of twenty leading drug stores were fined for selling intoxicating drinks. The liquor evil is growing in our smaller communities, in spite of all the preaching and other efforts against it. This plainly indicates that some other methods must be employed to overcome the evil. In this as in other reforms we must begin at the home. Many mothers are starting their sons out on a drunkard's career by means of intoxicants prepared in the homes. Hard cider and home-made wine are leading strings to the saloon. Some of the worst cases of drunkenness are produced by these home-made drinks. Sweet fruit juices are an excellent food, but fermentation makes them a poison. Ignorance of natural laws is the only excuse for the internal use of alcoholic drinks in either health or disease. In sanitariums there is a treatment where alcohol is applied externally after a Russian or Turkish bath, but in the best sanitariums that is the only use that is made of any kind of alcoholic drinks.

The liquor evil has assumed such proportions that it cannot be met by mild means. A terrible jar will be required to dethrone old king alcohol. There are so many weaklings in our country who have not the will power to abstain from drink when it is within reach that something must be done to remove the temptation. As long as Christians think there is no harm in intoxicants when used in so-called moderation, there is no hope for

an improvement of present conditions in Christian countries. We know that the methods now used are ineffective. Is it not about time we were trying some others?

Another evil that is not overcome by present methods is

TOBACCO.

In the United States our tobacco bill is more than half a billion dollars, or about \$8 per capita per annum. If we turn to the statistics of our own city we find that in 1902 there were 15 wholesale and 31 retail cigar stores; in 1903 there are 17 wholesale and 37 retail cigar stores, besides 11 cigar factories. There are in the city 206 retail grocery stores and most or all of them sell cigars and tobacco. There is not a single valid argument in favor of the use of tobacco and yet it is almost universally used. Suggestion is a great educator, and the numerous advertisements of the various kinds of tobacco are an effective suggestion of its use. If the advertising of tobacco were prohibited and it were kept out of sight in grocery stores there would not be so much demand for it. More money is spent every year in advertising tobacco, alcohol drinks, patent medicines, tea, coffee and other harmful substances than in advertising all articles that are beneficial to humanity. Most Christians who are engaged in commercial pursuits make as great an effort to get these harmful things before the people as do merchants who have no religious convictions. If all professed followers of Christ would neither sell nor use intoxicating liquors or tobacco, there would be quite a reformation.

COFFEE.

During the past twelve years the amount of coffee used in the United States has increased nearly 100 per cent. The annual consumption is now a little more than 12 pounds per capita. In Great Britain less than three-quarters of a pound per capita is used. Swedes and Norwegians use more coffee than we Americans. The Germans use only half as much as we do.

From the report of the Utah Inspec-

tor of Foods we learn that the people of Utah used last year 3,000,000 pounds of coffee, or about 12 pounds per capita, which is the average amount for the nation.

It is evident from the above figures that there are many slaves of appetite in America. Abnormal habits in eating and drinking cause much unnecessary disease, which we are trying to cure, rather than to remove the causes that produce it. In the United States there are 125,000 regular physicians and several thousand graduate from medical colleges every year. There is on an average one physician to 600 people, besides the large army of irregulars, but in spite of a large army of trained physicians and nurses, disease is on the increase. In our own city the number of physicians and surgeons has increased from 123 to 140 in one year; the number of dentists has increased from 59 to 71 in one year. There are about 100 professional nurses in the city. These professionals are kept busy trying to cure the results of violated law. They are public benefactors, but how much greater might their service to humanity be if their efforts were directed to the prevention of disease.

The increase of lawyers has not been so great during the year. In 1902 there were 211 lawyers in Salt Lake; there are in 1903 only 223.

It is not an easy matter to get statistics on the growth of gambling, but it is well known that conditions are far from ideal and that there is much stealing being done in the country from the petty larceny thief up the ranks to the gamblers on Wall street. This must be overcome by a long process of education and legislation.

SEXUAL IMMORALITY.

does not appear to be diminishing very rapidly. It is a most humiliating truth that our city government derives a portion of its revenue from the regularly paid fines of public prostitutes. From the Deseret Evening News of June 26, 1903, we take the following news item: "Lewd women arrested. Eighty-five of them place on deposit the sum of \$910.

For several days the police have been having trouble with the women of the town because they would not come up to pay their 'fines' when notified. Last night Detective Chase, Sergeants Hempel and Roberts and Officers Lincoln, Brown, Carey and Sullivan made a round up of them, and hauled them all over to the police station, where they were required to put up from \$10 to \$20. In all 85 of these women were 'arrested,' the city being enriched thereby in the sum of \$910. Several of the women went to the county jail in default of the 'fine.' If one will read between the lines of this news item he can plainly see that it is customary for these unfortunate women to pay a regular amount as a license for the privilege of living a life of shame. This money must be a wonderful help in running the government!

It is evident that too many are slaves to appetite and passion. They live on the animal plane and have no ideals that lead them into the intellectual, moral and spiritual realms of their natures. There is a remedy for existing evils. The remedy must reach the individual through proper training. Suitable environment or surroundings must be furnished. As long as children have the improper example set before them continually, they will not develop high ideals and live up to them. We need more practicing, rather than more preaching; more of an effort to practice Christian virtues and less outward show; more love of our fellow beings and less self-conceit; a strong effort for that which has real worth and a greater indifferent toward that which has no lasting value.

AN APPEAL.

If people of all parties and creeds would unite in their efforts to stamp out the popular social vices some progress might be made. We cannot hope to regenerate society by legislation alone. The abuses of appetites and passions must be corrected by proper education. Some time ago the Human Culture company began an educational work along the lines of

social purity and health-culture by publishing 12,000 copies of a book entitled "Child Culture." At about the same time this company published 10,000 copies of Dr. Riddell's little book, "A Plain Talk to Boys on Things a Boy Should Know." These books have been extensively circulated in the United States, Mexico and Canada. Orders have been received from Europe and other foreign countries for them. There is great need everywhere for similar books, which might be published here if the necessary money could be secured.

W. A. Morton, the former editor and proprietor of this magazine, and the other members of the Human Culture company joined their efforts in order to work more effectively for the welfare of the young people. Preventive work is seldom remunerative, but the increasing interest in the vital questions pertaining to the development of character in our children is evidence that such work might be made self-sustaining. We have so many clubs, societies, and organizations that more are not desirable, but there is urgent need of publications on personal purity, heredity, health, character study and kindred branches to be used in these organizations. The support that the Character Builder has received during its short existence shows that such a publication is needed and desired. Its success is sure, but in order to make the work more effective the members of the Human Culture company invite others who are interested in this work to join them. If you are desirous of becoming actively engaged in the work, write up and receive a more detailed explanation of the work. There is an excellent opportunity to bring happiness to yourself and do good to thers. We offer you no great financial inducements, but assure you there is a work worthy of your best efforts.

THE RELATIVE VALUE OF WORK

Does your work benefit humanity? Many make a failure of life because they measure all occupations by the amount

of money they will bring, not the good that will result to humanity from them. All occupations have not the same real value. Persons who are engaged in the manufacture and sale of intoxicating drinks are doing a real injury to their fellow beings. All who grow, prepare or sell tobacco are doing work that is worse than useless to humanity. The man who devotes his time to making jewelry as ornaments for the body is not doing so great a service as the person who produces food or devotes his time to the training of mind and body. People who devote their life to producing and selling tea, coffee, spices, and other substances that injure the body are worse than wasting their time, as far as the result to their fellow beings is concerned. The physician who prevents disease and aids nature in curing it is a great public benefactor. The lawyer who helps to settle social difficulties that are unavoidable and prevents strife and contention does his fellow beings a real service. The baker who makes the real "staff of life" is a greater benefactor than the confectioner whose time is devoted to luxuries that are destructive of health.

The large army of workers employed in contributing to the comforts of their fellow beings in the way of food, clothing and shelter are real benefactors. The artist awakens the powers by which we appreciate the beautiful, and thus helps us in forming higher ideals, the musician's mission is similar. The corset manufacturer increases medical practice by his occupation and aids in deforming the human figure. The dude and dudine do a real service by constantly reminding their fellow beings how useless a life is that is devoted to external decoration. In choosing an occupation for life we should consider the real value that it will be to ourselves and others. One who dislikes his work and does it only for the money it will bring is miserable indeed. If occupations that produce useless and harmful substances could be abolished or dispensed with, the sum total of human happiness would be increased many fold, and

the work of all would be helpful in human progress.

MOTHERS' CONGRESS OF UTAH.

The sixth annual meeting of the Mothers' Congress of Utah was held in Barratt hall, Salt Lake City, June 11th and 12th, 1903. Mrs. F. S. Richards, president of the organization, presided.

Addresses were delivered on the following subjects: "The Parent's Duty to the State," Governor Wells. "How Far Should the Parent Subordinate His Will to that of the Child?" Rev. Dr. Pinkerton. "Child Training," Professor J. H. Paul. A paper entitled, "Self-Control" was read by Miss Ellen Clark. Excellent music and readings formed an interesting part of the program.

The following officers were elected for this year.

President, Mrs. W. R. Hutchinson, of Salt Lake City; Vice Presidents, Mrs. Wm. A. Nelden, Mrs. Wm. H. King; Mrs. H. E. Shiller; Mrs. W. B. Preston, Jr.; Mrs. Barlow; Mrs. Pearl Yates; Mrs. A. S. Steele; Recording Secretary; Mrs. W. T. Benson, Corresponding Secretary; Mrs. H. S. Young, Treasurer; Mrs. R. K. Thomas.

This organization furnishes an excellent opportunity for considering the problems of education that are of vital importance to every home. If we had a more perfect system of formative education there would be less need of reformation. The greatest difficulty in the way of preventive work is the lack of interest in the problems of heredity and child training by many parents. Some are content to leave to the schools the forming of character in their children and neglect their highest duties toward their own children. If the Mothers' Congress succeeds in awakening a universal interest in the important work of home training it will do a great service. We usually begin too late in the training of our children. Dr. Oliver Wendell Holmes truthfully said: "There are those who think everything may be done if the doctor—be he educator or physician—be only

called in season. No doubt, but in season, would often be a hundred or two years before the child was born, and people seldom send as early as that."

There is yet a criminal neglect concerning many problems of life that are well understood. The neglect is due to an indifference on the part of many parents. Some think they have done their duty to their children when they have provided for their physical wants, but the higher duty is in connection with the harmonious training of all the powers. There is not a school in the land where the stain of sin cannot be found upon the countenances of some of the pupils. Few parents are aware of the real conditions that exist among young people, if they knew they would make a more vigorous effort to remove the causes of social evils. There is a greater co-operation between parents and teachers than formerly. If the Mothers' Congress can aid in promoting this co-operation and arousing the indifferent, it deserves the support of every parent,

TRAINED NURSES.

Our greatest need is an intelligent effort to prevent disease, but as long as disease exists in our midst the trained nurse can be of great service to her fellow beings. In some diseases an intelligent nurse can be of greater service than a physician. For instance in typhoid fever nature and the nurse can do all that earthly help can do for the patient. In chronic diseases the results depend almost entirely upon the intelligent action of the nurse. The honest, conscientious nurse who makes her occupation a profession and not a business deserves the gratitude of her fellow beings. Her services are appreciated by the physician under whose direction she labors. More trained nurses are everywhere needed and an effort is being made to supply the demand. The members of the Relief Nurses' class under the tuition of Dr. Margaret Roberts have just completed their course. The classes were held in the L. D. S. university buildings. The following 62 members of the class from Utah, Idaho, Wyoming, and Arizona completed the course: Pearl Evans, Tillie Gurney, Emeline Sykes, Charlotte Van Orden, Martha Griffin, Agnes Shumway, Mary Bunderson, Sarah Thatcher, Olive Wilson, Grace Levere, Mary McLaws, Lizzie Rampton, Eliza Draper, Sarah Hogan, Ellen Thompson, Laura

Miller, Alice Richards, Lucy Russel, Mary McFarlane, Mary A. Boreham, Amella King, Mary E. Hayden, Elizabeth Pierce, Nellie Baugh, Lottie Haskin, Jeanette Hendry, Mary A. Powell, Ellen Rasmussen, Ella Peterson, Lovina Swapp, Rachel Woolley, Louis Baird, Sarah Hughes, Mary Jenkins, Ruth Jenkins, Eva Yates, Charlotte Badger, Sylvia Brown, Mary L. Slaughter, Alice Esklund, Carrie Hatch, Jennie Thackery, Retta Dawson, Ada D. Hart, Jane LeFevre, Jane Seymour, Antonette Madson, Marie Hasselmann, Johannah Griesse, Beta Farnes, Hattie Grant, Ethel Ludlow, Josephine Benson, Annie Pratt, Anna Beil Butler, Mary Nebeker, Seraph White, Mattie Wright, Vilate Gay, Nora Sorensen, Lizzie Bartlet, Delia Parker, Hattie Jensen, Malissa Murphy, Celia Cazier, Precilla Gibbons, Mary Woolley, Grace Gay, Louisa Muehlestein, Flora A. Russell, Clara Poulter, Stella Farley.



MRS. W. R. HUTCHINSON.

President of the Mothers' Congress of Utah.

The Character Builder aims to keep in touch with all the organizations that are laboring for the betterment of humanity. We shall furnish our readers each month a brief account of the work that is being done in various organizations of this nature, and shall introduce them to the

leading workers in those organizations. We are pleased to present this month, the recently elected President of the Mothers' Congress. Mrs. Hutchinson is a young, active and intelligent mother, who has made a careful study of the science of motherhood. She graduated from the Ohio Wesleyan University, and has had practical experience as a teacher. Her ideas concerning the work of the Mothers' Congress are admirable. Her broad views and sympathetic motherly nature are excellent qualifications for her work.

Mrs. Hutchinson has been in Salt Lake City since 1894. Her associates in the Mothers' Congress are women of experience and enterprise. Under such able officers the organization should be able to do very effective work.

A MORE CIVILIZED PIONEER DAY.

There may be some excuse for celebrating Independence Day by making a noise because of the early association of noise and battles with that day. This noise is often fatal in its results. According to figures kept by the Chicago Tribune there were at least 144 deaths last Fourth of July directly due to our barbarous methods of celebrating that day. If the noise were limited to that day it would not be so bad, but this year it has been going a month before the 4th. Why this same noise should be a leading feature in celebrating Pioneer Day has never been made plain. If the drink feature and the noise could be abolished in these celebrations a great improvement would result. Both of these days commemorate important events and should be celebrated in a suitable way. As it now is too many have a more serious time than the little fellow had who is described in the following:

The windows burst with candles, rockets.
And bombs and crackers, small and great,
While many an urchin's bulging pockets
Proclaim his zeal to celebrate.
Behold the feats of early rising,
An hour before the laggard sun
A wrathful neighborhood advising
Its day of torment has begun.
The salvos rapid, each a rouser,
Till high and low have left their beds,
The flight dismayed of Puss and Towser
To hide their stunned, affrighted heads.
My clothing sundry times ignited.
The glowing punk on which I sat;
The package prematurely lighted—

The war-dance, which ensued thereat!
The sulphurous shades of eve descending,
A final baptism of sparks
From pinwheel and from candle ending
This glorious carnival of larks.
With lard and vaseline anointed
Between the sheets I lie at last—
To waken stiff and disappointed
That now another Fourth is past.

The early celebrations of Pioneer Day were so free from the liquor feature that much would be gained if we would follow the good example of the sturdy pioneers who first settled our fair state. We cannot hope to have the undesirable features of our holidays abolished at once, but it is the duty of every true citizen to labor for a more civilized method of celebrating holidays.

PRESENT INSPIRATION AND REVELATION.

We believe in continuous inspiration and progressive revelation. And when we say this we are affirming, not questioning, the essential faith of the past. We believe not less but more in God, not less but more in the genius of the Bible and the real significance of its promises when we say with Lowell:

"God is not dumb, that he should speak
no more;
If thou hast wanderings in the wilderness.
And find'st not Sinai, 'tis thy soul is
poor;
There towers the mountain of the voice
no less,
Which whoso seeks shall find.

Slowly the Bible of the race is writ,
And not on paper leaves nor leaves of
stone;

Each age, each kindred adds a verse to it,
Texts of despair or hope, of joy or moan.
Still at the prophets' feet the nations sit."

Do those who say they believe solely in the inspiration of the past and its rich deposit of truth, who hold so tenaciously to the orthodox view of the Bible,—do they ever think that it is absolutely impossible for them to really believe the teachings of past inspiration without also believing that the present is a time of greater inspiration? The seers of the

ages all look forward, not backward, to the days of fuller and grander outpouring and indwelling of the Spirit.

Indeed, the very truth of past inspiration and revelation is bound up with the inspiration and revelation of the present and the future. Not of God ceasing to speak to men in increasing audible voice or rather of men becoming increasingly attentive to the Voice and perceptive of the truth. Not of revelation closed and the spirit silent does Jesus teach, but of revelation in more glorious measure and of the ever fresh word of the spirit as the years go by. So that belief in the prophets and in the Master involves belief in the inspiration and revelation of our time and of each succeeding age.

Moreover, even those who say they believe only in the inspiration and revelation of the past, still hope and pray for a better world thus confessing the faith they would fain deny. For the world's betterment can only come through a higher, diviner life, through an increasing knowledge of the Truth, a more direct and intimate communion of the soul of man with the Over-Soul. And this is what we are witnessing and experiencing in these good new days. A great flood of Divinity is sweeping over humanity and pressing in upon us at every side, producing nobler ideals, intenser convictions, and deeper faith in the eternal verities. "The only real infidelity lies in resisting it by the petty conceits of outworn theories, by selfish "schemes" of salvation, by pious flummery, sectarian prejudice and commercial greed, which narrow the vision and contract the soul. Let us make way for the new life that would enter. Let us thank God for the prophets of today, a great host of men and women, who speak as they are moved by the Holy Spirit as truly as any of old time and through whose leadership the world is being carried forward. Let none who bears the name Christian be guilty of stoning these prophets. They are the heralds of the kingdom that is coming. They are believers in the God-life in man, preachers of actual righteousness in the face of the sneers of cunning ecclesiastics

and corrupt politicians. Through them the sins and shams of society are becoming more apparent and abhorrent, the cobwebs of superstition are being brushed aside, the barbarism of mediæval theology is giving place to an intelligent and exalted conception of God and man, and the Gospel of Love and Service is becoming the power of the Eternal unto the world's redemption.—Vanguard.

THE MERITS OF OSTEOPATHY.

C. S. Carr, M. D., editor of "Medical Talk," says in an article on Osteopathy and Anatomy:

"The osteopath is the fellow who, when a patient presents himself, goes to work to find out exactly what the trouble is. He looks upon a man as an anatomical structure consisting of a framework of bones, a network of nerves, a tangle of muscles, a web of lymphatic ducts, a complication of ligaments, blood vessels and viscera. To untangle and locate all the multifarious organs and tissues is his business.

"He goes to work to heal a sick man much the same as an engineer would fix his locomotive. He finds a nerve crossed, or stretched, he finds bones dislocated or partly dislocated, he finds cartilages misplaced, he finds a thousand things, that the average physician would never discover, never dream of. Hence it is that the osteopathist must necessarily be a good anatomist.

As a rule these doctors carry the study of anatomy much further than the allopath, the eclectic or the homeopath.

"Even the most experienced surgeon knows nothing of anatomy in comparison with the educated osteopath.

"It may be that much they do in the treatment of a patient is needless or ridiculous, but the fact remains that in the study of anatomy they are close students, and in the diagnosis of disease they excel all other schools of practice."

He is a wise man that can avoid an evil;
he is a patient man that can endure it; but
he is a valiant man that can conquer it.

SUGGESTIONS ON HOME MAKING.

Edited by Mrs. M. K. Miller,
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SIMPLICITY.

Who, listening, hears no music in the brook,
Or sees no beauty in the flowering trees,
Except the subtle promise there implied
Of added gain, in later fruitage stored,
Falls of the higher purposes of life,
And thereby cheats himself of that which
makes

The finite seek to grasp the infinite.

Better a crust in some poor dungeon cell.
With mind unfettered and a conscience
clean,
Than pampered royalty in courts and
camps,
Flaunting the bauble power. that soon must
yield.

To unrelenting Death, and be forgot.
—George W. Shipman.

UNFERMENTED FRUIT JUICES.

At this season of the year, when we have an abundance of fruit, it is often a perplexing question just what to do to make the best use of it. I have often seen quarts of dried currants and gooseberries hanging on the bushes because they seemed too little and sour to be taken care of; also in the fall the ground covered with plums. If we knew the value of fruit juice we could use the fruit that so often goes to waste.

Fruit juice is an excellent blood purifier. Many of our leading physicians use fruit juice exclusively in typhoid fever with excellent results.

Any of the fruit juices can be bottled and put away for winter use in the same manner as fresh fruit. Put your fruit on to cook; when well done, strain through a coarse muslin bag; return the juice to the fire, and when boiling hot fill your bottles and place your covers on; then screw up tightly; or, in place of the fruit jars, you can use beer bottles. Fill the bottles while the juice is hot; let the corks boil five minutes; hammer tightly into the bottles and tie them in with cords. For several years I have kept sweet fruit juices in this manner. It is better to put up the

juice without sugar; it keeps just as well, and in case of sickness it is much better without sugar.

As a summer drink sweet fruit juice is an excellent substitute for home-made beer, and the other summer drinks usually used. By using the fruit juice in the unfermented state there is no danger of cultivating in our children a desire for intoxicants. These sweet juices might very properly be substituted for popular drinks in birthday parties, weddings and holiday festivals.

Apples, cranberries, currants, quince, raspberries, blackberries, strawberries, gooseberries, grapes, plums and cherries can all be made into jelly with only enough sugar to make them palatable, as they contain sufficient pectose to form a jelly. Less sugar makes a more delicate flavor and a more beautiful color, and is much more wholesome. A combination of fruit juices makes a delicious drink, or they can be frozen for ices.

Sago Pudding With Fruit.

Two-thirds cup of sago, one-half cup of sugar, one pint of seeded cherries, raspberries or strawberries.

Wash sago and let stand one hour in cold water; drain well; pour one quart of boiling water over sago, stirring to prevent lumping. Put into a double boiler and steam half an hour. When partly cool stir in berries. Set on ice when cold. serve with whipped cream.

Currant Jelly.

Take two quarts of currant juice or any quantity desired, boil until one-half of the quantity has evaporated, then add enough sugar to make it palatable, one cup and a half to a quart. Let it boil twenty minutes after the sugar is added. Then pour into glass fruit cans and cover with glass and set in the sunshine for several hours. The sunshine makes better flavored jelly than that made in any other way. Take the fruit juice after boiling half away, fill tumblers about two-

thirds full of fruit juice, sweeten to suit the taste, cover with glass and set in the sun for several days. It will be a light-colored, fine flavored, firm jelly.

All jellies are much nicer flavored if the sugar is made hot and added five minutes before the jelly is done.

Cherry Ice.

One pound of cherries, one pint of lemon juice, 2 pounds of sugar and three quarts of water. Stone and crush the cherries, add one quart of the water and let stand five minutes and strain; take the other two quarts, add the sugar and let it boil a few moments; remove the scum if any rises, then add lemon juice and let boil up again. When cool, add the cherry juice; put into a freezer and turn until partly frozen. Remove the cover, scrape down the sides and add the white of one egg beaten to a stiff froth, with one teaspoonful of powdered sugar. Work in as smooth as possible and finish freezing.

Berryade.

Take cherries, strawberries, or any berries desired and put in a coarse muslin bag crush with a wooden or silver spoon, squeezing out all the juice possible, and dilute with an equal quantity of water; sweeten to suit the taste.

Pine Appleade.

Take one cup of sugar, two cups of water, one pine apple, grated. Put the sugar and water in a granite stewpan and let boil five minutes, skim off any scum as it rises. Then add the pine apple and let boil fifteen minutes; cool, add more water, strain and it is ready for use.

USELESS THINGS IN HOMES.

One of the things that makes modern housekeeping such a bugbear to women is the useless stuff with which the average house is lumbered up. During lucid intervals the wise house-mistress is tempted to pitch the trash out of doors and touch a match to it, but she is afraid that callers will think the house is "bare."

Our household gods tyrannize over us terribly. The average man or woman cannot enjoy a trip from home because

of the constant thought that things need to be tended to." It is the freedom from this sort of oppression that makes the charm of the nomadic life, or the simple life of the camp or backwoods, where dust causes no worry and "throws" are unknown. Many women who ought to be capable of better things we know wear out their lives in the thankless round of sweeping and dusting and scrubbing; and it is because our homes are so filled up with trash that this work is so grinding.

A woman whose home is noted for its beauty and restfulness said, in speaking the other day of the art of house furnishing, that it would probably puzzle the inhabitants of another planet to know what modern homes were intended for, observes the New York Tribune.

They have no beauty, that we should desire them, she observed, and the last thing that seems to have been considered in their arrangement is the convenience of the occupants. To judge merely from appearances, one would think that they were designed to serve as show rooms for furniture and bric-a-brac and fancy work, and that the inmates were only there on sufferance, because they had to have some refuge from the wind and weather and no other domicile could be found.

Most women treat their homes as store houses or museums, and the more things they can crowd into them the better they are pleased. They prefer to have the things where they can be seen, if possible, but where no more space is left, and not a corner is available for even a photograph or a china dog, they will pack them away in chests and closets and go on accumulating. They may have no time for reading or recreation, but that fact never deters them from adding to the number of their household gods and the already intolerable task of taking care of them.

In a country where so many people have become suddenly rich, or have been raised from poverty to comparative affluence, possession is such an unfamiliar thing that it seems to please in itself,

apart from any value in the articles possessed, and people who cannot have the satisfaction of possessing costly and useful things find consolation in an innumerable number of cheap and useless articles. In older countries, where rapid changes of income are not so frequent, one sees less of this desire for display, and in English homes, for instance, there is a comfort and restfulness, and consequently a beauty, even in the midst of shabbiness, which is little known in America—Editorial in *Pathfinder*.

EDUCATION OF WOMEN.

Dr. Emma T. H. Drake (*Purity Advocate*.)

I would place in every college in our land, the strongest, truest, most womanly, woman I could find, in a chair I should call "Womanhood," and I would have her lecture on all the subjects that need illumination for our modern girls. Not all have the proper training at home, and why not supplement it in our higher and lower schools of learning, that all may have a full knowledge of the highest accomplishment, viz., true womanhood. After a full knowledge of self and all her highest self stands for, I would add lectures on such subjects as the following: The Grace of Womanhood; The Patience of Womanhood; The Strength of Womanhood; The Influence of Womanhood; The Culture of Womanhood; The Trials and Temptations of Womanhood; The Weakness of Womanhood; The Accomplishments of Womanhood; The Purity and Purposefulness of Womanhood; The False Estimates of Womanhood; The Stress of Womanhood; Womanhood and the Coming Generations; Marriage; Wifehood; Motherhood; Woman and the Home-maker; Woman the Leaven of Righteousness. All these and kindred subjects.

These are some of the things lemons can do for you:

Squeezed into a glass of water every morning and drank, it will keep your

stomach in the best of order, and will never let dyspepsia get into it.

If you have dark hair and it seems to be falling out, rub a slice of lemon on your scalp, and it will stop that little trouble promptly.

Squeezed into a quart of milk, it will give you a mixture to rub on your face night and morning, and give you a complexion like a princess.

If you have a bad headache, rub slices of lemon along the temple. The pain will not be long in disappearing, or at least in growing easier to bear.

If a bee or an insect sting you, put a few drops of lemon juice on the spot.

If you have a troublesome corn, rub it with lemon after taking a hot bath, and cut away the corn.

Besides all this, it is always ready for the preparation of old-fashioned lemonade. Altogether, the lemon is an article few can afford to get along without—Selected.

ONLY ONE WAY.

However the battle is ended,

Tho proudly the victor comes
With fluttering flags and prancing nags
And echoing roll of drums,
Still truth proclaims this motto
In letters of living light—
No question is ever settled
Until it is settled right.

Tho the heel of the strong oppressor
May grind the weak in the dust,
And the voices of fame with one acclaim
May call him great and just,
Let those who applaud take warning
And keep this motto in sight—
No question is ever settled
Until it is settled right.

Let those who have failed take courage,
Tho the enemy seemed to have won,
Tho his ranks are strong, if in the wrong
The battle is not yet done;
For sure as the morning follows
The darkest hour of the night,
No question is ever settled
Until it is settled right.

—British Weekly.

"My uncle died yesterday, sir, and I want you to officiate at the funeral. You must say something nice about him."

"But I didn't know him."

"Good! You're just the man I want."

Publisher's Page.

The CHARACTER BUILDER

A Monthly Magazine Devoted to Health, Human Nature and Personal Purity.

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50 CENTS A YEAR IN ADVANCE.

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of March 3, 1879.

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Behind the criminal are ages of false
civilization.

When I am alone, then am I least alone.
—Cicero.

Human Nature Department.

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

Delineation of Mrs. Lulu Green Richards.
(The Children's Friend.)

By N. Y. Schofield.

The material, or at all events the greater portion of it for this delineation will be drawn from a consideration of those mental faculties that cluster around the upper portion of the back head, as the



photograph of Mrs. Louisa Green Richards—our present subject, shows these organs highly developed.

Here we find firmness, conscientiousness, self-esteem, continuity, cautiousness and approbateness all sufficiently pronounced to justify the belief they will exert a powerful influence in shaping, controlling and coloring the character.

It is a common error to suppose the

entire brain is employed in each single operation of the mind, and that we think, calculate, memorize, draw, worship, admire, doubt, love and contend—all with the brain as a whole.

This is a mistake. As a matter of fact, just as the size and quality of our mental organs determines their strength, so also the geographical location of the brain matter decides the kind and direction of the character that will grow out of it.

Size and position of the mental faculties, therefore, besides quality, are important considerations in brain structure. If the head is developed chiefly forward and upward, it means one thing; and if in a contrary direction, something else very different. Thus the high, low, broad, long, retreating, flat or narrow heads all have their specific significance, and all will have a character that corresponds to their peculiar brain formations.

We hope to illustrate at least one phase of this fact by reference to our present subject, and thus carry into effect the purpose of the Character Builder in giving practical hints and information that may be employed with advantage by our readers.

Mrs. Richards, for instance, is a well known literary character as the biographical sketch will no doubt set forth, but in this portion of her head to which we allude as being especially strong there is neither poetry, literary genius, reason, intuition or knowledge of any kind to be found; hence we look elsewhere to ascertain the nature of her special talents, but carefully keeps in mind the extra strength of these organs that form the background as it were, knowing to what extent they will arouse, encourage, sustain, vivify and in various ways effect all the other faculties of the mind.

To be specific: Large firmness imparts perseverance, fixedness of purpose, de-

cision and determination. It gives iron to the will and stability to the character; hence without further investigation we know at once that Mrs. Richards is what is termed a positive force.

She has "a mind of her own," has opinions and convictions that are deep-rooted, is not easily swayed by argument or moved by impulse. She has fixed principles and ideas that become stronger with the lapse of time, for, being careful in forming conclusions, she is likewise slow in changing.

Her word or decision given today may be depended upon a month or a year hence, for she is methodical, conservative and absolutely reliable.

The weak, impressionable and vacillating mind that changes with the wind—blowing either hot or cold according to circumstances, is the reverse of what we find here. In the latter case the head will be found to "taper off" in the region of the crown, making the distance from the orifice of the ear to this point comparatively slight.

In the present instance it will be seen to be both high and broad, which insures the elements of will power, of sincerity, patience, dignity, ambition, etc. Such persons will be known for their cool, deliberate methods, for their fidelity to any cause they may espouse, for their composure under ordeals of trial, for their ability to influence others, to superintend, direct and carry through any important work.

These faculties when under the guidance of reason are exceedingly valuable in every department of life. Without them there is no ambition, and consequently no effort to improve—no honor and no stability.

Mrs. Richards therefore, in her particular sphere of life, will exhibit to a marked degree these qualities of mind. She will be known for her sense of right, justice, consistency and love of fair play.

Combined with good reasoning power, these organs contribute the ideal judge. They enable one to weigh evidence, to perceive on which side justice resides and are utterly indifferent to popular clamor.

Conscientiousness being a dominant organ in Mrs. Richards, she will pursue a straight, uncompromising course in life, her policy being one of perseverance, patience, hope, and example. She is calm, self-possessed, serene, sensitive and refined. Self-esteem lends an air of quiet dignity, repose and self-confidence that never deserted her, and which is very inspiring to others; while approbateness gives her zeal, ambition, and a desire to employ her talents in some useful direction. The theory that "might is right," that "the end justifies the means," etc. will not meet with her approval, for in practice and in principle she is opposed to any form of force or coercion. Though her active caution is always on the alert for possible danger, she is naturally hopeful, never yields to despair, and even if misfortune arrives will yet find much for which to be thankful. She is a staff upon which others may lean. Her sympathy goes out to the distressed or unfortunate, and her intuitive, philosophical mind can explain away much of the mystery and bitterness of trial.

The measurement over the head gives $15\frac{1}{2}$ inches from ear to ear, which, as compared to other measurements taken, is extra large, and proves what may be easily seen in the photograph, viz: that Mrs. Richards has a very strong religious nature. Veneration is quite pronounced, and this organ, though blind, unaided by the reasoning faculties, naturally links her to and with the future. It gives respect for religious forms and ceremonies, a reverence for old age or for anything that, for any cause, is considered sacred. Very much of her poetry is inspired and filtered through these organs—veneration, spirituality, hope, conscientiousness and parental love. While the intellect supplies the ideas, the words, rhyme, etc., the dominant faculties named determine the direction, color and clothing in which the thoughts are expressed. She has an abundance of feeling, sentiment, ideality and what is termed soul represented in the high development of the coronal and posterior portion of the head.

Here is the strength of her character.

While possessing good intellectual ability and literary talents considerably above the average, these faculties are not developed to the point of excellence noted in the superior and posterior portion of the brain.

A large, robust man with a small sword can accomplish much more damage than a small, weak man with a large weapon; and so, where there is an abundance of those sterling elements that give force, impetus and direction to the mind, the results are greater than when the conditions are reversed.

Mrs. Richards has a good quality of organization, is not lacking in the poetic faculties and temperament, is naturally refined, sincere, earnest and devout, a true friend to the needy, an affectionate mother, and a broad-minded Christian woman.

LOUISA L. GREENE RICHARDS.

Utah's Pioneer Woman Journalist.

From sketches by Emmeline B. Wells and Annie Wells Cannon.

The parents of Mrs. Richards, our present subject, were Evan N. and Susan Kent Greene; they were both born in New York but of New England parents, who had moved there from Vermont. Of thirteen children born to them, Louisa was the eighth, being the youngest of seven daughters. She was born at Kanessville, Iowa, April 8, 1849. In 1852 the family came to Utah, where they have since principally resided. Her father was a successful school teacher. Her education was conducted principally at home under his care and supervision. She proved to be a natural teacher and took delight in teaching her own brothers and sisters and other children of the neighborhood in which she lived.

Louisa early manifested a love for literature. She was encouraged by her parents and friends and cultivated her talent for writing verse. She was greatly aided in her work by a correspondence with Eliza R. Snow, which was continued for several years.

The name "Lulu" by which Mrs. Richards was first known as a pleasing writer of both prose and poetry, has been prominent in our local journals for many years.

In 1871-2 the representative women of Utah decided to establish and conduct a paper of their own. Miss Greene was selected as editor, thus she became the pioneer woman journalist of the west.

June 1, 1872, the first number of the *Woman's Exponent* was issued, with Louisa Lulu Greene as editor. She was then twenty-three years of age. The following poem, doubtless expresses her nature and sentiments at that time better than anything which might be said or written of her by others:

It's Better to Laugh Than to Cry.

I am only a girl in the cold, proud world,
Working from day to day;
But this is my plan wherever I can,
To brighten the lonely way.
I look around me and where they stand,
The weary, the sad and weak,
I smile and offer a friendly hand,
And these are the words I speak:
It is better to work than to idle be,
It is better to live than to die;
To sustain one's self, and thus be free,
And it's better to laugh than to cry.

I have a heart of charity full,
For these sorrowing worms of dust;
And would brace them up while they drink
Life's cup,
So bitter though oft so just.
But I know that the Lord is over all,
Who can every comfort bring;
So attention to this great truth I call,
And this is the song I sing:
It is better to work than to idle be
It is better to live than to die;
To trust in God, and his mercies see,
And it's better to laugh than to cry.

I often think as the world moves on,
And we trample and crowd and shove,
That I would like this full of loveliness.
Should be much fuller of love.
We all admit that is must be so,
When God shall all things restore;
This great, beautiful truth I know,
And I love to keep telling it o'er.
It is better to work than to idle be,
As it's better to live than to die;
To help each other and all agree;
And it's better to laugh than to cry.

There is plenty of work for us all, my
friends,
And blessings we all may earn,
If we'll hold to the plan, wherever we can,
To offer a kindly turn.
I'm only a woman bearing a part
In the world's great busy throng;
Yet I may comfort some sadder heart,
By the sound of my cheery song;
It is better to work than to idle be,
As it's better to live than to die;
To accept this rule as a wise decree,
And it's better to laugh than to cry.

A year after the commencement of her paper the young editor was married to Levi

W. Richards. Four sons and three daughters have been born to them.

Mrs. Richards' best efforts and tenderest sympathies are given to the children and young people. Most of her writings are especially adapted to them.

In organizations which require the assistance and benevolence of women, she is an able and untiring worker.

Although her editorial work on the *Woman's Exponent* ceased in 1877, she has ever since been a frequent and most welcome contributor to its columns.

Mrs. Richards' style in writing is beautiful, simple and pure, yet full of strength and principle. She aims at simplicity and carries it out in her life as well as in her writings. Mrs. Richards is at present editor of the children's department in the *Juvenile Instructor* and is well known to all the boys and girls of the Rocky Mountain region.

The following poem illustrates well the true character and devout sentiments of Mrs. Richards:

Mistakes.

Who does not make mistakes? If there is one,
Who feels no vain regret for ought he's done,
Who would not fain recall some words he's said,
Or joy to unravel some entangled thread,
I'd like to know him and become his friend,
And in his company some seasons spend;
That I might learn the laws which he hath kept,
And strive henceforth to step where he hath stepped.

I have this sample in the Son of God;
And He hath plainly marked the path He trod;
I need not err, the pattern is complete,
'Tis my own weakness where I failures meet,
But oh! what charity should here prevail,
Since mortal strength is ever prone to fail;
How constant, too, should be the fervent call,
Lord help us, save us, or we perish all.

In conclusion we give one of Mrs. Richards' poems, entitled

We Can.

The dearest of all precious treasures,
The pet and the pride of our hearts;
What sunshine and sweetness and gladness
Its heavenly presence imparts!
Our darling will stay with us, surely;
For its future we lovingly plan;
We "couldn't keep house" without Baby
Yet it goes, and we find that we can!

What wealth of intelligence reigneth
In manhood's awakening powers;

What purity crowneth our maidens,
Like th' freshness of opening flowers.
Oh! the young folks, our hope, who are taking

First parts in life's beautiful "play,"
Death comes and selects, oft the brightest—
We can bear it—there's no other way!
The fondest and truest companion,
The kindest and gentlest friend,
At whose loss every prospect seems blighted,
Life's interests all suddenly end;
Such are called, and half blind and bewildered.

We rise from the groveling dust;
We stagger and reel, but we gather,
And stand, for we can when we must.

The leaders of people and nations,
The men whom we value and prize,
And look upon as without equals,
So noble and gifted and wise;
They leave us, and yet we press onward,
As earnest and seemingly strong;
There is no standing still for the people,
They must and they can move along.

We can live, though bereft of the blessings
Which seem more than half of our lives;
The babies, the youths and the maidens,
Even parents and husbands and wives;
Our leaders indeed, may be taken,
And we bow 'neath the chastening rod;
Till the blessed, sweet comforter cometh—
We can do without all but our God!

IS PHRENOLOGY A SCIENCE?

By John T. Miller.

The study of phrenology has been so generally ignored in popular education that many who have a liberal education in the arts and sciences know so little about phrenology that they consider it a method of reading character by means of bumps. The uninformed associate this study with various fortune telling schemes. College trained people usually consider phrenology unworthy of their attention. Some professors of psychology have given so little attention to phrenology that they know nothing of the first phrenologist, Dr. Gall, although he was the first to study the powers of the mind inductively. His discoveries in anatomy are accepted by the most eminent scientists of today. His analysis of the mental powers and the association of these powers with the various brain areas was so revolutionary that it brought forth the most bitter opposition from men who were not liberal enough to investigate new discoveries and judge them at their real value. When Dr. Spurzheim, the second eminent advocate of phrenology, introduced phrenology into America the students of

Amherst college debated the question, 'Is Phrenology a Science?' Henry Ward Beecher was chosen to champion the negative side of the question. When the time arrived for debate Mr. Beecher asked that three weeks more time be given in order that he might more carefully study phrenology. On the night of the debate a large audience heard the discussion of the question. When Mr. Beecher's turn came he made one of the ablest speeches of his life in favor of phrenology and from that time became an advocate of the science.

It is not generally known that Horace Mann, America's greatest educator, based his entire system of education upon the phrenological science of mind, although he had before been educated in the popular psychology and metaphysics of his time. He said, 'I look upon phrenology as the guide of philosophy and the handmaid of Christianity. He who disseminates true phrenology is a public benefactor.'

Progressive students of anthropology, who have been liberal enough to investigate the heterodox as well as the orthodox have found much merit in the phrenological doctrine. Dr. Vimont of Paris, France, whose essay on Human and Comparative Phrenology won the prize offered by the French Academy for research in physiology, was converted to phrenology by his research. Some of the most eminent scientists of modern times have made very positive statements in favor of phrenology. In 1894 Chatto and Winders of London, England, published a large volume entitled 'Vindication of Phrenology,' which was written by W. Mattieu Williams, F. C. S., F. R. A. S. On page 2 the author says: "So widely diffused is this idea that phrenology is the art of divining character by head reading or "bump feeling," that many of my readers may have already assumed from my contemptuous treatment of such delusion that I am about to vindicate some modern substitute for the teachings of Gall, Spurzheim, Vimont, Broussais, Combe, etc., some 'New Phrenology,' some system of cerebral physiology and psychological philosophy based on the muscular convulsions of galvanized monkeys.

"I beg to state that my phrenology is the old phrenology of Gall and his scientific followers, the study of which I commenced more than half a century ago and have continued ever since with ever increasing conviction of the solid truth of the great natural laws it has revealed, and of its pre-eminence as the highest and most important of all the sciences, being the only philosophy of mind that rests upon a strictly inductive basis.

"I believe that its general acceptance, its further development and practical application will contribute as much to the moral

and social progress of man as the inductive study of the physical sciences has contributed to his physical power and progress; and therefore the best service I can possibly render to my fellow creatures is to devote the rest of my life to the work of justly reinstating it, of lifting it from the mire into which a combination of bigotry and ignorance, pedantry and quackery, have plunged it, of cleansing it from the foulness due to long contact with these pestiferous agencies, and presenting it pure and undefiled to the contemplation of genuine students of science, in order that they may take up the work of its further evolution."

Dr. Alfred Russell Wallace, F. R. S., in his book, the Wonderful Century, which was published in 1898, devoted a long chapter to phrenology. His closing remarks were "In the coming century phrenology will assuredly attain general acceptance. It will prove itself to be the true science of mind. Its practical uses in education, in self-discipline, in the reformatory treatment of criminals, and in the remedial treatment of the insane, will give it one of the highest places in the hierarchy of the sciences; and its persistent neglect and obloquy during the last sixty years, will be referred to as an example of the almost incredible narrowness and prejudice which prevailed among men of science at the very time they were making such splendid advances in other fields of thought and discovery."

Dr. Bernard Hollander, an eminent anthropologist, member of the Royal College of Physicians, recently published a book entitled, "The Mental Functions of the Brain," in which he gave overwhelming evidence in favor of phrenology.

There have been many unworthy advocates and practitioners among phrenologists, but the science has always had earnest defenders. Much credit is due the devoted students and earnest workers who have brought it to its present stage of development in spite of opposition. Truth is sure to triumph. Anyone who will make a careful study of the various systems of mind study must be convinced that phrenology furnishes the best analysis of the mind. It does not explain the psychic phenomena of hypnotism, clairvoyance, psychometry, telepathy, etc., these are now receiving much attention from psychologists. Phrenology is a true basis for education and its principles should be familiar to every man, woman and child in the land. Such knowledge would be a most effective weapon with which to kill credulity and superstition. Phrenology is a science and it should be taught in connection with physiology in every school of this and all other countries.

If any one speaks evil of you, let your life be so that no one will believe it.

**** Physical and Moral Education. ****

"MAKING A MAN"—ANOTHER PRESCRIPTION.

Take a bonny baby boy, jolly, fat and rosy;
See him on his mother's lap, sweet as any
posy.

Tub him well, and scrub him well, let him
kick and frolic;

Milk enough for growing child, stopping
short of colic.

Open windows day and night, sunshine, fun
and gamble;

When his father walks abroad, Tommy
joins his rambles.

Stuff him not and cuff him not, coddle not
or swaddle;

Hardy little man he is as soon as he can
toddle.

Bricks and toys and picture books, until
he's nearly seven.

Let him learn that hate is hell, love and
goodness heaven.

By the winter fireside tell tales of knight
or fairy,

Of printed books for tiny eyes, parents
should be wary.

When to school he trots away, make him
true and fearless;

Pure and clean in limb and mind, noble-
hearted, peerless.

Learn to swing the ax, or plane, ply the
saw or hammer;

Better use his fingers well than cram his
head with grammar.

Build up lots of commonsense, character
and kindness;

Heavy goods in rotten drums, surely foolish
blindness.

Send him out adrift in life, strong and self-
reliant;

Calm or storm he meets them both stead-
fast and defiant.

Fond of labor, love to neighbor, reverent
and humble;

Taking all the ups and downs without
frown or grumble.

When the boy is ninety-odd toll the bell
not sadly,

Ripened fruit for kingdom come passes
homeward gladly.

—The Clarion.

INSOMNIA. ITS CAUSES AND TREATMENT.

Read before Salt Lake County Medical
Society by W. L. Gardner, M. D., May 25,
1903.

Insomnia is a disease of civilization, or rather it is a symptom of a malady peculiar to civilized people. Insomnia is certainly not in itself a disease as it does not involve a distinct or recognized pathological state, but is a symptom which accompanies pathological conditions, generally functional in character.

Loss of sleep is certainly a matter of no small importance. It is almost as destructive as loss of blood. The length of time during which a person can live without sleep is about the same as that during which he can go without food.

Sleeplessness is often a precursor of insanity, of which it is not infrequently an important symptom. Many hysterical, neurasthenic, or incipiently insane individuals will assert that they have not slept for weeks, but careful examination shows that they have at least been in a drowsy, somnolent condition, which is, in a measure, physiologically equivalent to sleep.

There are various causes to be considered which are productive of insomnia.

A patient may be deprived of sleep in consequence of pain in some part of the body as from neuralgia, from severe headache or from other painful affections. Reflex disturbances from diseases of the uterus and its appendages, eye strain, and other reflex disturbances are credited with being frequent causes of insomnia. Local irritations, such as dentition, irritable diseases of the skin, and disturbances of the urinary tract are common in children.

In not a few, sleeplessness is the result of long indulgence in pernicious habits, mental and physical, such as irregular hours, various dissipations, the conning over after retiring of the difficulties and reverses, and perhaps the successes of the day. Such people are loath to believe how much can be done to recover the powers of going to sleep at will. It is vain to relate to them the fact that Napoleon, Wellington, and Grant were able to lie down on the field of battle at any time and take a short sleep if needed. They should be encouraged in the effort, every cause of disturbance removed, and such conditions sought as will bring most composure of mind.

Overwork and neurasthenic conditions resulting therefrom might be spoken of as a cause of sleeplessness. In the majority of these cases, nutrition and excretion play the most effective part, as, with a good state of nutrition and due observance of the laws of sleep, overwork is

almost impossible. Anxiety and worry should be included with overwork, as they disturb the stability of the cerebral cells in the same manner. Where there is excessive brain work the mind often continues so active that sleep is impossible.

A very important group of cases of insomnia is formed by those suffering from disturbed cerebral circulation, whether due to cardiac, renal or pulmonary disease, or to disease of the cerebral vessels themselves. The blood supply may be excessive and vascular tension high, as in arterio-sclerosis before cardiac compensation fails, or defective and irregular as in dilatation of the heart.

Digestive derangements form an important class of causes. In this class are to be included nearly all cases of disturbance of sleep in children, in whom faults of digestion form the bulk of all their ailments. In the adult, however, these same causes play a very, if not the most, important part in the production of insomnia, much greater than they are usually credited with. In the adult, the insomnia is, however, less often due directly to the disturbances of the stomach and bowels, but is more often the result of the absorption of toxic agents produced by the ill-digested food in the digestive tract.

This auto-intoxication disturbs the sympathetic nervous system and through it the general nervous system and the functions of the various organs of the body generally. These cases are commonly regarded as suffering from some disorder of the nervous system whereas the real trouble is in the stomach.

The man who persists in the pernicious habit of washing large quantities of food down into the stomach without even a speaking acquaintance with the saliva in the mouth, the peppery, blistering mustard sauces, the irritating condiments, the highly seasoned, spiced, preserved, pickled conglomeration of supposed food stuff that cannot possibly be transformed into good blood, but will when absorbed impoverish that life giving, healing stream causing it to be highly irritating to the various nerve centers. The man, I say, who constantly persists in the excessive use of these things and such stimulants and narcotics as tea, coffee, cocoa, alcohol and tobacco must of necessity spend wakeful hours meditating on the truthfulness of the adage "The way of the transgressor is hard."

Toxic causes are common. Many of these result from derangement of digestion and are included under that head. Others result from chronic diseases—as gout, lithemia, chronic constipation and Bright's disease. With these may also be included toxemia produced by excessive indulgence in tea, coffee, cocoa, alcohol, and the habitual

use or abuse of such drugs as morphia, chloral hydrate, cocaine, etc.

The treatment of insomnia by chemical hypnotics is a legitimate heritage from the medical practices of many centuries back.

The fundamental error in the use of chemical hypnotics consists in the treatment of the disease rather than the patient. The real duty of the physician is not to cure maladies, but sick people. The physician who contends himself with the symptomatic treatment of disease will, if successful in holding his patients, never lack for practice, as the methods which he employs rarely fail to create one or more new maladies, which will in turn afford him occupation until they have been displaced by others of his own creation.

The great chemist and physician, Baron Liebig, recognized this fact in the assertion that in the repeated administration of drugs in the treatment of disease, "we do but cure one malady by creating another." This fact does not necessarily afford foundation for the assertion that drugs are useless or that it is not sometimes an advantage to the patient that some pressing and dangerous malady should be cured even at the expense of an inconvenience of certain after-effects resulting from the mode of cure; but certain it is that the intelligent physician should aim at something more than the mere treatment of symptoms by means of so-called specifics or antidotal remedies.

A world of mischief has resulted from the neglect of physicians to recognize it as their duty to seek for the removal of the causes rather than the disappearance of the symptoms themselves, seeking thus to co-operate with the natural forces of the body in rectifying morbid conditions. Symptoms are danger signals, which should lead to a careful scrutiny of the conditions and influences which are producing a disturbing effect. To remove a symptom without removing its cause is like cutting a wire of the electric fire alarm. The bell ceases to ring, but the fire proceeds with its destructive work.

The man who does not sleep well at night, instead of finding the cause of his sleeplessness in an indigestible six o'clock dinner or neglect to take the proper exercise or some other violation of nature's laws, swallows some sleep-inducing drug as bromide, phenacetin, antikamnia, chloral, opium or perhaps some toddy as a "night-cap," until he soon finds that he cannot sleep at all without some hypnotic.

Some persons have actually tried every hypnotic which their physicians or any and all of their relations' physicians have ever prescribed for producing sleep; and not satisfied with the results obtained have resorted to patent medicines and quack nostrums advertised in newspapers and popu-

lar magazines until they have at last contracted the patent medicine mania.

A case recently reported in "The Practical Druggist" is no doubt an extreme example, but many experienced physicians might report cases similar, if not quite so extraordinary. This man swallowed in the courses of a few years, in addition to several hundred gallons of Lithia water, 610 bottles and 182 boxes of patent medicines. The following is a partial list of the nostrums swallowed by this poor victim of misplaced confidence: Swamp Root, Celery Compound, Expectorate, Vermifuge, Kidney Cure, Peruna, Swan's Specific, Omega Oil, Munyon's Remedies, Nervura, Cough and Catarrh Cure, Glycerine Tonic, Tar Tablets, Cold Cure Pills. "And yet—he died."

It is unquestionably true that in certain cases a hypnotic is better than continued wakefulness after long absence of sleep, but the chief questions we should always put to ourselves when using them are: Do these drugs disorder any other functions, while mitigating the wakefulness and restlessness? Is the patient's condition really improved through the sleep and quiet thus produced? Is the natural tendency to recover in any way interfered with? Does the use of a hypnotic tend to restore the natural sleep habit or not? How does the patient look as to expression of face and eye after the drug sleep we have been giving him? How does he feel in the morning, refreshed, or otherwise? Is the use of our drug forming a bad brain habit that it will be difficult to overcome? Is it causing a loss of the higher inhibitory power, while giving the patient present relief? There are many cases where what is pleasant to the patient is not necessarily good for him. The following remark by Dr. Henry Barnes is well worth remembering: "I am accustomed, when importuned for sleeping draughts, to tell patients that an hour of natural sleep is worth four or five times that amount of drug sleep."

Of all the numerous theories which have been advanced respecting the cause of sleep and the cause of sleeplessness, there is not a single one which justifies in any way whatever the use of a chemical hypnotic as a curative agent. (Not a single chemical hypnotic case can be named which has not produced serious, even dangerous symptoms, and the majority have produced deadly effects in not a few instances.) Dr. Dana says: "There are many sleep producing medicines but there are no good drugs for insomnia."

I am not prepared to say that no drugs are of value in the treatment of insomnia or that drugs are not sometimes highly convenient and useful. My contention is that drugs are not curative. Nature her-

self is the only curative force. All the physician can do is to aid nature in her efforts, and this can best be done, in the vast majority of cases, by physiological means. Permanent relief comes from tissue regeneration and functional renovation of the disordered organism.

The sick man can be made well only by being reconstructed. He must be transformed into a healthy man by a process of gradual change. Little by little the old tissues must be torn down and new tissues built in their place. A dietary consisting of pure food substances of a character to be easily digested and assimilated is the proper material with which to construct a new and healthy body.

By means of exercise the nerves are strengthened, the movement of the blood accelerated and the old diseased tissues are broken down and carried out of the body. The muscles must be exercised to work off the old man and create an appetite for new material in the shape of food out of which the new man is to be built.

Exercise must be carefully graduated and perfectly adapted to the individual's muscular strength, and especially directed in such a way as to develop weak muscles and correct deformities. For feeble persons who are not able to exercise sufficiently to obtain the physiological effects desired, massage, Swedish movements, and mechanical exercises may be employed.

Of particular value as a means of stimulating the healing powers within the body and building up strong disease resisting tissues is out-of-door life and exposure to the sun.

Massage is one of the most valuable of all remedial measures. It affords one of the most effective means of influencing the functions of the human body. As a means of securing tissue rebuilding, improvement in nutrition, and building up of the blood and tissues in general, there is nothing superior. But it is important that it should be employed in a thoroughly scientific manner in order that the best results may be obtained.

Various forms of electricity as remedial agents fill many requirements in the treatment of disease. It is applicable to nearly all the curable diseases to which the human system is subject and is one of the most successful remedies known for palliating symptoms of incurable diseases. It is one of the most powerful agents in nature, for evil as well as good it is true, but, nevertheless, it is capable of being controlled so perfectly as to be made useful in the treatment of a large number and great diversity of conditions. Its general influence is to increase vital activity. It does not act as a stimulant, however, as there is no reaction from its proper use.

The forms of electricity most useful in the treatment of insomnia are the static breeze and the galvanic and sinusoidal currents applied in the neutral electric water bath, which produces no reaction, circulatory or thermic; but suppresses reflex activity; consequently the effect is calmative. A neutral bath is also restorative, by checking or abolishing the loss of energy.

Hydrotherapy may be relied upon as a means of stimulating the vital activities necessary for the curative process. When cold applications are suitably applied, every bodily function will be stimulated. By hot applications properly applied, excessive action may be controlled, pain relieved, and blood diverted from congested parts. By various other applications, most powerful sedative, alterative, and reconstructive effects may be produced. Scientific hydrotherapy affords the most direct and the most rapid means of influencing the great functions of life, the circulation of the blood, the action of the brain and nerves, the functions of the liver, kidneys, stomach and bowels.

There is no means by which the various bodily functions may be so perfectly and so quickly controlled as by hydiatic measures applied with intelligence and skill.

As insomnia in all its phases is a symptom of some general disorder, treatment of a curative kind must be directed to the relief of these disorders. Our first duty then, is to seek out diligently and treat intelligently such obvious causes as may exist, as to remedy digestive derangements whether of stomach or intestines; to stop the ingestion of unsuitable food and drink; to relieve constipation; to stimulate the free elimination of fatigue products; to relieve local irritations and reflex disturbances; to stop overwork and bring the daily duty within the capacity of the worker; to relieve anxiety; to correct as far as possible all disturbances of circulation; to relieve anaemic and debilitated conditions; to secure due regard to sanitary requirements; to cultivate good habits of sleep.

In all this the aim is to remove all sources of irritation, direct or reflex, from the cerebral cells, to supply them with ample nutrition, and to cultivate healthy habits in them.

These requirements can best be met by such physiological measures as have been considered in the preceding paragraphs.

And having obtained most excellent results in the treatment of insomnia by the judicious application of these methods, I shall continue to use them as therapeutic curative measures in insomnia.

INTEMPERANCE.

Girls, beware of the young man who

uses intoxicants, no matter how "moderately." Human nature is very much the same, everywhere. In America we have been used to warn men against the use of intoxicating liquor because of the impetuosity of the American character. It is said that the American goes wild over whatever he undertakes; becomes too enthusiastic, and he does anything else. The certainty of his losing control of his appetite, if he drinks at all, is almost absolute.

Facts do not seem to sustain the opinion, once prevalent, that the drinking people of other nations are safe from the results which follow indulgence here. The French, so often cited as a sober people, although indulging in the lighter wines, are becoming much addicted to intemperance, and are substituting stronger wines for the lighter ones. Appetite is about the same, everywhere. The Chinaman becomes a slave to the opium habit, as will any one, of whatever nationality, who uses it. With indulgence the appetite for intoxicants grows; and while it may take the Frenchman a little longer to become a drunkard than it does the high strung, nervous American, he reaches the level at last. The German may stick to his beer for a longer time, but he, too, will reach the end in time. The only safe rule is to let it alone. If men will not drink, there will be no drunkards; but if they do, beginning ever so lightly they will find it grow harder and harder to subdue the craving, until appetite will rule them to their destruction.—The Commoner.

THE MERCIFUL WOMAN.

She had a tender, loving heart
That often throbbed with woe
Because of cruel treatment men
forced brutes to undergo.
And on her fair expanse of brow
Were lines of deepest care
Because men shot in wanton sport
The birds that fly in the air.

At last determined she to write
A tender, strong address,
And have it printed—with slug heads—
In all the public press.
She wrote in strong yet tender vein,
She covered sheets a score,
Then took it to the editor—
And this is what she wore:

A robin redbreast on her hat,
A mink's skin 'round her throat;
A mother seal gave up her life
To make my lady's coat.
Two otter tails of silken sheen
Adorned each beaver cuff.
Four muskrats yielded up their lives.
That she might have a muff.

She drove a pair of speedy nags.

Whose coats had just been clipped,
And which, hard hit by frosty winds,

In anguish pranced and skipped.
And while she to the editor

Just talked, and talked and talked,
The shiv'ring coachman held two steeds
Whose tails had just been docked.

—Will M. Maupin, in *The Commoner*.

EMINENT MEN ON TOBACCO.

Blindness caused by tobacco smoking is, in my opinion, practically always incurable. Nor is this so uncommon as is believed. Not a large number are totally blind, but thousands upon thousands have their eyesight permanently weakened by the deadly poisons inhaled when the tobacco habit is indulged.—Dr. Roberts.

One of the chief reasons why my voice shall always be lifted up against the use of tobacco is that it leads in so many cases to alcoholic intemperance. I am convinced that tobacco-poisoning is the cause of many a drunken spree.—Dr. Edwards.

THE SODA FOUNTAIN.

It is a matter of regret that some soda fountains are not charged with a water supply that is above suspicion. Avoid the cheap fountains where the syrups are made of glucose, artificial flavorings and coloring extract. It should be remembered that sweet drinks do not quench thirst. They generally disturb digestion, and like alcoholic drinks, create a demand for more. The cheap bottled drinks with their bright artificial colors and chemical flavors are endurable only by the most vigorous digestions and only in small quantities.—Healthy Homes.

PROHIBITION: ITS FRUITS.

Maine, Kansas and North Dakota are prohibition states.

The benefits resulting from prohibition are clearly apparent to any one who cares to study conditions in these states as compared with neighboring commonwealths. In twelve years the writer has seen less drunkenness in Fargo than a single holy day resulted in a New York town of about the same population. The Independent has the following comparing Nebraska and Kansas:

Prohibition by constitutional amendment has been in force, more or less, in Kansas for twenty-one years which is time enough to test its value. The statistics which have been gathered are full of interest. In five of the 105 counties the prohibitory law is not enforced. These five counties have 17 per cent of the popula-

tion and furnish over 30 per cent of the crime. The population of these twenty-one years has increased from 996,616 to 1,410,495, while the number of prisoners has decreased from 917 to 788. That prohibition enforced appears in the fact that the United States collects in Kansas only \$7,700 for each 100,000 inhabitants, while in Nebraska, not a prohibition State, it collects \$252,000. In the last ten years Kansas has gained three cities of over 10,000 inhabitants, while Nebraska has lost three. Kansas, while purely an agricultural state, is one of the most prosperous in the Union, and can afford to spend two million dollars annually on her schools. She saves it in beer and whisky.

GOVERNMENT COMMERCIALIZED.

By Rev. E. G. Udpiké, Madison, Wis.

It is a very difficult thing to bring together seventy millions of people and secure perfect unity of action. There is the greatest diversity of character, ideals, opinion and practices. All nationalities are represented. Public opinion is of recent development and is commensurate with democracy. There could be no public opinion until the printing press, but even today there is no proper appreciation of the public rights. In time of war we call a man a traitor who betrays his country, but to betray the public interests in time of peace is the same in principle. We allow the public rights to be trampled upon and totally disregarded. Our patience is often born of laziness of spirit or rather selfishness. We sit by and see the contest for office go on when the game of politics is being played when the whole thing is lacking in patriotism, and can result only in a betrayal of public interests. There is little resentment when special privileges are asked for special classes.

After the war of the rebellion, the best ability of the country was called to the service of industrial expansion. Great railway lines were constructed. Government aid in some cases was a necessity, but it did not stop with the necessity. Infant industries were protected, some of which still bear the name, while they are giants with power that is a menace to the mother that gave them birth. The concentration of capital stands in such relation to government that you can scarcely define what you mean by government except in terms of commerce.

It is the Same Devil. "

The power at the heart of every despotism of the past was the desire for special privileges for special classes. It was this that our fathers resented in the Revolutionary war. It was at the heart of the slaveholding aristocracy in the south. And

today in new form it comes again and demands special legislation for its vested interests.

There is no condemnation for wealth honestly won and honestly used, but when it comes to corrupt legislation and to trample upon the rights of the many in the interests of the few, it is the same devil that was at the heart of Nero and Judas.

The history of political corruption in this country is the history of commercialism seeking to secure special legislation for itself. It makes possible every political boss. Croker and Platt and Quay could not stand an hour if you were to remove the commercialism which sustains them. The puppet in the chair of the Illinois legislature is not the source of corruption; neither is the boss behind him. It is the corporate interests that want special favors, and will do anything to secure them.

The man at the end of the wire, who moves in respectable society and supports church and gives to philanthropy but who uses the boss to do his dirty work, is the real traitor against whom condemnation should fall.

The source of the corruption in St. Louis is not in the boodling aldermen, who have been sent to the penitentiary, but the commercial interests that want special favors, that have attempted to use these men.

Condemnation Where It Belongs.

Let us go to the root of the matter. Let us pronounce condemnation where it belongs. There is no more vital principle than this, that government is for all the people and not a favored few.

The members of our own legislature who heard in last week's discussion the protest of the shippers and not the indignation of a mighty people, are short sighted. The people of this country, when they come to their senses, will never consent to have the railroads, which are common carriers, run in the interests of a special class.

The power to build up one man and destroy another, to build up one community at the expense of another, is as vicious at heart as taxation without representation which so stirred the souls of our fathers. It has made possible the Standard Oil company, with its iniquitous millions. It has made possible all the abuse in the coal fields, where a whole nation is plundered in the interests of an oligarchy.

Great Issue That Must Be Faced.

We are entering, as a people, upon a great struggle, which will be an irrepressible conflict as surely as was the war which gave the slave his freedom. For a time, perhaps, both parties will refuse to face the great issue. We shall have a repetition of the attitude of the Whig and Democratic parties before the civil war. But the time

will come when the issue will be clearly defined. One party will stand as did the old Democratic party in the slavery days, for the notion that vested rights, property and other legal rights were created for man, and that he must not be the slave of his own institutions.

One party will have great power—the power of corporate wealth. It will be an oligarchy. The other party will be the people. The oligarchy will proclaim that civilization and all its glories will perish if the reckless masses are permitted to gain control of all the means of wealth.

The party of the people will go forward to meet the issue, and it will do it in the name of patriotism.

It will establish a government of the people and by the people and for the people.

A commercialized government for a favored few will then be an impossibility.

Every man must take side in this conflict. There is required as great statesmanship today as in any past crisis in our history. As much courage, wisdom, common sense, civic grit and true patriotism are needed now as when our flag was dishonored by the rebel guns at Ft. Sumpter.

SCIENCE AND NATURE STUDY.

There is a very interesting controversy going on through the press between the popular students of nature, John Burroughs, Ernest Thompson Seton, and William J. Long. The works of these men have been very popular among young Americans and have done much to awaken an interest in nature study. In the controversy the difference between science and nature study is being emphasized and it is plainly shown that the tendency at present is toward nature study. Science consists of a list of the cold facts as they are discovered in the laboratory by dissection. Nature Study consists of a careful observation of animal and plant life in their natural environment and condition. The beauties of nature are not revealed as much in the dissecting room and the laboratory as in the natural environment and unutilized forms of plants and animals. By dissecting the plant or animal we may study structure, but function or use is not revealed there so well as by observation of the living forms. Concerning the two methods of study Mr. Long says:

"The field of natural history has changed rapidly of late, and in the schools and nature clubs the demand is for less science and more nature. Formerly the writer of natural history, working on the scientific plan, simply catalogued his facts and observations. Animals were assumed to be creatures of instinct and habit. They

were described as classes, under the assumption that all animals of the same class are alike. Style and living interest were both alike out of place; for it was, and still is, asserted that a personal interest destroys the value of an observation.

"The modern nature student has learned a different lesson. He knows that animals of the same class are still individuals; that they are different every one, and have different habits; that they are not more alike than men and women of the same class, and that they change their habits rapidly—more so, perhaps, than do either governments or churches—when the need arises."

It is gratifying to note the progress to ward a true science of life by means of better methods of study. The mutilations in the science of the nineteenth century were barren of results compared with the results that will be obtained by the more scientific methods of nature study.

HYGIENE AND ARTISTIC DRESS.

I once heard some very good music performed by a man whose hands were crippled with rheumatism. What divine strains might have issued from the instrument had those fingers been free from disease!

The American woman, ever advancing and invading new fields, glorifies the cause of freedom in this great republic; yet she is the frailest of her sex. What would her achievements be if she were not so handicapped?

Although her progress has been great, she presents a ridiculous figure competing with man in her steel-imprisoned ribs, walking with uncertain steps in his paths upon her absurd French heels; tripping when she carries pencil, note book and numerous small parcels upon her pocketless long skirt, dragging with it the filth and dampness of the streets.

Although she claims intellectual equality, she inconsistently persists in sacrificing health, comfort, convenience and real beauty to fashion. As an instance of the power of this tyrant, a waitress in a department store restaurant was discharged because she relieved her poor tortured throat by wearing a frill of lace around her neck upon a hot day instead of the conventional ribbon wound in several strands around a celluloid collar.

"But I like that fashion." is the only argument woman can give in reply to the oft-repeated complaint of artists that it is spoiling the form of the neck.

Why have our tastes so degenerated that a huge bust, small waist and prominent hips are our ideal of a beautiful form? If the woman who posed for the statue of Venus were living today, it would be a great trial for a modern dressmaker to try to fit

"such a figure." What an amount of lacing and padding would be necessary to render that form presentable!

If we should adopt the style of garment worn by this beautiful Greek a great many people would denounce it as they do modern evening dress as indecent. But our ideas of modesty, like those of beauty, are only arbitrary. Priam would certainly have blushed at the sight of a woman attired in one of our tailormade gowns, which not only exposes every outline of the trunk, but exaggerates them by artificial means.

But nearly every advocate of dress reform favors a severe and masculine style, the adoption of which would be robbing women of one of their most blessed rights. There is a subtle charm in stylish hats, dainty waists and skirts that hang just right. Let beauty be adorned—but artistically. The sun-kissed hills and verdant plains of Hellas, the surging, boundless blue of the Mediterranean inspired her people with a conception of art and love of freedom, whence was born the immortal garment that enhanced Helen's charms.—*The Ladies' World*.

MEDICAL PROGRESS.

One of the strongest evidences of medical progress is the diminishing confidence in drug medication among eminent doctors. The only excuse for using drugs is that they are more convenient than hygienic or physiologic measures. There is scarcely a disease that cannot be treated more effectively without drugs than with them, and where non-drug methods are used the body is free from disease producing poisons after the treatments. We are pleased to quote below some statements of Dr. William Ostler, professor in Johns Hopkins' Medical college and author of the most authoritative work on the Practice of Medicine. These statements are quoted from "The Progress of the Century," published by Harper & Brother, as follows:

"The century has witnessed a revolution in the treatment of disease, and the growth of a new school of medicine. The old schools, regular and homeopathic—put their trust in drugs, to give which was the alpha and omega of their practice. For every symptom there were a score or more of medicines—vile nauseous compounds in one case; bland, harmless dilutions in the other. The new school has a firm faith in a few well tried drugs, little or none in the great mass of medicines, still in general use. Imperative drugging, the ordering of medicine in any and every malady, is no longer regarded as the chief function of the doctor. Naturally, when the entire conception of the disease was changed, there came a corresponding change in our therapeutics.

In no respect is this more strikingly shown than in our present treatment of fever—say, of the common typhoid fever. During the first quarter of the century the patients were bled, blistered, purged and vomited, and dosed with mercury, antimony, and other compounds to meet special symptoms. During the second quarter, the same, with variations in different countries. After 1850 bleeding became less frequent, and the experiments of the Paris and Vienna schools began to shake the belief in the control of fever by drugs. During the last quarter sensible doctors have reached the conclusion that typhoid fever is not a disease to be treated with medicines, but that in a large proportion of all cases diet, nursing, and bathing meet the indications. There is active, systematic, careful, watchful treatment, but not with drugs. The public has not yet been fully educated to this point, and medicines have sometimes to be ordered for the sake of the friends, and it must be confessed that there are still in the ranks antiques who would insist on a dose of some kind every few hours.

"One of the most striking characteristics of the modern treatment of disease is the return to what used to be called the natural methods—diet, exercise, bathing and massage. There probably never has been a period in the history of the profession when the value of diet in the prevention and the cure of disease was more fully recognized. Dyspepsia, the besetting malady of this country, is largely due to improper diet, imperfectly prepared and too hastily eaten. One of the greatest lessons to be learned is that the preservation of health depends in great part upon food well cooked and carefully eaten. A common cause of ruined digestion, particularly in young girls, is the eating of sweets between meals and the drinking of abominations dispensed in the chemists' shops in the form of ice cream sodas, etc. Another frequent cause of ruined digestion in business men is the hurried meal at the lunch counter, and a third factor, most important of all, illustrates the old maxim, that more people are killed by overeating and drinking than by the sword. Sensible people have begun to realize that alcoholic excesses lead inevitably to impaired health. A man may take four or five drinks of whisky a day, or even more, and thinks perhaps that he transacts his business better with that amount of stimulant, but it only too frequently happens that early in the fifth decade, just as business or political success is assured, Bacchus hands in heavy bills for payment, in the form of serious disease of the arteries or of the liver, or there is a general breakdown. With the introduction of light beer there has been not only less intemperance, but a reduction

in the cases of organic disease of the heart, liver, and stomach caused by alcohol. While temperance in the matter of alcoholic drinks is becoming a characteristic feature of Americans, intemperance in the quantity of food taken is almost the rule. Adults eat far too much, and physicians are beginning to recognize that the early degeneration, particularly of the arteries and of the kidneys, leading to Bright's disease, which were formerly attributed to alcohol, are due in large part to too much food."

HINTS ABOUT THE HAIR.

Prof. Anthony Barker in the magazine "Health," December issue, makes the following points about "Hair Culture":

Don't wear a hat that is too heavy or that is not well ventilated. Don't wear the hair and allow it to dry of its own accord. Don't tear a comb through the hair as a farmer would rake his hay together. I have seen some comb their hair in about this manner. Don't brush the hair with a brush that is not thoroughly cleansed daily. Don't use any of the hairgrowers that are on the market. They may make the hair grow temporarily, but it will fall out after the effect of the lotion is worn off, leaving the hair in a much worse state than before. Don't be fooled by them. A great stimulant for the hair is to massage the scalp with the medicine ball, by rolling it round on the arms. The blood is greatly accelerated, and from the fact that both arms are up together, the chest is greatly expanded and new blood is made by the lungs. This treatment above has put my hair into so strong a condition as to enable me to hold four men by the hair alone; one man weighing 160 pounds may clasp my hair and I can swing him round in a circle, using my feet as a pivot.—Selected.

OPPORTUNITY.

Master of human destinies am I!

Fame, love and fortune on my footsteps wait.

Cities and fields I walk. I penetrate

Deserts and seas remote, and passing by

Hovel and mart and palace, soon or late

I knock unbidden once at every gate!

If sleeping, wake; if feasting rise before

I turned away. It is the hour of fate,

And they who follow me reach every state

Mortals desire, and conquer every foe

Save death; but those who doubt or hesitate,

Condemned to failure, penury and woe,

Seek me in vain and uselessly implore,

I answer not, and I return no more!

—The late John J. Ingalls.

Suggestions to Parents.

HEREDITY AS A FACTOR IN MENTAL DEFICIENCY.

By T. Alexander MacNichol, M. D.

Were men as careful in laying the foundations for a good posterity as they are of maintaining the lineage of a horse or the blood of a barnyard fowl such a human monstrosity as the 16-year-old murderer executed in Connecticut last year would become an impossibility. This lad, held in the hereditary clutch of two or more generations of depraved ancestors, started life a moral pervert, cruel and remorseless. His father was weak minded and a drunkard; his father's brother was an epileptic; his mother was feeble-minded, a prostitute, and died drunk in the street; his mother's sisters were all drunkards; his mother's brother died insane; his paternal grandfather was an epileptic; his maternal grandfather died insane; his maternal grand mother was an epileptic, a drunkard and a prostitute. Heredity prepares the soil and implants the tendencies; environment may modify them.

Devitalize the system in one or through successive generations. and the sum total is mental deficiency, loss of organic integrity, dipsomania, epilepsy and other psychoses.

Reformatory, prison and asylum are pictorial volumes of the potency of hereditary taint in producing a degenerated offspring.

In no less unmistakable a manner does mental deficiency point to a defective origin. It is evidenced by the results of an investigation conducted by the writer for the purpose of determining the bearing of heredity upon dullness. Despite the difficulties attending such an investigation, we have secured data of 10,000 children.

Of this number 885, or 8.8 per cent, showed more or less marked mental deficiency. The dullness of 40 is reported as due to environment and physical conditions. in which are included poverty, defective sight, deafness and general constitutional weakness; 221 are classified as due to heredity, 471 others as children of drinking parents; of the remaining 153 no definite information was procured. The children examined, with few exceptions, had good hygienic surroundings, many of them had defective eye sight corrected, difficulties of hearing removed, and other physical infirmities improved, but the mental deficiency remained a distress to the parent and a constant irritation to the teacher. A few placed under trained private teachers, but

the progress was far from ideal, and the children returned to school; others who were given work in manual training schools developed much mechanical ingenuity, but showed little other mental improvements.

Those conditions which impair the integrity of nerve tissues or profoundly affect nutrition are the active agents in the preparation for the transmissions of hereditary ills.

We have been able to trace the family histories of 463 children in 150 different families, through three generations. Seventeen—two males and fifteen females—were precocious in some one thing, as music, drawing, etc., 403 were generally deficient (193 males and 210 females), 17 had neurotic fathers, 18 neurotic mothers; 313 had drinking fathers, 51 drinking mothers; 43 had neurotic grandparents; 265 had drinking grandparents; 246 had, drinking parents and grandparents. Two per cent of these children had parents of less than average intelligence. A most notable fact in these families was the constant relation of alcohol in the descendants.

While 87 per cent of these children of drinking and neurotic ancestry were mentally deficient, 76 per cent suffered from some neurosis or organic diseases. The contrast between these and abstaining households is very striking. I give you the results of a study of 51 families of 231 children having total abstinence antecedents. Of these less than 3 per cent were dull, and but 18 per cent suffered from any neurosis or organic disease.

Such facts as these stamp heredity as a most important factor in mental deficiency, and alcohol as a most active agent in the production of hereditary degenerations.

The records of the following three classes of parents and their families would be of more than passing interest in this connection. A study of 24 families of drunken parents shows 113 children, of whom 93 had organic diseases, 66 mentally deficient, 7 idiots, 8 dwarfs, 7 epileptics and 16 drunkards.

Seventy-six families of moderate drinkers had 236 children, of whom 186 had organic diseases, 169 mentally deficient, 8 idiots, 8 insane and 21 drunkards.

Thirty-one families having neither neurotic nor drinking ancestry had 116 children, 20 had organic diseases, 3 mentally deficient, 1 a drunkard.

In other words, while the children of drinking parents show less than 12 per cent normal in mind and body, the children

of total abstainers show over 82 per cent normals. Thus the families of drink imbibers in large measure augment the number of drunken, diseased and defective members of society.

Wealth and social environment cannot always overcome misdirected biogenetic forces, as illustrated in the following family history:

A moderate drinker of good, sturdy inheritance married an equally healthy woman, an abstainer. The result of this marriage was a son of strong physique. The father died of cerebral hemorrhage, at the age of thirty-four; the mother died of lung trouble at the age of seventy. The son became a moderate drinker, married a moderate drinker, descendant of a vigorous stock, and died of cerebral hemorrhage at the age of seventy. The result of this marriage was one son and two daughters, one of the daughters, unmarried, died of cancer; the other married a moderate drinker. Two precocious daughters were the result of this union. The son, a heavy drinker, married and raised a family of one boy and one girl. The boy, in spite of wealth and the severe discipline of a military school, is vicious and mentally deficient, while the girl is an imbecile.

It is self evident that any treatment of mental deficiency which disregards cause must fail of permanent results. Segregation of at least 90 per cent of these pupils in special classes, under well equipped teachers, aside from the life-long stigma such segregation entails upon the child and parent, will at best conceal the grosser manifestations of the evil while the cause remains.

The child's first claim upon the state is not education, not liberty, not even happiness, but it is life, it is health. No human agent should have any right to the indiscriminate dispensing of that which contaminates the fountain head of citizenship, implants disease in the offspring and casts upon the community an unnecessary burden of defective and degenerate youth.

Let the State interdict the sale of alcohol as it does other narcotics and prevent or control the marriage of the mentally deranged with healthy members of society, and not only crime and insanity will diminish, but there will be a rapid reduction of mentally deficient children.

The youth who, in spite of a vicious environment, makes of himself a man thoroughly furnished unto good works, merits our praise; but he who, cast in a defective mould, starts life in the implacable grasp of poverty and vice, demands our sincerest sympathy and our wisest thought.—Health Culture.

The following excellent articles on social purity work were taken from the Purity

Advocate, published by Vir Pub. Co., Philadelphia, Pa. They are worthy of careful consideration.—Ed.)

Criminal Ignorance.

By L. A. Maynard, Associate Editor Leslie's Weekly.

No question relating to the instruction of boys is more important and at the same time more difficult and perplexing than that of imparting proper and adequate knowledge concerning his reproductive nature. Ignorance concerning these matters in a growing boy can seldom if ever, be blissful in its results, and yet wisdom (?) of the kind generally gained is far worse than foolishness; it is often ruinous and positively damning. How, when and where to impart instruction to young and impressionable minds in regard to this, one of the strongest and most impelling forces of the physical being, without doing more harm than good, is a problem that may well tax the minds of the ablest and most experienced educators of our day. One thing is certain: the present state of things in regard to sex instruction must not be allowed to continue. An immediate and radical reform is necessary. The ignorance on this subject prevailing among otherwise intelligent men and women is absolutely appalling, and the result in vice, misery, disease and crime still more so. That so little has been done toward proper instruction in this direction is a heavy reproach upon our Christian civilization, and we are paying dearly every day for the lack of it.

MISSIONS FOR MEN.

By Jessie A. Ackerman.

Why not begin missions to fallen men? Why not enter the houses of shame and try to rescue the men first? Why not build rescue homes for men? Why not form rescue bands, station them at well known houses of ill-repute in large cities, to begin a mighty effort in the interest of outcast men? Did Christ come only to save women? Have Christians no duty toward debauched and degraded men? Save the fallen men and there will be no such thing in all the land as fallen women. How earnestly I plead for outcast men; neglected, fallen men! No one to help them up, nor to tell them how utterly lost they are, and few realizing what unfit companions these polluted creatures are for pure women. The great cry of the hour—indeed, the demand—should be a mission to fallen men. The only work of this kind on record, as far as I know, is carried on by an officer of high rank in the Army of Holland. Imbued with the courage of the cross, inspired by the Captain of his salvation, this brave man, with a band of earnest workers, starts out into the market

places of vice and sin, with the object of rescuing men. Night after night in full-dress uniform he confronts the soldiers before they enter these pitfalls of sin, and entreats them to turn from the haunts of shame. So well has he succeeded that many houses of ill-repute have been closed.

PARENTS AND TEACHER.

By Dr. Jeannette W. Hall.

Are we going to allow our boys and girls to come to this critical period in their lives unprepared to meet and cope with its dangers? Shall we sit quietly down with the means in our possession to present this subject in its pure and noble aspect, and allow some one else to poison the minds of our children, and inflict upon them a view of sex and reproduction from which they can never free themselves? Shall our girls become invalids, through ignorance, and our boys be robbed of half their manhood because of our super-refined delicacy? . . . Let us rather attain to that height from which we ourselves can look out upon this subject freed from all impurity, and see in reproduction the crowning feature of God's great plan of life. Then, with the scientific knowledge of the subject, let us present it to our children, that they may look upon adolescence as a phase of life as sacred as birth or death, and as pure as infancy or maturity, and upon reproduction as a sacred power.

The function of the teacher, in loco parentis—man teacher for the boys and woman teacher for the girls—in bringing to the adolescent this noble conception of being and life, is the most difficult and yet the highest one in all pedagogy. At this time of stress and storm, of budding strength and conscious weakness, of doubt and yet need of light, the child seeks his confidants. If there is ever a time when "the confessional is the soul's clearing house," that time is now. The intelligent teacher may have a duty here, hard to read and difficult of accomplishment.

DR. ELMER GATES' EXPERIMENTS WITH HIS CHILDREN'S MINDS.

Dr. Elmer Gates is conducting experiments with his four children in regard to the development of their minds. He has apparatus which will give him facts concerning color, sound, taste, smell, touch, quickness of thought and rapidity of action, taught to infants by a varied treatment of new and ingenious devices. He will in this way be able, he claims, to measure the brain's speed. He believes he has found out how the mind can be built to order, and also how character and disposi-

tion may be improved at will so as to have good traits and do away with bad ones. It is all a matter, he claims, of educating the cells of the brain, which are the physical unities of mind. The brain, like any other part of the physical mechanism, can be built up, he asserts, and beginning with the child it can be developed little by little. We shall have more to say upon this subject later on.—The Phrenological Journal.

SCIENTIFIC MARRIAGES.

What can be done to increase domestic happiness and reduce the number of divorces in America? The old maxim that well begun is half done, applies with full force to wedded life. We cannot consider here the training that boys and girls should receive in order to prepare them for the most important step they are to take in life.

There is discord in many homes because husband and wife are not adapted to each other in any sense. Many "fall in love" at first sight and become so infatuated as to be uninfluenced by the reason of those who see how poorly they are adapted to each other. Undirected impulse is a poor guide in such an important step in life. There are scientific principles that might be employed to show the harmony or discord that exists between persons who contemplate taking the most important step of life. A careful study of temperaments reveals the physical and mental deficiencies and excesses. There are in the body three classes of organs. Those situated in the trunk prepare nourishment for the other two classes and are called the nutritive organs. The bones and muscles have the function of moving the body about and are called the organs of motion. The brain and nerves are most closely associated with the mind and are called the organs of sensation. Where all of these systems of organs are equally strong there is a harmonious physical development and a relatively well balanced mind, where either of these systems greatly predominates over the others there are correspondingly strong mental characteristics. By a careful study of the temperaments and of human nature in general one can readily see the benefit that an application of their principles would be to the human family. These principles apply to the physical, social, mental, moral, esthetic and spiritual phases of our being. There is no harmony in extremes, neither do similars harmonize unless there is complete harmony in the nature of both. Such a condition is perfection and is not found in the human race. A proper blending of the weak and strong characteristics in parents would be a blessing to future generations. If our children had a commer-

cial value as the lower animals and the products of the vegetable kingdom have we would have discovered that lesson long ago. If both parents are very strong or very weak in certain powers the condition is aggravated in their children.

It is astonishing that science is applied in every conceivable manner and when a partnership is formed for life between men and women, blind chance is the judge. When we consider this question from a scientific viewpoint there will be fewer divorces and more happiness in the homes of Christendom. The following remarks that appeared in Truth June 6, 1903, are to the point and are worthy of consideration.

"What's the use trying to abolish divorce when so many mismatched couples are paying wedding expenses every day in the year? Young men and young women get momentarily smitten on each other; imagine they are in love; rush away and get married, and too late wake up to find both have been mistaken. Two sensible beings might, in such cases overcome all obstacles by sheer determination, for in some instances marriage begets love, but those instances are the exception, and not the rule. If love has existed prior to marriage, it will be intensified in a holier form after the pair have lived together for a time. If it did not, then for the life of me I do not see why the pair should be compelled to live together against their will. The clergy are declaiming against this divorce business and are endeavoring to make it impossible for divorced parties to again marry, by having the priests and ministers decline to perform ceremonies for them. As well whistle against the wind. The civil authorities stand by ready to assist a fellow in taking a mate at any old time. But, says one minister, we will have the civil authorities follow our example. Well, suppose you do, you blithering old simpleton. You simply tell the divorced ones that their only recourse is living in adultery and down come the bars and riot prevails. The only solution the writer has for the problem is that contained in the famous speech of Patrick Henry: 'I know of but one way of judging the future and that is by the past.' With the record of all behind us, let us see to it, in so far as we can that our boys and our girls make suitable marriages, and then we will have eradicated the biggest portion of the cause for divorce. We mate up wrong too often. Physiological and psychological science should govern in pairing off; should be considered just as well as the gentler passion. A young man and a young woman physiologically and psychologically suited for each other will have no trouble in falling in love. That love will be lasting and perfect if the primary condition is strictly observed. The place to abolish the divorce evil is at the altar, not

in the courts nor in the legislatures."

The following appeared in the Deseret Evening News, and is no doubt representative of the entire country:

MARRIAGE AND DIVORCE.

Going at the Ratio of Six to One in Salt Lake This Year.

During the six months ending June 30, there have been 709 marriage licenses issued by County Clerk James and his deputies and during that time 118 complaints for divorce were filed in the clerk's office. It will be seen that the ratio of divorces to marriages in this county for the past half year is one to six. The month of June was a record-breaker in the matter of marriage licenses issued, there being 245 issued during the month. The same month last year there were only 188 licenses issued. The record for a single day was also broken during the month, there being 25 licenses issued in one day. The previous record of the office was 23 in one day.

There were 393 complaints filed in the district court during the past six months, and nearly one-third of them, 118, are divorce suits. Out of the entire number filed, 57 were charity cases for which the county received no filing fees.

To those readers who are seeking for improvements on a strong meat diet, let us recommend keeping in the house as staples two kinds of food that are not commonly used in this connection—peanuts and dates. Our folks buy peanuts wholesale, at 30 to 45 cents a peck, and dates at 8 or 10 cents a pound. Both are highly valuable foods, and the combination is as good as any \$5,000,000 Battle Creek concern can concoct. Assuredly we would not propose peanuts and dates as an exclusive diet, but they are good to depend on, and will do you more good than the same money invested in meat.—Pathfinder.

— An Arab Saying.—The Equitable Record.—"Man is four:

"The man who knows not, and knows not he knows not, he is a fool—shun him.

"The man who knows not and knows he knows not, he is simple—teach him.

"The man who knows and knows not he knows, he is asleep—waken him.

"The man who knows and knows that he knows, he is wise—follow him.—Translated by Susan Hayes Ward.

The greatest truths are the simplest, so are the greatest people.

OUR BOYS AND GIRLS.

THE BLIND WEAVER.

A blind boy stood beside the loom
And wove a fabric. To and fro,
Beneath his firm and steady touch,
He made the busy shuttle go.

And oft the teacher passed that way
And gave the colors, thread by thread;
But by the boy the pattern fair
Was all unseen. Its hues were dead.

"How can you weave?" we, pitying, cried.
The blind boy smiled. "I do my best;
I make the fabric firm and strong,
And one who sees does all the rest."

O, happy thought; beside life's loom,
We blindly strive our best to do,
And He who marked the pattern out,
And holds the threads, will make it true.
—Beth Day, in Youth's Companion.

FABLE OF A CLOCK.

A peasant went to a jeweler to buy a clock, and the shopkeeper placed before him a timepiece of handsome finish, and said:

"Here is something I can warrant. No clock can be more reliable."

It was purchased, taken home, and placed on a shelf. Hearing itself so well spoken of by the jeweler, the clock determined to put on its best face. It found itself in company with a vase, a musket, several pictures and a watch out of repair, and had been running only one day before the vase remarked:

"Let me give you a bit of advice: If you want to please our master, gain a few minutes' time every twenty-four hours." No sooner had the clock agreed than the musket said:

"And please don't strike so loudly, as the mistress is very nervous."

Then one of the pictures observed.

"Make yourself solid with the children by losing half an hour every night, so they can sleep later in the morning."

The clock set out to oblige all and to follow each piece of advice, and the result was that the peasant returned to the jeweler within a week, and, slamming it down, said:

"O liar, deceiver and fraud, this clock is not worth powder to blow it up! Give me back my ducats."

Moral: Don't try to follow everybody's advice.

LUCK AND LAZINESS.

Luck tapped upon a cottage door,
A gentle, quiet tap,
And Laziness, who lounged within,
The cat upon his lap,
Stretched out his slippers to the fire
And gave a sleepy yawn;
"Oh, bother! let him knock again!"
He said; but Luck was gone.

Luck tapped again, more faintly still,
Upon another door,
Where industry was hard at work
Mending his cottage floor.
The door was opened wide at once;
"Come in!" the worker cried,
And Luck was taken by the hand
And fairly pulled inside.

He is still there— a wondrous guest
From out whose magic hand
Fortune flows fast—but Laziness
Can never understand
How Industry found such a friend.
"Luck never came my way,"
He sighs, and quite forgets the knock
Upon his door that day.
—St. Louis Republic.

CRUEL SLAUGHTER—A PIGEON SHOOT.

(World-Herald, Omaha.)

To the Editor of the World-Herald:

About two years ago I was called upon to witness as a reporter for a large daily a pigeon shoot, at which some of the most celebrated marksmen of the day were present and took part. Prior to entering the park where the shoot was to take place I was under the impression that my assignment had been so much better than my fellows that they must surely envy me. But whatever their feelings they were unexpressed. I went to the park and carefully noted the preparations for the great event—inspected the pigeon coops, where thousands of pigeons, each one decorated by divine hand in the most beautifully tinted colors, apparently happy, if not contented, in the narrow confines of the wire netting. The traps were also noted—it being my first experience in such a reportorial line—and, in fact, everything that appeared to be of any importance about the place was made a note of, that the editor could find no fault with my report.

Among the shooters were men of whom

I had read in various papers, and they impressed me as a fine lot of fellows, and not at all "swelled" by international reputations.

The shooting began. A number of men stood at the line, while others were advanced according to the handicap they were entitled to. The first bird was let out of the trap. It proved a swift flyer and went away directly opposite to where the shooters stood. The shooter let go both barrels and the "fun" was on. After the bird was over the park fence I could hear a rattle of all kinds of firearms, from zulus to pistols, from the score of gunners laying there for just such chances. But the bird was a good dodger and I could watch him a mile away going into the sky.

At intervals the birds were sprung from the half dozen traps. Some got away badly wounded, and even escaped the outside shooters. Others went down at the first barrel. Those that dropped inside the fence were brought back to the snooting box and piled in several large heaps. Some were frightfully mangled, while others had but a single pellet in a vital part.

My feelings had undergone a great change in the last half of the shoot. All I noted was when some great biped, standing with the butt of his gun resting on his shoulder, gave the word to spring the trap. Up came the bird. Sometimes he would not fly at all and the shooters poured the hot shot into his beautiful body with remorseless energy, and he dropped over dead. Poor birds. Many of them had been pets of some persons, and they were not frightened when released; they looked at the deadly gun without fear, "until the butcher cut them down," as George Primrose sings in his famous song.

And this slaughter, with apparently the most vindictive spirit, went on. Great, burly men wantonly killing beautiful pigeons just for "sport."

I had to stand and watch this brutality and be considered to an outsider as a spectator to such a scene. My feelings, controlled by my anxiety to do well the task I had been sent to do were to seize a gun and kill the first man who shot another bird. That would at least be as humane as the slaughter of the pigeons who, absolutely defenseless, were killed without the slightest show of mercy.

The sight that day I will never forget. I see the whole thing now with vividness. Sport! Two men fighting a duel with meat axes would be a fair and square encounter, but such slaughter of innocent birds is inexcusable in this enlightened day.

A NEWSPAPER MAN.

Little minds are tamed and subdued by misfortune, but great minds rise above it.

INTELLIGENCE OF BIRDS.

The following is from the letters of Lady Mary Boyle, who was a witness of the fact and therefore can be relied on:

One day, while walking with my mother (in London) over the bridge, we were attracted to a small, poor cottage by the exquisite singing of a thrush. The old couple who lived in it were very poor and their richest possession was the thrush which sang outside in a wicker cage. After listening for a few moments my mother asked if they would be willing to sell the thrush to her. The bargain was made, the double of the sum they named was paid by my mother, who sent a servant next morning to claim her purchase. The cage was placed in a large and cheerful window in our dining room, but not a sound or a note came from the melancholy bird, which drooped and hung its head as if moulting. We fed, we coaxed, we whistled, but it remained silent, motionless and moping. My mother felt as much indignation as was consistent with her gentle nature. She was not suspicious, but it looked as if another bird had been palmed off upon us. She waited several days, when her patience was exhausted and she sent for the late owner. The door opened and my mother advanced to meet him, but neither of them was allowed to speak, for no sooner did the old man make his appearance in the room than the bird leaped down from its perch, opened its wings and broke into so triumphant a song of joy that it seemed as if the whole room vibrated with the melody. "Why, my pretty lady," said the man, approaching the cage, "you know me, don't you?" and the thrush kept flapping its wings and moving from side to side, one might almost say dancing for joy. There was no doubt about it; it was the same bird that had charmed us in the lane at Wolsey, but, like the Hebrew captives, it could not sing its song in a strange land. "Take it back," my mother said, "I would not part such friends for all the world," and off together went that loving pair. Pretty bird full of song.

THE TEACHER'S REVERIE.

Note—The following poem was written nearly twenty years ago, by Miss Emma L. Bush, and has never been in print before.—Editors Pathfinder.

The teacher's clock, with busy hands,
Points past the hour of four;
Their lessons said, the noisy group
Have passed beyond the door.
Yet still she sits, with restless hands
Pressed to her aching head;
"It is so hard, so very hard
To teach, sometimes," she said.

I am so hasty oftentimes
And speak so harshly, too,
When always, I desire to be
A pattern good and true;
I would be always strict and firm,
Yet keep my patience long.
Commend the good, and pure, and true,
But frown upon the wrong.

Sometimes I'm happy in my school,
And love my pupils so,
When they are striving to be good,
And do the best they know;
And then again they seem to heed
So little what I say,
That I am glad when four o'clock
Comes round to close the day.

O, when will little children learn,
And older people, too,
To do the right from love of it,
And court the good and true;
But scorn to do a wicked thing,
No matter if it's hid,
And strive in every place
To do just as they are bid.

O, if that time should ever come,
And I am on this shore,
Just call me to the teacher's place;
I would not ask for more,
But I would strive to patient be,
And fill my station well,
And say the joys of teaching school,
No tongue can ever tell.

MODESTY.

Modesty is a virtue. It cannot be assumed but belongs to those who possess it as a part of their natures. Its value cannot be compared with the interior gifts of beauty and wealth; even wisdom, itself, the greatest of all gifts, fails to elicit just appreciation when it is not arrayed in the snowy robes of modesty. Modest people are beautiful, no matter what their features may be.

The ignorant may think the words modesty and bashfulness are of the same meaning, but this is a great mistake; modesty may go hand in hand with dignity and learning, while bashfulness is caused by ignorance, or is the effect of imperfect training.

Many will agree that a maiden's beauty consists in her modesty, but they will pause to reflect, before acknowledging that it is quite as admirable in a young man. Yet, it is so. True principles of modesty will not prevent young men from acquiring knowledge, wisdom, influence and power, but on the contrary, if they attain to all these their modesty will command for them respect which will make them all the more appreciated.—Y. L. Companion, 16th ward.

STARVING FOR FRESH AIR.

Starving to death are the children,
Starving the aged and gray;
Starving to death the people all
Who live in cities today.
There may be bread for the children;
Bread for the white-haired sire,
Meat and bread for all to dine,
Yet their blood is lacking fire.

Their brains grow dull and aweary,
Their nerves are drawn with pain;
They struggle and strive for something,
Something they never gain.
Have they gold, uncounted millions?
Such starve, for air that's pure;
As they loiter in hives of crystal
Degen'rac'y cometh sure—

O, flee from the house and palace;
Live in the open air.
Throw wide the windows of your room,
And learn the cold to dare.
Feast, feast on the food of heaven;
Fresh and sweet and good.
The air that is pure will save you!
Thou starving multitude.

Into your veins that are shrunken,
Take oxygen anew;
Strive for it as you strive for wealth,
To nature's laws be true;
More noble shall your thoughts become,
More sweet, your mighty rest,
The vital flame again will burn
More warmly in your breast.
—Edson B. Russell, Minneapolis. Minn.

"A boy chased a butterfly; it led him far away.
He run till he was out of breath, until the twilight gray.
His hands were torn with briars and his weary legs were sore—
And when he caught the fluttering thing he valued it no more.
A man once chased a dollar, and he ran with might and main.
Unmoved by other pleasures and indifferent to pain.
And when a glittering fortune in his grasp quite safely lay,
He said, "I'll turn philanthropist and give it all away!"

—Washington Star.

Practical jokers should take warning by a case at Paterson, N. J., where five men employed in the locomotive works killed a boy by forcing the nozzle of an air pressure pump into his throat and turning on the air, up to 110 pounds to the square inch. The men are now held for manslaughter.

***** Our Little Folks. *****

A CHAT WITH THE LITTLE FOLKS ABOUT THEMSELVES.

Would you like to know how to build a strong healthy body? People know how to build strong houses from stone and cement, but they do not always build a strong bodily home for their spirit to live in. Long, long ago some pyramids were built of stone in Egypt. The rain has washed them many times, but they are so solid that the rain cannot wash them away. If a house were made of mud the rain could soon wash it down. Some houses are made of adobe, and when the rain runs down the walls they soon crumble and fall. You are building a house for your spirit to live in. If you build it of good foods and drink it will keep well and strong for many years. But if you build your house out of green apples, candy, tobacco, tea, coffee spices or other things that are not good, it will soon tumble down just as a mud house does. The food that you eat, the water that you drink, and the air that you breathe build the house that you live in. Did you ever think how wonderful it is that the food you eat every day is so changed in your body that it makes bones, muscles, nails, hair, brain, eyes, teeth, ears, nose, heart, lungs stomach, liver and the other parts of your body? If you keep your windows open so the fresh air can come into the house, drink only pure water or milk and eat only good foods your blood will be pure and your cheeks will be red. But if you eat mustard on your foods you will not keep so well. Do you ever sing this song:

"That the children may live long,
And be beautiful and strong,
Tea and coffee and tobacco they despise,
Drink no liquor and they eat
But a very little meat.
They are seeking to be great and good
and wise."

You must not only sing it but think about it and do what it tells you. We know some people who sang it when they were boys and girls, but they forgot to do what it told them and they are now slaves to tobacco, liquor, tea, coffee and other things that are bad. That is why so many people are not strong and well.

You must remember that you have a mind or spirit in your body that must be trained. Do you ever sing these words:

"We are sowing, daily sowing countless seeds of good and ill.
By a whisper sow we blessings, by a breath we scatter strife.
In our thoughts and looks and action lie the seeds of death and life."

If you try to help others you will be happy and the muscles of your face will all be drawn up so your face will show that you are happy. These are the seeds of life. But if you pout and growl when you are asked to do something, or if you are selfish and do not try to make others happy the muscles of your face will be drawn down and the seeds of death will be in your thoughts and looks and actions. If you do not know that all your thoughts are written in your face I will tell you now. When you get older you may learn more about this. But you must think only good thoughts that your face will show only the seeds of life when you grow older. Never learn to swear; it is a foolish habit, and shows to other people that you are sowing the seeds of death. Be kind to everybody. If you have pet animals you must be sure to give them plenty to eat and drink. It is wrong to shut them up and then let them starve or thirst. In this warm weather they need much water. If you are kind to your pets they will help to make you happy. If you are kind to your brothers, sisters and parents you will be kind to other people. Remember that if you want

a strong body you must build it of good food and pure drinks, and if you try to make others happy you will be happy yourself.

A SPILLING-OVER.

By Esther Merrifield.

When Trude opened her eyes one bright morning, she had to stop a minute to think why it was that she was so happy. Then she remembered. It was the first day of vacation, which was enough to make almost anybody happy; her Cousin Beth was coming the next afternoon to make her a little visit, which was another good reason for being happy, and on Thursday she and Beth were going to spend the rest of the week with grandpa and grandma. Do you wonder that Trude felt like laughing and singing as she hopped out of bed and began to get dressed.

"Why, what a happy face!" her father said with a smile, when she went to him for her good-morning kiss.

"I'm just as happy as I can be," Trude said. "I don't see how I can keep so happy. I'm 'fraid some of it will spill over."

"So much the better, dear," her mother said. "For every bit that spills over will help to make somebody else happy."

"Will it really?" Trude asked, very seriously. And mamma nodded and smiled.

"Just try it and see."

It was Monday morning, and that, as you know, is wash-day in a great many houses. It was at Trude's home, and as soon as the family had left the breakfast table, mamma hurried away to talk with the washerwoman about some fine clothes that must be washed very carefully.

"I wonder if mamma'd be happy if I'd scrape the dishes 'n' get them ready to wash," she said to herself, as she looked at the table, standing just as it had been left. Then she got herself a big gingham apron, one of mamma's and tied it around her waist, and looped it up so that she wouldn't step on it. And do you know she worked so well that by the time

mamma came back to the room the dishes were almost ready to wash.

"That's a great help, dear," mamma said; "I didn't think I'd be gone so long, but Mrs. Flack wanted to tell me about her son who has been hurt. You've saved me a good many minutes, and the minutes all count on washing day."

A queer feeling came over Trude at these words of mamma's. Something seemed to be swelling inside. "I guess it must be some more happiness bubbling up, ready to spill over," she said to herself wisely. And I think that is just what it was. When the dishes were finished, Trude strolled away to the laundry room, down in the basement, to see how the washing was going. She found Mrs. Flack just wiping the suds from her arms.

"Why, Mrs. Flack, are you all through?" asked Trude, who did not know much about washing, but thought that it usually took longer than this.

"T'rough?" repeated Mrs. Flack, whose English might have been improved. "Ach no! But I moost have more soap."

"I'll get it for you," Trude said quickly. "Is it upstairs?"

Mrs. Flack nodded. "Your mutter knows," she said. And Trude hurried upstairs, coming back a moment or two later with a big bar of soap.

"Danke," the grateful woman said. "Now I am saved that mooch."

Trude felt once more the same queer feeling, as though the happiness were bubbling up inside, and her face was so bright that Mrs. Flack, bending over the steaming tub, said to herself:

"It is like the sunshine in her face?"

From the laundry, Trude went out into the yard, and there she saw a wistful face looking over the fence that separated their yard from the next one. Trude knew the owner of that face very well. He and Trude did not get along very well when they played together, for he wanted his own way, and Trude wanted hers, and quite often the play ended in a quarrel. He had been almost sick for the last week, so that his mother would not let

him go away from home to play, and as his chum had gone to spend the vacation with an uncle, Max was a very lonesome boy indeed.

Trude's happiness, which, as you know, had twice started to bubbling, bubbled clear up and spilled over, when she looked at that wistful face.

"Come on over and play, Max," she said. And the wistful face became suddenly a very happy one, as Max quickly scrambled over the fence, and down on Trude's side. Trude thought Max had never been so nice to play with as he was that morning. He was willing to let her have her own way, and as she was very anxious that he should do just as he wanted to, they got along surprisingly well.

"I wish you were goin' to be here all week," Max said, when his mother called him home to lunch. "It's awful nice to have you to play with." And then Trude did something she would not have thought of before—she begged Max to come over every day to play with her and Beth till they were ready to start for their grandmother's.

"It's funny, mamma," Trude said that night, when her mother had tucked her into her pretty white bed.

"What's funny, dear?"

"Why, I had so much happiness this morning that it just spilt over, but I'm lots happier tonight than I was this morning. It seemed 's though the more it spilled over, the more it came bubbling up."

Trude is not a very big girl, but as you see, she has already found out something that a great many people seem never able to learn.—Happy Hours.

THE HAPPY WAY.

It is better to whistle than whine,
It is better to sing than sigh.
Better to smile, tho a heart repine,
Than to scowl as the world goes by.

For you'll find, if you whistle a tune,
Or go singing your way along,
Many there'll be who will join you soon,
And a chorus will swell your song.

—Francesca Di Maria.

WISDOM IN WIT.

THE RIVER OF LIFE.

The more we live, more brief appear
Our life's succeeding stages;
A day to childhood seems a year,
And years like passing ages.

The gladsome current of our youth,
Ere passion yet disorders,
Steals lingering like a river smooth
Along its grassy borders.

But as the careworn cheek grows wan.
And sorrow's shafts fly thicker,
Ye Stars that measure life to man,
Why seem your courses quicker?

When joys have lost their bloom and
breath
And life itself is vapid,
Why, as we reach the Falls of Death,
Feel we its tide more rapid?

It may be strange—yet who would change
Time's course to slower speeding,
When one by one our friends have gone
And left our bosoms bleeding?

Heaven gives our years of fading strength
Indemnifying fleetness;
And those of youth, a seeming length,
Proportioned to their sweetness.

—Thomas Campbell.

EPIDEMIC.

Lady met a brigand,
Captive she was took;
People raised a ransom—
Goin' to write a book.

Lovesick girl got jilted,
Sought a distant nook;
Brooded on her troubles—
Goin' to write a book.

Man, he thought he'd travel,
Took a flying look
At some foreign countries—
Goin' to write a book.

Millionaire an' pauper,
Valet, maid an' cook,
Everybody's got it—
Goin' to write a book.

—Washington Star.

ON THE BEAT.

He beat the butcher every day;
He beat the corner grocer.

If any one asked, "Will you pay?"
 His prompt reply was, "No, sir."
 And anyone he chanced to meet,
 Soon came to understand
 He was a beat who was a beat,
 A beat to beat the band.
 He beat the bars, he beat the cars,
 The owner of his flat—
 But when he came to beating rugs,
 He let his wife do that.

—Chicago News.

Farmer Hayrix (looking over the paper)—Skinem, the druggist, is closing out his entire stock uv patent medicines at half price.

Mrs. Hayrix—That's jist our pesky luck! They hain't a thing the matter with any uv the hul fambly.—Chicago news.

MUNICIPAL ECONOMY.

Citizen—The absurd manner in which city work is carried on is so provoking! No sooner is a street put in good condition than it is dug up for a sewer or water pipe, which might just as well have been laid before.

Ward Statesman—You don't seem to understand the first principles of municipal economy. Don't you know that if things were done as you would have them there wouldn't be half so much work for the voters of our party?—Boston Evening Transcript.

"Do tell us what Mrs. Bouncer is like."

"Well, she's a woman of sixty, who looks fifty, thinks she's forty, dresses like thirty, and acts like twenty."—Life.

A VIVID DESCRIPTION OF FOOTBALL.

A Bowdoinham, Me., farmer saw a Bates-Bowdoin football game at Brunswick one day. A neighbor asked him about it. "Nothin' to tell," he said. "Just let 20 big hogs out on a soft field any day and then throw down a peck or so of corn in a sack and see 'um go for it, and you'll know 'bout what a game of football looks like to a farmer."

Patience—Why should the pen be considered mightier than the sword?

Patrice—Because it is easier to make a name wit it.—Yonkers Statesman.

"What can I preach about next Sunday that will please the entire congregation?" asked the new minister.

"Preach about the evil of riches," replied the old deacon. "There isn't a member of the congregation that is worth over \$2,000."—Chicago News.

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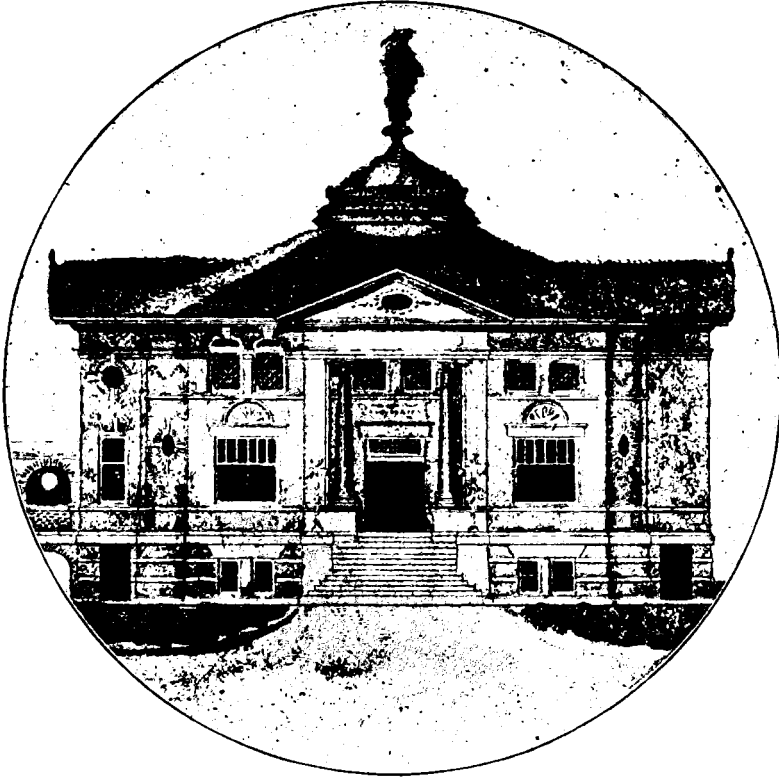
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The Latterday Saints' University.

The Latter-day Saints' university is the creation of the people whose name it bears. It is recognized and sustained by them as a worthy exponent of their educational ideals, and as an efficient promoter of the welfare of their youth. The change in name somewhat enlarges the functions and adds to the influence of the institution without interfering with its work or arresting its development. It will continue to offer well

arranged High School, Normal, and Business courses of study, with only such higher or university work at present as its resources will justify. There were added last year a Kindergarten school, a Normal Kindergarten course, and a course for lady students in domestic science and art; and there will be added this year a course in civil engineering, including woodwork and mechanical drawing.



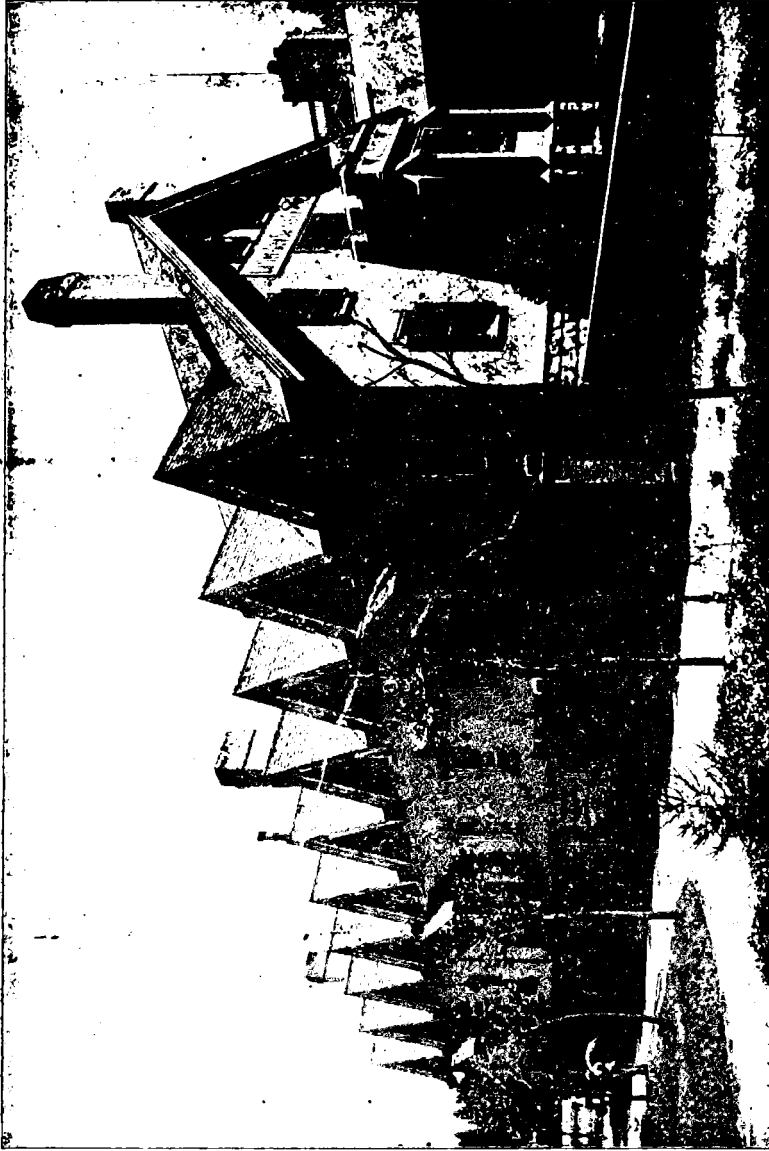
BARRATT HALL.

The beautiful auditorium and study room of the Latter-day Saints' university is a model of convenience and good taste. The main hall seats 900 persons, and the first floor contains five class rooms. The main hall will be supplied this year with reading tables, so that a study room both light and spacious can at all times be used by the students of the institution.

THE LION HOUSE.

This building will be devoted to the Domestic Science and Manual Training departments. The shop work includes elementary and advanced cabinet work. Regular

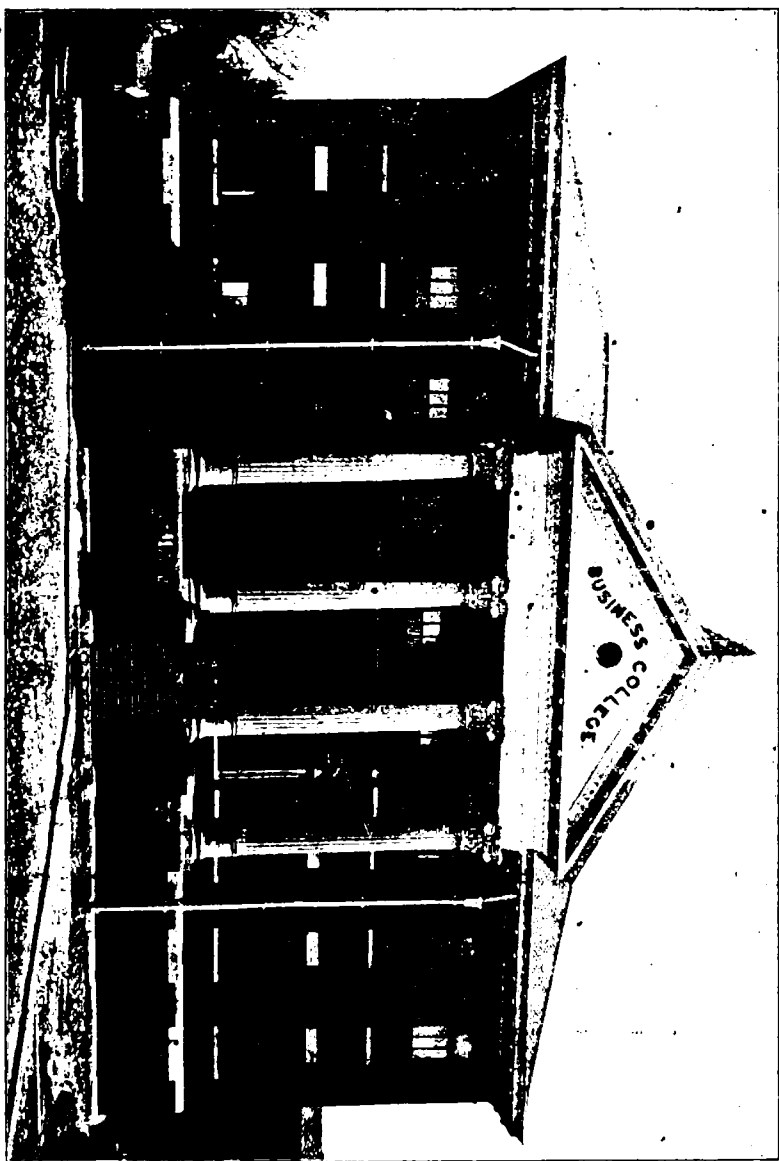
benches with complete sets of carpenters' tools for each are now being placed in three of the basement rooms, which will be used as the woodworking shops. Two other basement rooms of the Lion House will serve as store or supply rooms for holding materials used and the products made in the department. The second floor will contain the department of sewing and dressmaking and also the children's kindergarten school. The third floor will be devoted mainly to the use of the laboratories for practice in cooking. The establishment of these industrial courses in the mechanic and domestic arts, marks an epoch in the development of this institution, and illustrates the practical trend of modern school courses.



THE HISTORIC LION HOUSE.

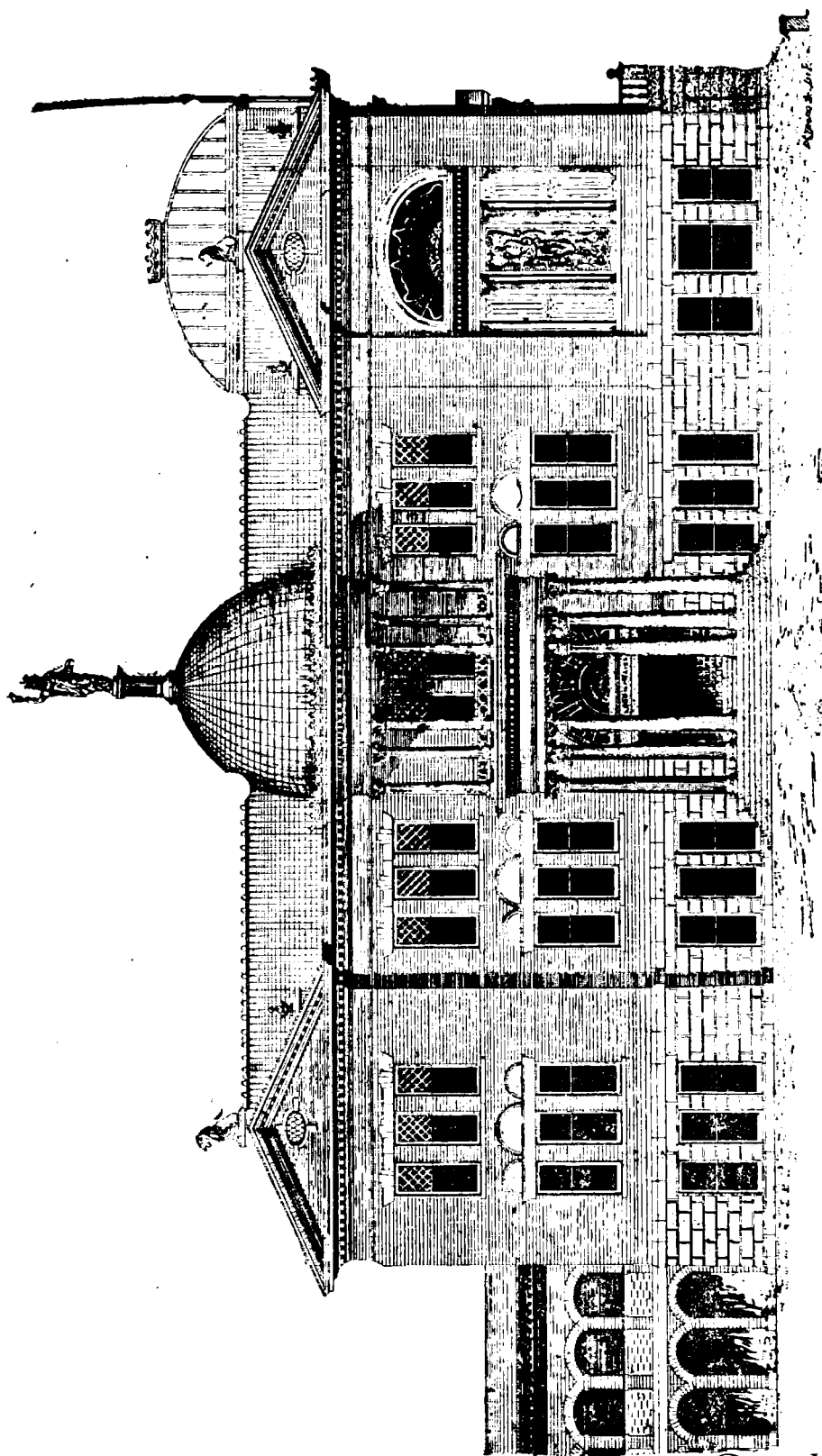
Now used for class rooms, workshops, and domestic science laboratories of the L. D. S. University. This building has been used by certain departments of the Latterday Saints University during the past three years. Beginning

on September 8th of the present year, the first floor will be devoted to shop work in wood; the second to dressmaking and kindergarten training, and the third to cooking.



THE LATTERDAY SAINTS' BUSINESS COLLEGE,

in which a commercial summer school, the largest in the history of the institution is now being conducted. Students can enter the business courses at any time. The fall opening is on Sept. 6.



THE BRIGHAM YOUNG MEMORIAL BUILDING OF THE LATTERDAY SAINTS' UNIVERSITY.

This splendid structure will contain this fall, beginning September 8, the High School and Normal departments of the school.