

# THE CHARACTER BUILDER

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No 6.

## SIMPLIFIED SPELLING.

"At a meeting of the board of directors of the National Educational association held in Washington, D. C., July 7, 1898, the action of the department of superintendence was approved, and the list of words with simplified spelling adopted for use in all publications of the National Educational association as follows: Tho (though); altho (although); thoro (thorough); thoro-fare (thoroughfare); thru (through); thru-out (throughout); program (programme); catalog (catalogue); prolog (prologue); decalog (decatalogue); demagog (demagogue); pedagog (pedagogue.)

You are invited to extend notice of this action and to join in securing the general adoption of the suggested amendments.—Irving Shepard, Secretary."

In the future the Character Builder will be printed in the amended spelling as suggested above.

## ANNOUNCEMENTS. . . .

Since the last issue of the Character Builder we have succeeded in securing the services of J. Stokes, Jr., as business manager of our publishing work. He is a young man of experience and of thoro training in High School and business branches of study. He had the advantage of a practical training in the business department of the Southern Star, in Tennessee, and is by nature endowed with business qualifications of a high order. He took the normal course in the B. Y. Academy at Provo, and has during the past year diligently pursued the study of stenography and typewriting at the L. D. S. university. We take pleasure in introducing Mr. Stokes to the readers of the Character Builder and feel sure that he will do all in his power for the patrons of the Character Builder.

Since last January valuable assistance has been rendered by Mr. Willard P. Funk in managing the business, but his time is now fully occupied as instructor in telegraphy and typewriting at the L.

D. S. university. His good will and interest are still with the company. In the beginning of our enterprise it was possible for one person to do the business and editorial work, but the monthly circulation of the Character Builder has now increased 6,000 copies, and the responsible of the work must be distributed among a number of persons. We thank our subscribers for the support they have given us in helping to bring the magazine to the present standard, and assure them that every possible effort will be made to give prompt and careful attention to all business and correspondence. Letters to the business department should be sent to the Human Culture Co., or to the Character Builder, 205 Templeton building, and letters to the editorial department should be sent as heretofore to 334, Ninth East street, Salt Lake City. If you forget the address send your letter to the Character Builder or Human Culture company, Salt Lake City, and it will reach us. We invite you all, when visiting in Salt Lake City, to call and see us at 205 Templeton building. In writing please do not address any mail to Box 41, as our mail will all be delivered at the offices.

The increasing interest in Human Culture subjects is very encouraging. We appreciate the encouraging letters that come to us every day from intelligent people who are interested in true education, and solicit the co-operation of all in disseminating the vital principles that are essential in all rational training.

## CO-OPERATION.

The interest in co-operative enterprises is increasing in all parts of the civilized world. In Australia, New Zealand and Europe real co-operation has been successfully carried out on a large scale. In America we are becoming converted to

a more rational method of producing and distributing the necessities of life. We have before called attention to the great waste in distribution, under the competitive system. In Salt Lake City there are 206 small grocery stores, besides numerous larger establishments that deliver groceries to all parts of the city. There are numerous laundries, bakeries, clothes cleaning establishments, milk deliveries and other enterprises that visit all parts of the city to take and fill orders. If these enterprises were consolidated and conducted on the co-operative plan there would be a great saving of time and horseflesh. We are passing from the age of competition to the age of monopolies. There can be no objection to large combines or monopolies if they are in the hands of the people so that the profit on their expenditures comes back to them. But where monopolies are in the possession of individuals they cause a few to become wealthy at the expense of their fellow men. Co-operation is the only remedy for the unequal distribution of wealth and where it is being conducted on business principles it is very successful.

In these western communities we have had very little real co-operation. Our so-called co-operative stores were run on the credit system, or lack of system, and the profits were on the capital invested, but not on the purchases made. Altho many of these so-called co-operative stores were conducted in an unbusiness-like way, some of them paid a large dividend to the stockholders, but the patrons of the stores who were not stockholders received no share in the profits. The patrons who paid cash for their goods were compelled to pay enough to make up the losses that were sustained by letting goods go out on credit. The credit system has been a great evil and should be abolished where it still exists.

If people would co-operate and conduct their business on a cash basis they would pay for the actual cost of goods and the profit on what they use in their homes would be saved by them instead of going to one man or a stock company.

It is being demonstrated in various parts of America that the co-operative idea is practical. In our own state at least one creamery is established on co-operative principles and is very successful. If creameries, laundries, bakeries, canneries, supply stores, etc., could be established on co-operative principles our food and clothing could be purchased at a more reasonable price and much work could be taken from the home. There was a time in this western country when wool was carded and spun by hand in the homes, hose were knit by hand, cloth was woven by hand in the home, there were no creameries to take care of the milk and butter; that work was done in the home, there were no fruit canneries. We now wonder how all that work was possible in the home. In most instances the mother is yet baker and laundress. If these two kinds of drudgery could be taken out of the home the work would be greatly reduced. The problem of domestic help is a most perplexing one. It is almost impossible to get help in the home. If the work that can be done better away from home were taken out, many mothers could take care of the house without overworking themselves and if the dry-goods, groceries, coal, etc., could be purchased at wholesale prices plus the price of distributing it on the most economical plan, enough could be saved to pay for hiring the baking, laundry and other kinds of work done outside of the home. This is a practicable plan and the wonder is that we go on from year to year pursuing the same suicidal methods that have retarded the progress of the race in the past. If we are not thinking about these important questions we will find that in this mercenary age we are helping to create the very conditions that we condemn and complain about.

Much is said by persons of all political parties about "the public ownership of public utilities," and there are people in all parties who are in favor of such ownership; but as long as we do not co-operate voluntarily and become educated in these principles we will not be quali-

fied for the greater responsibilities. These are questions that deserve the most careful consideration of every citizen. There will certainly be a change from the present system, and the change is near at hand. A few years ago Gladstone said in the English Parliament: "For my own part, I am not ashamed to say that if ten years ago anybody had prophesied to me the success of the co-operative system as illustrated in the towns of the north—if I had been told that laboring men would so associate together for their mutual advantage, I should have regarded the prediction as absurd. There is, in my opinion, no greater social marvel than the manner in which these societies flourish, combined with a consideration of the soundness of the basis on which they are built."

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#### A PLEA FOR A CLEANER LIFE.

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In the progress of humanity toward a more perfect life much depends upon the acts of each individual. As the human body is composed of numerous individual cells so the social organism is composed of numerous individual human beings. As the condition of individual cells determines the healthful or diseased condition of the body so the clean or unclean condition of the members of society are an index to the condition of the social organism. Health is the result of the proper functioning of all the cells and organs of the body, and ideal social conditions are the result of a clean life of all who constitute society.

The clean, Christian life is the only one that gives true happiness, yet many professed Christians make such a failure of life that they sink to depths of degradation that are disgusting to respectable infidels and agnostics. It is quite common to classify people as believers and non-believers. This classification is very logical and represents the real condition. If people were divided into practicers and non-practicers the per cent of Christians in both classes might not be much greater or less than the per cent of those who do not profess Christianity. The

difference is mainly one of belief and not one of practice. It is a humiliating fact that the average Christian is not much nearer the ideal life than persons who profess no religious convictions. Vices and crimes of every nature are committed by professed Christians. This condition does not exist because of Christian principles, but in spite of them, because obedience to them leads to a pure life. Persons whose lives are governed by correct principles refrain from violating law. The question that is of greatest importance is how to counteract the vices and crimes that are common in our civilized, Christian countries. The remedy is either in education or legislation; or in both of these. To do effective educational work a good example is required and all educational forces must work in harmony. The home, the school, the church, the press, the government and other powers influencing the life of the individual must become more effective. In the home the parent must set the example that he desires his child to follow, and must give an intelligent explanation of the principles of life to his child. In school the teacher should train the child by precept and example to live a clean and useful life. Religion might be a greater power for good if more attention were given to the practical problems of life and less to ethereal theology and mysteries. More teaching by example and less oratorical display. Many who hold responsible positions in religious denominations do not sufficiently realize the effect of their example. Young people lose confidence in their fellow beings if they find that the life of men and women whom they most admire does not correspond with their teachings. I well remember a block teacher who regularly visited our house to see that we were attending to our religious duties, among them being the abstinence from stimulants and narcotics. This man may have abstained from these harmful substances himself, but he conducted a grocery store that had the outside and inside of the walls decorated with advertisements of tea, coffee, cigars and tobacco, and by this

means encouraged the use of them. Our Sunday school teacher was guilty of the same inconsistency; on Sunday he would teach of the evil effects of these stimulants and narcotics, while during the week he would advertise them in every possible way. There is entirely too much of the doctrine "Do as I tell you, and not as I do."

The press is a great power for good or for evil. Great care should be exercised to keep objectionable reading matter and advertisements out of reach of the youth. We do not exercise sufficient care in this matter. Even such a high class publication as the Improvement Manual contains the following advertisement: "The old reliable—drug store. Where you can obtain everything in the drug line. Patent medicines, pure liquors, imported and domestic wines, Dublin stout, bass ale, Scotch and Irish whiskey. Write for prices. Special attention to mail orders. You can always depend on your old friends."

For three years this advertisement has been repeated and is now in the Junior and Senior manuals that will be placed in the hands of thousands of young men. As special attention is given to mail orders, the convenience may be intended for young men who live in towns where there is no saloon. Certainly no harm was intended by admitting such an advertisement, but evil results from it. Money counts in advertising, and moral effect is often overlooked.

If it is the duty of non-religious publications to refuse objectionable advertisements because of their evil effects upon humanity, the obligation rests with double force upon the religious press. We have in mind a publication, the official organ of a religious denomination, where spiritualism and hypnotism are denounced in no uncertain terms in the editorial columns, while the advertisements contained in the same paper are a very effective means of introducing them among the people who are warned against them. Patent medicines "quack" doctors, trance mediums, astrologists, clairvoyants and other things that the

people, who patronize this religious publication, are warned against, are advertised there for money—regardless of the consequences. This publication represents a people who vigorously oppose the use of tea and coffee, and teach that meat should be eaten only during cold weather and famine, but in the menus contained in the publication during the past summer either tea or coffee constituted a part of nearly every meal, and a large majority of the meals during the heat of summer contained meat. This is not remarkable, except that it is opposed to the general instructions that the readers of the publication constantly receive. The menus were preceded by the statement that "This matter will be found to be entirely different from and superior to the usual run of food articles, in that every item is a nugget of culinary wisdom and eminently practical."

Space will not permit us to treat this subject as fully as it deserves. It is evident to anyone, who will observe, that the social evils which exist are not greatly effected by the methods we have used to overcome them. Example is the great teacher, and all other methods or efforts without a consistent example will fail to develop the manhood and womanhood that are to be desired in the young people. A clean life is the only kind that is worth living. It is the duty of every citizen to aid in the work by living a clean life himself.

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"Motherhood" was recommended for use in Relief Mothers' Classes. We have received subscriptions for that magazine, but it is no longer published until the title of "Motherhood." It has been consolidated with the Kitchen Magazine, under the title of "Home Science Magazine." The subscription price is the same as before, but as some who have received the magazine under its new title were disappointed, we have thought this explanation necessary. We have no authority to recommend a substitute for use in the classes, but for home reading we can highly recommend "The American Mother," edited by Dr. Mary Wood-Allen, World's President of Purity Work. We can send you that magazine and the Character Builder one year for \$1.10.

## \*\*\*\* Human Nature Department \*\*\*\*

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

D. H. CHRISTENSEN.

*Supt. of Salt Lake City Schools.*

In delineating character from an examination of the physical organization and mental endowments, many small but important items are carefully noted and considered to which no reference is made in the description, but which are, nevertheless, of great value in deciding the sum total. A casual remark or unstudied movement, for instance, which ordinarily would escape observation, generally has a specific meaning,—is the direct effect of a specific cause that may be traced to its source in the brain.

As Mr. Christensen, the subject of our present study, occupies a public office and certainly a very responsible position in the state, he is therefore extensively known, but the writer never had the pleasure of meeting him until the appointment was made for the purpose of this sketch.

Being ushered into the superintendent's private office in the City and County building, the formalities of an introduction were soon over and by his act in crossing the room and closing the door to avoid interruption, his cordial manner of reception, his intelligent observations, the nature of his questions and style of asking them together with this easy, business-like deportment, all afforded much opportunity for thought and study and in each instance by glancing at the general contour of the brain, it was easy to trace the outward effect to its inward cause.

Just as the expert miner learns to determine what is concealed in the earth by an inspection of the croppings that appear on the surface, so the student of human nature looks to the brain for a confirmation of those impressions that he

forms by noting the acts, looks, manner and general conduct of the individual.

It is not intended, however, neither is it necessary that indications or signs alone should be relied upon.

The brain is the grand oracle in all cases, and when correctly understood, every phase of character may be explained.

There is positively no safety in any theory of character delineation that fails to consider the size, quality, health and formation of the brain. Outside of this all is conjecture and speculation.

Now glance at the photograph of Superintendent Christensen and form your conclusions.

Observe the height of the brain development upwards from the orifice of the ear, and the width of the lower portion of the side head. Note the fullness above and in front of the ears, and the perceptive faculties located in the superciliary ridge immediately above the eyes. Observe also the size of the forehead as compared to the lower portion of the face, and the corresponding deficiency of development in the neck and chin when compared to the brain as a whole.

Although Mr. Christensen is by no means wanting in size or weight, standing 5 foot 8 or 9 inches tall and weighing 163 pounds, yet he has no surplus vitality and his recuperative power is not on a par with the strength and activity of his mind.

By actual measurement we find the head to be 23 inches in circumference, 16 inches over the coronal region, and 6¼ inches diameter, all of which are considerably in excess of the average measurements.

As a result, therefore, of his strong mental-motive temperament, we look for a character that gives unusual assurance of intellectual power, combined with ex-

era executive ability, fitting its possessor for the achievement of notable success either in literature, the arts and sciences, or in some of the many directions where the mind is cultivated to a high point of excellence, and where the physical needs of the body are frequently neglected. Just as the man with inferior mentality and coarse quality of organization is found in those walks of life where brawn, muscle and physical endurance, rather than intellect, are at a premium, so also where the conditions are reversed and where the mental calibre is high as in the present case, they naturally manifest great fondness for science and literature, possessing superior talents as thinkers, writers and efficient workers in their chosen spheres.

Mr. Christensen is a good type of this class, showing an acute, reflective mind, a very active organization and a moral, refined nature where the animal propensities are in subjection to the intellect and higher sentiments.

The remarkable width between the ears shows corresponding executive power. In addition he also has very large combativeness and firmness, hence will be noted for his industry, persistence, patience, and indomitable courage. To desire a thing is to achieve it—making allowances for a reasonable lapse of time for the purpose. With a given object in view the obstacles he encounters only increase his determination to succeed, and he is apt to endanger his health or even forget he is a married man when some special work before him requiring unusual application and effort.

The executive faculties are quite pronounced, and without a doubt explain very much the success Mr. Christensen has attained. The organs composing this group, however, with the exception of acquisitiveness, rarely become dominant or leading factors. They usually operate in connection with other strong faculties, and in the present instance will be found powerful allies to the intellectual and moral endowments, giving shrewdness to method, discretion to courage, profit to ambition, interest to

benevolence, intensity to desire, energy to action, thoroughness to work, zeal and persistence to effort.

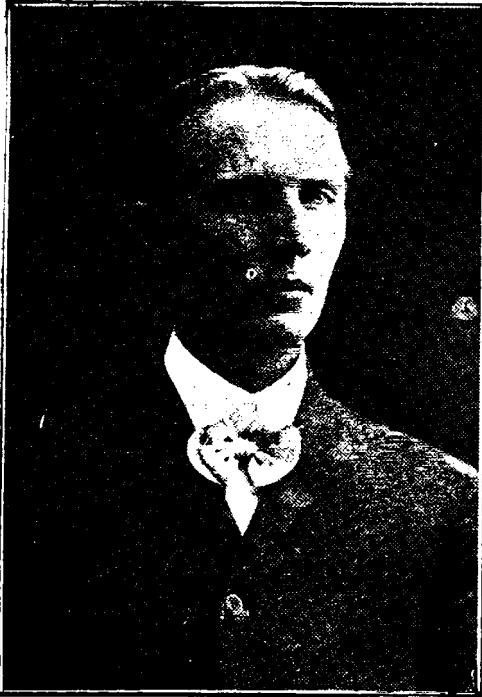
When under the guidance of reason and modified by a high moral standard of right, these "selfish propensities" are of the greatest value to the character. To the extent they are deficient, the energies are tame and ineffectual; the ambition lacks force; the conscience is wanting in the courage of conviction, and the mind too open and unstable for the practical every-day affairs of life.

Mr. Christensen is a believer in self-help. He is practical in his views, systematic in method, capable of absorbing, retaining and utilizing knowledge either from observation or study. The reasoning faculties, tho strong, are subordinate to the practical, matter-of-fact cast of his mind; and as a result of large comparison and casualty he will often indulge his love of research into the realms of theory and speculation, yet he will never cut loose from the moorings of common sense, or depart very far from those lines that experience has demonstrated to be useful and safe. In very many respects he is an ideal teacher for the reason he possesses to a high degree nearly all the mental, moral and social requisites. His power of expression, however, is not up to the standard, and on important occasions he may feel himself hampered in this respect. Large cautiousness and secretiveness operate against him, and he will seldom feel satisfied with his own efforts. While his flow or gift of language is not so pronounced as to give any special desire to appear in public for this purpose, yet it is by no means so weak that he should avoid opportunities when presented. He has no lack of ideas and will thoroly understand what he presumes to teach or explain, but his sensitive, cautious and critical nature reduces that pleasure he would otherwise derive, and to which by reason of his knowledge and perception, he is justly entitled.

Mr. Christensen has much more to restrain than to cultivate, but we note this one exception above referred to. ,

He has very strong social feelings, is extremely affectionate to children, capable of strong attachments, but his nature being very reserved, he is apt to be misjudged as cold and unsympathetic by those only slightly acquainted with him. His temperament and his feelings are opposed to that warm, gushing, impulsive generosity and friendship that makes no discrimination between persons, or that neglects to consider either time, place or conditions.

While courteous and respectful to all, his nature is such that he will find it im-



possible to affiliate with any pleasure to himself with some of the characters that business may introduce, hence he will reserve the right to choose his friends as he does to select his food.

Conscientiousness, which gives the sense of right, honesty and consistency is highly developed, and while very particular that others shall keep their word and fulfil their obligations to him, he is equally anxious to concede their claims and perform his part of a contract made. He is endowed with enough self-esteem to give dignity to his position and to inspire

confidence in others; but it is not developed to the extent as to become objectionable in him, or a trial to others. All the moral faculties are well represented in his character as evidenced by the unusual measurement of 16 inches over the head, and growing out of these high moral sentiments, his intellectual attainments, industry and ambition, his influence, as well as his example, must necessarily be for the social, moral and intellectual good of those over whom he presides, or with whom he associates.

He may be set down as a clean man. He is quiet, systematic, orderly, precise, punctual, exacting, careful and serious. Such a man would never consent to a compromise where a principle is involved, and would neither make or accept an apology for an untruth.

He is naturally cut out for a worker, is apt to go to extremes in this respect, enjoys rather than shuns the friction and excitement of contest, and is not afraid to espouse an unpopular cause if convinced he is right.

He should be reminded, however, that there is a limit to human powers and he should not permit his energy to draw too extensively upon his stock of vitality, and thus undermine the physical foundation so essential for an active life such as his has been in the past and, no doubt, will be in the future.

#### BIOGRAPHICAL.

*By J. T. Miller.*

D. H. Christensen, Superintendent of the schools of Salt Lake City and President of the Utah Teachers' Association, was born at Manti, Utah, March 28, 1869, and lived there until he was 12 years of age. He then lived in Colorado for a number of years, working on the farm in summer and attending school in winter, until he came to Salt Lake City and entered the preparatory department of the State Normal School, from which he graduated in 1890. In September, 1890, he was appointed to the principalship of Payson City schools, and soon gave evidence of his natural ability as a teacher. In June, 1894, he was appointed to the superintendency of Utah

county schools. In 1896 he was made a member of the State Board of Education, and again in 1897. During the same year he was elected to the principalship of the State Branch Normal at Cedar City, but resigned before beginning the active duties of the position, in order to go abroad and study the school systems of several European countries, especially those of Germany. He spent several months traveling thru Switzerland, France and Great Britain. He spent two years in Berlin. Thru the courtesy of Ambassador White he received written permission from the Royal Minister of Public Instruction for the Kingdom of Prussia, to visit all classes of schools and to obtain such information relative to all phases of school work from teachers and school officers as he might desire. He visited several hundred schools in different parts of the empire during this time, and mingled freely with teachers in excursions and various school functions. In company with his wife he traveled over southern and western Europe during the summer of 1900, and spent one month at the World's Exposition in Paris. Later in the same year he entered the University of Goettingen as a regular student in the department of experimental psychology under Dr. Mueller. He returned to the United States in 1901, and visited schools in the eastern cities for about two months and accepted the position as Superintendent of Salt Lake City schools in June, 1901. At the Utah Teachers' Association in 1902, Superintendent Christensen was elected president of that association.

Mr. Christensen is a character builder by example, as well as by precept. His unassuming manner and courteous disposition win friends for him wherever he goes. He is not a man who rides a hobby. He believes in a well-rounded, balanced education, with the moral nature in control of the other powers. Altho he is not yet 35 years of age, his life has been an active one; if he continues at the same rate he will have done much

for humanity's cause by the time he has lived three score years and ten.

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#### WHAT LONGFELLOW WROTE.

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Were half the power that fills the world  
with terror,  
Were half the wealth bestowed on camps  
and courts,  
Given to redeem the human mind from  
error,  
There were no need of arsenals or forts.

The warrior's name would be a name ab-  
horred!  
And every nation, that should life again  
Its hand against a brother, on its forehead  
Would wear forevermore the curse of  
Cain!

Down the dark future, thru long genera-  
tions,  
The echoing sounds grow fainter and  
then cease;  
And like a bell, with solemn, sweet vibra-  
tions,  
I hear once more the voice of Christ say,  
"Peace!"

Peace! and no longer from its brazen por-  
tals  
The blast of War's great organ shakes  
the skies!  
But beautiful as songs of the immortals,  
The holy melodies of love arise.  
—H. W. Longfellow.

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#### A HUSTLER FOR BUSINESS.

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**Coroner Meant to Let Nothing Get Away  
From Him.**

As a coroner of a western town was hur-  
rying along the street he was stopped by a  
friend.

"Don't stop me," he cried, excitedly, "I'm  
going to hold an inquest."

"Where?" inquired the friend. "Who's  
dead?"

"Don't know his name," replied the cor-  
oner, rushing along, "but there's a side show  
just come to town with a mummy."

"Great Scott!" exclaimed the friend.  
"You're not going to hold an inquest on a  
mummy, are you? Why, that's probably  
been dead a thousand years or more."

"Doesn't make any difference," retorted  
the coroner. "I wasn't elected to office in  
this town to lose money, and when any-  
thing dead comes this way, you bet I get a  
fee out of it. Come along and I'll put you  
on the jury."

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You cannot dream yourself into a char-  
acter; you must hammer and forge yourself  
one.



## SUGGESTIONS ON HOME MAKING.

Edited by Mrs. M. K. Miller.  
Instructor in Domestic Arts, L. D. S. University.

### A SPHERE FOR WOMEN.

*By Mrs. Mina Mann.*

So many women long for a mission, to do some great thing in life, and they mourn over their narrow, restricted spheres and are continually beating their wings against the bars, be they ever so gilded. Many of these same women are mothers, too. To such may I send a word of cheer, and perhaps help them to see what a vast field they have for their energy, wisdom, ambition—a sphere limitless as to boundary. My work brings me into contact with many youth and young people. You would hardly believe that so much ignorance exists among them in regard to the things that only a mother can teach just right. Girls are allowed to reach womanhood with absolutely no conception of why they are placed here in this world, or what mission they are expected to perform while here. They have little knowledge of their own bodies or the functions of the various organs. The grand, glorious possibilities of womanhood, her place in the home and society, are scarcely dreamed of. They look upon marriage thru a halo of romance and sentiment, and to be entered into not so very seriously. I would that mothers would arouse to the work that lies so near them, and they would teach their girls something regarding the temple of their bodies, that they would teach them that the body is a setting for the most precious of jewels—the mind.

If mothers would give their girls the right conception of marriage, show them what God designed it should be, would help them to fit themselves for the position they will one day occupy, how many unhappy alliances and ruined homes might be avoided! As I have talked with scores of young girls, I have been made heartsick as I have found how little they are prepared to deal with life's problems. Few are even taught how to

conduct themselves toward those of the opposite sex, and the many blunders made, however innocently, have wrecked many a girl's life. Mothers, if you have a daughter, you have a vocation in life, and there is none higher. Study her and with her. Teach her and lead her step by step. Let her feel you are her best friend on earth, and that everything that touches her touches you. Teach her in regard to the relation she really bears to you, that is, a part of your being. Teach her the charm of modesty and purity. Teach her that by and by she is to be a helpmeet for some one, and teach her how to be one. Teach her that the "crown of womanhood is motherhood," and counteract, as far as possible, the idea that is becoming alarmingly extant, that this holiest of all offices is undesirable, and to be avoided by any means procurable. As you strive to instil all these things into the young life that is part of your own, your life will expand and broaden, and cares will lighten, and life be fuller, and you will never again spend valuable time in vain regrets for a sphere outside your home circle until you have completely filled that.—Pacific Health Journal.

### UNFERMENTED GRAPE JUICE.

The Agricultural Department at Washington, D. C., has recently brought out Bulletin No. 175, on "Home Manufacture and Use of Unfermented Grape Juice." This is a document of great value and ought to be read by every one who is interested in good health, health reform or the science of health.

We copy from the bulletin the following in regard to the uses and food value of unfermented grape juice:

"The uses are indeed many. It is used in sickness, convalescence, and good health; as a preventive, restorative, and cure; by the young, by persons in the

prime of life, and by those in old age. It is used in churches for sacramental purposes; at soda fountains as a cool and refreshing drink; in homes, at hotels, and at restaurants as a food, as a beverage, as a dessert, and in many other ways. When people become accustomed to it they rarely give it up. When properly prepared, unfermented grape juice can be made to please the eye by its color and attractive appearance, the sense of smell by its aroma, or fragrance, the palate by its pleasant flavor. It is food and drink, refreshing and nourishment all in one. Not a by-product, but made from the fruit going to waste—on of the blessings given us, that some are too careless, others too ignorant, to make use of.

#### *Grape Nectar.*

Take the juice of two lemons and one orange, 1 pint of grape juice, 1 small cup of sugar, and a pint of water. Serve cold. If served from punch bowl, sliced lemon and orange ad to the appearance.

In Invalid Drink—Put in the bottom of a glass two tablespoonfuls of grape juice; add to this the beaten white of 1 egg and a little chopped ice; sprinkle sugar over the top and serve. This is often served in Sanitariums.

Grape Sherbet—For eight persons mix pint of grape juice (unfermented), juice of lemon and 1 heaping teaspoonful of gelatine, dissolved in boiling water; freeze quickly; add beaten white of one egg just before finish.

Grape Punch—Boil together 1 pound of sugar and half a pint of water until it spins a thread; take from the fire and when cool add the juice of six lemons and a quart of grape juice. Stand aside over night. Serve with plain water.—*Phrenological Journal.*

#### ACTION OF GRAPE JUICE ON THE ORGANISM.

The grape is composed of various constituents which give it its value in the so-called grape cure. Water, grape-sugar, cream of tartar, tartaric and malic acids, albuminoids, various minerals, as potassium salts, lime manganese, a little silicium and alumina, also certain acids,

phosphoric, sulphuric and nitric. There are traces of chlorides and a small quantity of soda and phosphates. The seeds contain tannin. Grape juice from its constituents is a veritable mineral water. In taking the grape-juice cure, the quantity at first taken is small, and is gradually increased, the length of time of treatment being from three to six weeks. Walking and exercise in the open air assists very much in bringing about good results during the time of this cure.

The general health is improved, the appetite is increased, and the digestive functions are greatly improved. The patient usually puts on flesh. This cure is especially indicated in affections of the digestive organs, visceral congestions, ascites, jaundice, in cases of hepatic calculi, diarrhoea, habitual constipation, in certain skin troubles, and in neurasthenia, pulmonary tuberculosis is benefited by this treatment, but the intestines must be in good condition. It seems contra-indicated only in persons who are too fat or who have a tendency to become so, and during the period of menstruation.—*Gazette Heb. de Med. at de Chirurg.*

#### METHOD OF TEACHING MORALS AND MANNERS IN THE HOME.

*By Sterling Hope.*

The home is pre-eminently the place where the morals and manners of our children should receive the most careful attention.

There is a link between them that forbids teaching them separately.

The father and mother should be persons whose morals and manners are worthy of imitation, but the mother is by nature and opportunity elected teacher.

First: Let her impress upon those plastic minds the need of conforming to rules of right according to divine law respecting their social intercourse with others. In teaching this she may use the little word duty very often. They will soon grasp the meaning of it.

Second: Teach that polite manners are akin to a kind heart, and that to be truly polite we must cultivate kindness.

Too many mothers generalize much of the time. The better way is to teach one positive moral virtue at a time, or at least give it the most emphasis for a limited time. For instance, there may be an opportune time for teaching truthfulness. The child's environment for the time may demand it. At another time purity of speech or justice may loudly call for attention.

Another reason for specific moral teaching is that the child is only able to grasp one fact at a time. Don't feed it too fast on the seed of morality, or you may choke it. Proper literature is a great help in teaching morals and manners.

A good plan is to have several envelopes labeled with topics you desire to teach, upon the reading table, and a small pair of scissors near them. In her daily reading, the mother will find many stories or anecdotes illustrating her topics, which she may clip and file in appropriate envelopes.

Give these to the older children to read at the favorable moment. Simply when necessary and repeat to the little ones at "story time."

They will eagerly accept teaching in this manner, and understand it, too.

Here is a list of one mother's topics:

Integrity; High Sense of Honor; True to Self; Friends and Country; Dare to Do Right; Good Influences; Development of Character; Acts of Politeness; Respect to Age; Rights of Property—Public and Private; Regards for the Feelings of Others; Treatment of Schoolmates, Teachers and Parents.

One mother's plan is to select some admirable historical character and acquaint the child with the good points of that character. Unconsciously it may be the child will pattern after his hero.

Her little son was quick tempered. She called in Lincoln as her ally. She told him what that great man did when almost overpowered with anger.

A few days after, when at play, his temper rose suddenly, but instead of striking his playmate, he ran for pencil and paper and began to write. Presently the smiles broke over his face, and he handed the paper to his mother to read.

"O, no," said she, "what did Lincoln do?"

"He tore it in pieces," he exclaimed, exultingly, suiting his action to his words. "Now I am your Lincoln boy, mamma."

It was hard to decide which was the greater pleased over the victory, as she answered, "Indeed you are."

Mothers, teach your little ones pretty manners by playing with them the little make-believe plays that they love so well. In this way they may be taught forms of introduction, table manners, giving and receiving favors, and deference to their elders.

When you have instructed Dot how to introduce her teacher to mamma, contrive an opportunity for her to practice.

Occasionally, when the family are alone, allow the children to entertain, while you assume the role of visitor.

The secret in being successful with our teaching is to be, ourselves, what we wish our children to be, to choose good company for them, and to diet them wisely, physically and morally.

Don't get into the habit of sermonizing.

I once knew a venerable man who, after calling his son in time for the morning meal, would stand at the foot of the stairs, waiting for his appearance. The lad was invariably greeted with the preface of a moral lecture before he landed at the foot of the stairs. Sometimes the lecture occupied the entire time of the meal. The victim ate in gloomy silence, or with an air of indifference, according to the height of his animal spirits, or the voracity of his boyish appetite. He usually seized the first opportunity offered for his escape.

That well-meaning father often advertised disgusting habits and manners by too frequent condemnation when talking to his son. His curiosity was excited. His desire to play cards, to drink and associate with low companions grew rapidly. The blind father continued to feed the flames with longer condemnatory lectures. Let us draw a veil over the son's career and the father's agony.—The American Mother.

## \*\*\*\*\* Publisher's Page. \*\*\*\*\*

### **The CHARACTER BUILDER**

**FOR HOME AND SCHOOL.**

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Moral and Spiritual Training.

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#### DISILLUSIONED.

Pretty maiden in a hamock  
Makes pretense of reading book;  
But she's angling for a husband  
And she gets him on the hook.

Homely sister in the kitchen  
Helps the wedding feast to cook;  
But her pretty sister's fiancé  
Scarcely gives her a passing look.

A year later and the husband  
Unto himself a tumble took;  
Now he's sorry that he didn't  
Wed the unattractive cook.

—Chicago News.

## Physical and Moral Education.

### IN CHURCH.

Just in front of my pew sits a maiden—  
A little brown wing on her hat,  
With its touches of tropical azure,  
And sheen of the sun upon that.

Through the bloom-covered pane shines a  
glory  
By which the vast shadows are stirred;  
But I pine for the spirit and splendor  
That painted the wing of the bird!

The organ rolls down its great anthem,  
With the soul of a song it is blent;  
But for me, I am sick for the singing  
Of one little song that is spent.

The voice of the curate is gentle—  
"No sparrow shall fall to the ground"—  
But the poor broken wing on the bonnet  
Is mocking the merciful sound.

Close and sweet is the breath of the lilies  
Asleep on the altar of prayer;  
But my soul is athirst with the fragrance  
Far out in the bountiful air.

And I wonder if ever or never,  
With white wings o'er weary and furled,  
I shall find the sweet spirit of pity  
Abroad in the heart of the world.

### ATTITUDE.

The very first essential to physical improvement or development is correct attitude of the body. Correct attitude may be said to be the receptive attitude, and before it can be taken there must be a receptive mental attitude. You cannot fill a water pitcher that is wrong side up. A beautiful tree cannot develop from a bent twig, unless the twig be first straightened. A piece of machinery that stands awry **soon wears out with the** friction caused by its crooked position. Man may be compared to all three. He is a receptacle for the truth; he is a living, growing being whose development will be beautiful or gnarled according to his habitual attitude; he is also a wonderful mechanism, mentally and physically, whose parts must be rightly adjusted to

each other and to the universe if he would manifest his power without the loss and wear of needless friction.

Mental and physical receptivity act and react upon each other endlessly. Pestalozzi discovered in training neglected and unkempt children that self-respect and ambition were immediately aroused in the most forlorn and wretched of his pupils by teaching them to carry themselves well. Their teachableness (mental receptivity) made possible the correct attitude of body (physical receptivity) which made for health and at the same time opened the mind to greater good and larger powers.

Phillips Brooks said, "The little child digs his well in the seashore sand and the great ocean comes and fills it for him." The metaphor is of wide application; the receptive state will not long lack for fulness.

So, do you seek improvement of body or mind, neglect not this foundation stone of bodily carriage, for it will go far to make or mar the beauty and strength of your whole man—mind and body.

Notice the passers on any street at any time of day and see the low chest, the round shoulders, the sagging abdomen, and the heel-walking that prevail. You will rarely see one who knows how to stand or walk. Observe people sitting, and you see the same fatal sag and slump.

Then watch yourself and see that your head and chest are up, your chin and shoulders down, abdomen back and that your weight in standing falls on the balls of the feet, and in walking that your insteps be given work. When you are sitting, and at work, still keep the chest up and hips back, leaning forward from the hips when necessary, not bending at the waist or curving out the spine anywhere.

This does not mean rigidity, but easy muscular control, which gives grace and

paves the way for another step toward health, the acquirement of correct breathing. These two together well learned make a good half of right physical education which is the foundation of all education in this world.—The Liberator.

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There is never a thing remembered so  
As a word with kindness fraught;  
And there's never a sky with as bright a  
glow  
As the sky that you made with thought.

There is never a purse of gold can buy  
A happiness so rare,  
As the truths of life that about you lie.  
If you try to see them there.

And it isn't alone in the great of mind,  
And it isn't in cult or creed,  
But it's deep in the heart of all humankind,  
In noble thought and deed.  
—Harry T. Fee, in Unity.

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### THE FOLLY OF WAR.

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Synopsis of address of Ernest H. Crosby at peace meeting, May 18, 1903, New York:

Edwin Markham comes from the Pacific ocean, and naturally wants all good things there. As a matter of fact, however, the Pacific ocean, the Ocean of Peace would not be an inappropriate place for the seat of international arbitration.

When our good president, Mr. Roosevelt, first caught a glimpse of the Pacific at the Golden Gate last week he does not seem to have thought of this. His first idea was "What a grand place for a big navy!" Strange that one of the most beautiful views in the world should suggest such a thought. It reminded me of a young surgeon who told me that he could not see a pretty girl without wondering how she would look dissected! It is what might be called the bloodthirsty view of things. I do not believe that pretty girls or fine scenery were intended to call forth such ideas.

Why should we have a big navy in the Pacific? We have already given the world an example of peaceful seas in the great lakes. Not a single gunboat mars the thriving industry of those noble

waters, because we have had the sense to make treaties with Canada doing away with them. Why cannot such a treaty be made with reference to the Mediterranean or the Atlantic or the Pacific?

The principle is the same. And why should not our land relations with Canada be arranged in the same way? A few months ago I came down from Montreal to the Hudson valley, one of the finest journeys in the world, and there in the plain south of the St. Lawrence we passed a hideous fortification marking an imaginary boundary line in the midst of the peaceful, busy fields. What a blot on our boasted civilization! Why should not treaties do away with stranded battleships too? And what bad manners it is, to say the least, to erect such structures in the face of a friendly people! What would I say if I caught my neighbor in the country building trenches and building a battery along the line of my farm and trying to get the range of my house?

I have heard of a village in Kentucky where every house was fortified against its neighbors, where every householder spent all his money on powder and firearms, leaving his family to half starve in rags, drilling his children in the back yard and posting them as sentinels along his fence day and night. A crazed community, you would say, wouldn't you—worthy of Gilbert and Sullivan? And yet this is just the way the European people are living.

Our cities are not fortified against each other. Why should countries be so? Five hundred years ago all the cities of Italy were at swords' points with each other. Each was surrounded with elaborate defenses and all the male inhabitants wasted their time in marching and countermarching and keeping guard. If one of us had gone to them as a missionary and told them that cities could just as well live at peace with each other they would have laughed us to scorn. And yet today it would be hard to find a way to make cities quarrel. The very power of quarreling is an artificial matter for either corporations or nations. The time

will come when it will puzzle nations to know how to go about it to quarrel with each other, just as it would puzzle the mayors of New York and Philadelphia to get up a dispute.

How foolish it is for America to wish to enter the silly circle of European powers with their ridiculous armaments? Let us stay outside and remain sane. I am glad to see this meeting held in a church. Every church ought to be a peace society. As a matter of fact most of them are war societies, and it is disgraceful that this should be so. I am glad also to see women take up this great question. It rests with them to put an end to war. So long as they approve of the folly of warfare, so long as they disregard common sense in their estimate of manhood, so long as they dote upon epaulets and are blind to the puerility of soldiering, just so long men will go on making fools of themselves.

The suicide of Major-General Sir Hector Macdonald of the British army, in face of scandalous charges, exemplifies two military peculiarities. The first is the prevalence of suicide in army and navy. I have not the statistics at hand, but in all countries the percentage of suicides in these two services is far higher than in the general population. Suicide is a cowardly act, and it goes to show that soldiers are more cowardly than civilians. Macdonald was afraid of taking the consequences of his own acts. The other point brought out is that the soldier's life in barracks is naturally the hotbed of unnatural vices. Macdonald was put into this school as a youth and it is absurd to express wonder that he acquired vile habits. Shut active young men up together, far from the restraining influences of home and without the advantages of woman's society, and what can you expect from them? The army is a school of vice. I was well acquainted with a British regiment which had generally disgraced itself in the same way, and a number of its officers had been cashiered. When I knew it, it was trying to live down the disgrace under a new colonel. The dis-

grace, of course, consisted in being found out, and it was this disgrace which frightened General Macdonald into suicide. The disgrace of his acts does not seem to have worried him.

#### SUGGESTION.

I thank the kind, round-shouldered men  
And treat them with respect  
For teaching me to raise my chin  
And hold myself erect.

—Memnon.

#### DR. L. H. GULICK AND PHYSICAL CULTURE.

Many new ideas are daily being brought forward for the betterment of mankind. Dr. Luther Halsey Gulick, the new director of physical training for the public schools of New York, appears to be a man inspired with the object of correcting the deformities in the physiques of children. In addition to the fifteen minutes' gymnastic exercise given in the public schools, he wishes to introduce purely recreative features which will rest the mind completely. "When the child," he says, "is doing his physical culture exercises in the school room his mind is concentrated upon the teacher and his work. I desire to have scholars enjoy recreative sports which will completely rest their minds; mental relaxation is absolutely necessary."

He hopes to correct the so-called school-desk attitude—the stooping shoulders, congested chest and prominent abdomen; and to do this special games will be invented to counteract the tendency. By strengthening the back, causing the head to be held erect, flattening the shoulder blades against the back, and deepening and widening the chest and flattening and straightening the abdomen children may be saved, he believes, from many physical defects.

Dr. Gulick wishes to ascertain the weight, height and names of 500,000 children in New York public schools, as he feels sure this is the only way of ascertaining who the defective children are.—The Phrenological Journal.

*DRESS REFORM.*

(By Hortense Malcolm Phelps.)

I believe the time is ripe on the part of woman to take her stand as never before for the progression of the race. As woman has not walked in the past, side by side with man in business and political affairs, to help make plans for the betterment of the human family, she in her undeveloped stage, has turned her attention to dress, and followed the foolishness of fashion. The custom has been so overdone, that it has come to the extreme point where all evil drifts.

The fact of the poor trying to keep pace with the wealthy class, is appalling. Thousands of their hard earned money is spent each year on useless and senseless finery at the expense of the laborers' pocketbook. Now then the question is: "Who is to educate the masses against this foolish and tyrannical custom and bring about a much-needed reform in dress?" Is not the responsibility on the more thoughtful women, the women who have outgrown the deadly evil that is working the heart and soul out of both men and women?

We cannot appeal to the formal churches, for help in this line, for they take no action against fashion, they walk with the world, with some few exceptions.

Individual health is what we have to look to. Woman should seek to attire herself becomingly, but there is no remedy for the evil in dress, till she is spiritually awakened.

With her clearer vision she can see that a "meek and quiet spirit" is more desirable than foolish adornment.

Quality of mind is reflected in the face of its possessor, and is an index of neatness and taste.

A foolishly dressed woman, with a haggard and revengeful face, reflecting worry and discontent, is a sad sight, and such are in the majority. The plainly dressed Christian woman with beaming eyes and sunshiny face is certainly to be desired.

Wear suitably plain attire for advanced women; outing skirts not too

tight around the hips, full flare at the bottom and not trailing, till something better takes their place. Above all avoid trimmed skirts; they are frivolous and nonsensical. The fashionably plain skirt worn at present is more sensible than any we have had for many years. Tight waists and tight sleeves are binding and should not be worn. The bishop sleeve is the commonsense sleeve and should be adopted for continuous use. Tight lacing should be abolished and some suitable waist worn in place of the corset. The Tabor Adjustable Waist company, Detroit, Mich., manufacture a fine waist.

And for headgear what is more becoming and sensible, than a good walking hat for winter and summer use, combining both comfort and economy and delivering us from constantly changing fashion. This is meant solely for reformers.

We need a reformed all-round hygienic clothing for women.—The Clinic.

There never before was a time when so many people were seeking the ways of right living. The thought that good health is natural, the most natural thing in the world and that disease is unnatural, the direct or indirect result of the violation of some law is being understood by the thinkers of the world as never before. Are you a "thinker?"

*THE CLEANER AND THE CLEANER.*

A cultivated sensitive person is uncomfortable when dirty. Long continued dirtiness may become indurable. Soap is a medicine that almost anybody can learn to use. A dirty person is more or less sick whether he knows it or not. You cannot clean a dirty body with new thought, old thought, or any kind of thought. Soap and water are necessary medicines for such a plight.

If a child has a bean in its ear it takes considerable judgment, skill, etc., to get it out. More often times than an ordinary man possesses, thus a doctor is convenient to have around under such cir-



cumstances. If the bean is up the nostril the doctor is convenient here also.

There are a great many diseases that are nothing more or less than dirty insides, and to clean dirty insides the "chimney sweep" or doctor should know his business. Therefore how very unsafe it is that people ignorant of the mechanism and chemistry of man's body should undertake to clean out obstructions amid its winding labyrinths.

DR. C. E. BOYNTON,  
Los Banos, Cal.

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### CARE OF THE EYES.

By H. O. Jensen, O. D., B. O.

Each sense that man is in possession of is intended for his joy and pleasure; an avenue by which the physical world is revealed to the soul. In order to perceive with the senses of taste, touch and smell the physical object must come in contact with the sense or the nerve endings. We prize the sense of hearing more highly than these other three senses, its range is very much wider and thru it the soul is thrilled with the exquisite pleasure of all sweet sounds. The sense of sight is of even greater importance to us than the sense of hearing. The eye is, perhaps, the most delicately adjusted organ of the body. When the eye was made no patent was necessary to protect the invention. Scientists, opticians, microscopists and telescopists have tried in vain to produce something having the same power and functions; but it cannot be duplicated and defies improvement.

One is filled with wonder when he considers that grand, delicate and voluntary action of accommodation or adjustment by which the eye sees objects far or near. Thru bulging or flattening the lense the rays of light are caused to properly converge and focalize at the point of vision. The opera glass, microscope and telescope must be manipulated by a clumsy thumb screw and readjusted constantly in order to increase or decrease the power; but the eye at one instant focalizes light coming from the point of the

needle near by and the next instant adjusts itself for an object far in the distance. The camera is the nearest approach to the eye, but photography is not yet chromatic; while the eye can be educated to detect 700 different shades of gray between black and white. We do not sufficiently appreciate this most important sense.

Do you take care of this wonderful piece of mechanism as you should? One should not read with a dim light nor one which causes a glare on the paper. Never face the window while doing close work. Do not read while lying down nor when riding on cars. Looking at a fire or any bright light is injurious to the eyes. Where the glare of the light hurts the eyes green glasses should be worn. When reading take the eyes off the page frequently. Smoking injures the eyesight. Be careful not to use any harmful substances in bathing the eyes. Never rub your eyes. If your eyesight is defective, let no foolish pride prevent your wearing properly fitted glasses. A reliable optician will not advise you to wear glasses if you do not need them. Most eyes begin to fail at the age of forty years, and should receive proper attention. Eyes are affected to some extent by all ailments of the body. Good health will cause the eyes to remain in a normal condition.

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### THE PERUNA HABIT AND OTHER FORMS OF ALCOHOLISM.

The Peruna habit and other forms of alcoholism should be looked into by its religious and newspaper sponsors. We are indebted to Mrs. Martha M. Allen, the energetic worker of the W. C. T. U., for having asked the Massachusetts state board of health to analyze Peruna. In an advertisement of this nostrum a statement was made that "Peruna has among its friends many of the leading temperance workers in this country who give it unstinted praise, and do not hesitate to endorse it by the use of the most extravagant language." The chemist found it contained 23.46 per cent by

weight of alcohol. We know of one patient, a young lady, who has been taking large doses of this compound, and who has found it so exhilarating that she has made herself a sort of walking advertisement for the enterprising manufacturers. She would have been indignant if asked to take a "cocktail," or a drink of whisky, containing less alcohol than her prized and secret tippie. The Massachusetts board found 15.3 per cent of alcohol in Vinol, 16.77 per cent in Pinkham's Vegetable Compound, 5.87 per cent in Swamp Root. In Orangeine there were found acetanilid, caffeine and sodium bicarbonate. Concerning acetanilid Dr. Abbott, secretary of the board, says that it should be taken with much caution lest its frequent use degenerate into a confirmed habit. The proprietors of White Ribbon Remedy were not going to be trapped in one way—there was no alcohol in the drug, but only milk, sugar and ammonium chlorid. It is "as likely," adds Mrs. Allen, "to cure drunkenness as would a blast of east wind." We have entire sympathy with the efforts of the W. C. T. U. to expose the meanest hypocrisy of the worst of liquor sellers, the patent medicine manufacturers.—American Medicine.

### SOUND BODIES FIRST.

Commenting upon and commending the intention of the new Teachers' college in New York to educate its students in the rules of health so that they may impart the knowledge to their pupils, American Medicine says:

"It is not merely the rules of hygiene that are needed, nor the ordinary course in school physiology. Personal hygiene is applied physiology, but a proper understanding of certain elemental truths of human physiology must be acquired before they can be applied. Knowledge of the normal functions of the body and the simple methods of keeping them in healthy action is the one thing that no educated person should be excused from possessing; yet most of our children reach maturity without parental

or scholastic instruction in the most elemental matters of health."

This is no more than Herbert Spencer urged forty years ago when in "Education" he said: "As vigorous health and accompanying high spirits are larger elements of happiness than any other things whatsoever, the teaching how to maintain them is a teaching that should yield in moment to no other whatever."

### A NOBLE CREED.

To love justice, to long for the right, to love mercy, to assist the weak, to forget wrongs and remember benefits, to love truth, to be sincere, to utter honest words, to love liberty, to wage war against slavery in all its forms, to love wife, children and friends, to make a happy home, to love the beautiful in art, in nature, to cultivate the mind, to be familiar with the mighty thoughts that genius has expressed, the noble deeds of all the world, to cultivate courage and cheerfulness, to make others happy, to fill life with the splendor of generous acts, the warmth of loving words, to discard error, to destroy prejudice, to receive new truths with gladness, to cultivate hope, to see the calm beyond the storm, to do the best that can be done, and then be resigned. This satisfies the conscience, the heart, the brain.—Ingersoll.

More than fifty people were made sick at Colorado Springs a few days ago by eating ice cream in which "doctored" cream had been used. The cream came from one of the best dairies in Colorado, but formaldehyde had been put in it to keep it from souring.

### DOCKING.

The docking of horses' tails by Anglo-manics who ape English manners and customs should be made a criminal offense, punishable by imprisonment for not less than one year. Nature provided the horse with a tail to brush off the flies, mosquitoes and other insects, just as the Creator furnished man with hands

to protect himself. There are no mosquitoes and scarcely any flies in Great Britain to bother animals. A man who will wantonly cut a horse's tail should be compelled to stand on a sugar dock in hot weather with his hands tied behind his back and he would then know the agony and torture a poor horse suffers with nothing but a stump of a tail to drive off these pests and tormentors.—St. Louis Herald.

#### A DOCTOR, VACCINATED 24 TIMES, DIES OF SMALLPOX.

Dr. John E. Stanton, University of Pennsylvania, died in Philadelphia, July 10, 1903, of smallpox at the Municipal hospital. He was proprietor of a drug store and sold thousands of vaccine points. Within the past year he was vaccinated twenty-four times and in addition had virus hypodermically injected, without a take (so-called) and the papers reporting the case say "his system became in such a condition that he contracted the disease."

#### EXCESSIVE MEAT-EATING.

Excessive meat eating, particularly by urban population, is one of the great American sins against the laws of health. Many sedentary workers, whose occupations prevent them from taking sufficient outdoor exercise and air to digest even one heavy meal a day, believe that for them meat three times daily is an absolute necessity. Their abused stomachs naturally refuse to do the enormous amount of extra work imposed upon them, and the result is a nausea, headache, indigestion and various other ills. To remedy these, they pour patent medicines and nostrums down their throats, swallow headache tablets, pills and other foreign substances, which make matters worse instead of better, while the causes of all the trouble are assiduously nourished. All progressive physicians are agreed in the opinion that the average American city dweller eats too much meat, just as the average American eats

too much pie. "We are now, as a race, suffering from an excessive meat diet," says E. Elmer Keeler, M. D., in *The Clinic*. "Ask any well-informed physician as to the cause of Bright's disease, rheumatism and obesity and see what he has to say. People in general think they do not have a 'dinner' unless meat is on the menu. They must have 'cold meats' for supper, and what would breakfast be without chops, hams or sausage?" Dr. Keeler is not a vegetarian, but, in regard to a widespread fallacy among opponents of vegetarianism that one must eat meat to develop strength, he says that he can point to those who for half a century have not tasted meat, and who today present sound muscles, sturdy limbs, keen eyes and clear brains." He concludes with the emphatic warning—"Eat less meat."—Success.

#### NON-PARTISANSHIP URGED.

"Golden Rule" Mayor Samuel M. Jones of Toledo has an article in the *Independent* urging that the true policy for the good citizen is to be non-partisan. He says, in part:

"As the non-resistants are the only force that is really making for an end of war and the beginning of 'peace on earth, good will toward men,' so the non-partisans in politics are the force that is eliminating war—hatred, envy, revenge—from the political field and making for the organization of the people on a basis of patriotism rather than partyism, and for the adoption of love and reason as the ruling and guiding motives instead of remaining subject to the domination of hatred and revenge.

"The resistants, the fighters, are unconsciously advocates of eternal warfare, for it is clear and certain that there is no way to put an end to war except to cease fighting. The greatest victories of all time have been gained by the non-resistants, from the victory of Jesus on the cross at Calvary to the triumphs of the non-fighting religious orders and sects, as the Quakers, Mennonites, Dunkards, etc."

### PENSIONS.

Pension Commissioner Ware in his annual report makes the total number of pensioners on the roll July 1, 1902, just under the million mark, namely 999,446. This is the highest number on record.

The total disbursements for pensions from the beginning of the government, not including cost of soldiers' homes or of pension office, etc., have risen to almost two billion dollars. The items for the various wars are as follows:

Revolutionary .....	\$70,000,000
War of 1812 .....	45,000,000
Indian wars .....	6,000,000
Mexican war .....	32,000,000
Civil war .....	2,745,000,000
War with Spain .....	3,300,000

### A HOPEFUL SIGN.

It is one of the most hopeful signs for the present and the future of humanity that the more enlightened and intelligent no longer regard preventable sickness as a necessary evil, "a dispensation of Providence," or "the will of God." We have grown wiser and less superstitious than were our ancestors, tho ignorance and criminal carelessness are still engendering disease and transmitting it to posterity. Parents ignorant of, or indifferent to, the laws of health not only doom themselves to intense suffering, but, worse still, also condemn their children perhaps to life-long invalidism, or hamper them mentally or physically, or in both respects, for life. We see examples of this everywhere,—chronic sufferers from hereditary gout, rheumatism, consumption, and alcoholism.—Success.

### MASSAGE.

Dyspepsia affects the complexion, the eyes, the carriage, the temper and many other things that go to make or mar beauty.

Dyspepsia is a difficulty of the digestive organs, and is produced by a disturbance in the normal secretions of the stomach and intestines.

Massage is frequently an absolute cure for many reasons.

First, it promotes mechanically the contractions of the stomach and intestines.

It acts rapidly and certainly on the nervous conditions that most always accompany dyspepsia.

It increases the circulation of the diseased parts and invites a most perfect nutrition of the different tissues.

Massage acts on the whole glandular system.

To resume, massage diminishes the pain and discomfort by toning up the muscles of the stomach, and thus promoting digestion.

Massage may be used when the heart action is so weak that no other form of exercise can be taken. It has also the advantage that it may be applied to one certain spot on the body which is too fat, to the exclusion of all other parts that may be of normal size.—Health Culture.

Prof, Pfluger of the University of Bonn maintains that one-third of all the deaths registered in Munich are due to heart disease, brought on by the immoderate use of beer, and that tobacco also claims a large percentage of the victims.

"I honor the man who in the conscientious discharge of his duty dares to stand alone; the world, with ignorant, intolerant judgment, may condemn, the countenances of relatives may be averted, and the heart of friends grow cold, but the sense of duty done shall be sweeter than the applause of the world, the countenances of relatives or the hearts of friends!"—Charles Sumner.

### STUDY AND SMOKING.

The physical director at Yale has measured all students entering in the last nine years. The non-smokers average 15 months younger than the smokers, they are taller, and during the four years in school they gain 24 per cent more in height and 27 per cent more in chest growth than do habitual users of tobacco.

The cigarette cough is the hack which precedes the hearse.—Princeton Tiger.

## ♦ ♦ Suggestions to Parents and Teachers. ♦ ♦

### A PERPLEXING EDUCATIONAL PROBLEM—DEGRADING VICES AND HOW TO MEET THEM.

#### SAD CONDITIONS.

If we could make public the disclosures made in the letters which are constantly being received by us from students in the various institutes in every section of our land it would reveal a condition of things sad in the extreme. It would be alarming to the parents and guardians and it would arouse every earnest and thoughtful educator in our land.

#### STARTLING TESTIMONY.

Here is a mere hint of some of the information we have:

From students in a large and popular college not far removed from the city of New York we learn that not only do vices prevail in that institution to an alarming extent, but the diseases which accompany vice are quite prevalent among the students.

As a result of a personal canvass in one of the large institutions in the Western states it was found that of the 332 students only thirteen did not confess to acquaintance with impurity, personal, social, or both.

A professor in one of our colleges writes us: "I have been talking plainly to our students and everyone thus far has confessed with tears to being guilty. We see the effects mental, moral and physical as plainly as one can see the blight on a tender young tree."

Dr. Helen P. Kennedy says: "Of 125 girls from whom I obtained written statements on subjects of personal purity thirty-six passed into womanhood with no knowledge whatsoever, from a proper source, of all that makes them women; thirty-nine had received a very meager amount of instruction, while less than one-half of the whole number felt free

to talk to their own mothers on this important subject."

The University of Michigan met the situation by a course of lectures given before the medical department which illustrated and set forth the character and results of the diseases which accompany vice, and although primarily announced for the medical students, large numbers of students from other departments attended. The wisdom of such a course in a university cannot be over-estimated; but in institutions where there is no medical department, this duty must be discharged by those upon whom it manifestly rests, for the duty cannot be evaded.

Degrading influences were found so prevalent in a large school in one of our states that the authorities thought best to dispense with the recess hour. How much better to have corrected the evil and then permitted the children to have the exercise and invigoration which is one of the best antidotes of vice. What they needed was not less play, but more intelligence, and intelligence of the right sort.

As a lighthouse sheds its rays over the stormy waters to warn of the rocks and shoals, surely our teachers should speak words of warning as well as advice to the students placed in their charge, as they are largely the victims of ignorance.

#### DISCOVERING CONDITIONS.

First of all it would be well in every school in the land to discover actual conditions. This can be done in various ways according to the class and conditions of the school and the age of the pupils. Wherever an effort is made it ought always to be done in such a manner as to protect all who are asked to impart information concerning themselves. What those in charge need to know are the facts. It is not necessary in colleges to disclose the identity of the in-

dividuals who are asked to fill out circular matter.

It can sometimes be done by asking several students who are intelligent and whose judgment is reliable in order to discover something of the actual condition. It can be done by the principal calling into his room pupils whose countenances and personal appearance readily disclose the evils in which they are indulging. Where the inquisitor acts with decision the revelations are quite certain.

In college communities it is not difficult for the president or some one in charge to consult local resident physicians, not for the purpose of having him disclose professional secrets concerning single individuals, but to learn from them what are the actual conditions as disclosed by their professional practice.

#### POSITION OF EDUCATORS.

Many of those who are entrusted with the education of the young are alive to their duty in reference to the prevalent evils which undermine the rising generation, but the question is how shall they cope with these evils? The delicacy and difficulty of presenting these subjects properly is recognized by all. The perplexity is to know how best to discharge the obligation. The duty is manifest, but the manner of meeting and discharging the duty is not so clear.

#### SAVING THE YOUNG.

One reason why parents and teachers have been able to do so little is because they have had no adequate tools with which to do this important work.

Pamphlets and books which pretended to impart the desired information have so universally been tainted, and many so thoroly pervaded with impurity that they have been entirely unacceptable.

The above is quoted from the Purity Advocate and contains practical suggestions for the suppression of vices that exist in every town and hamlet in the land. Month after month the Character Builder has called attention to the need of work in personal and social purity and has aimed to give practical suggestions for the removal of the causes that pro-

duce vice and crime. These truths appeal to intelligent people, but occasionally a parent or teacher who is uninformed concerning real conditions takes offense at the treatment of these vital questions. If such persons were well-informed on these questions they would soon get rid of their prudery or false delicacy.

There are now many good books on these important subjects and parents no longer have the excuse that they could not qualify themselves to give their sons and daughters the instruction necessary to cause them to always think the pure thought and live a pure life. If an effective campaign could be carried on against obscenity our worst social evils might be greatly reduced and young people could receive their information concerning their own life from a proper source. Teachers are handicapped in this work because some parents object to systematic work on personal purity being given to their children by the teachers, and a large majority of parents neglect to give the instruction themselves, as a result the foul-mouthed plant the impure suggestion indelibly in the mind; the harvest is vice and crime.

Moral training does not yet receive the attention it deserves, but there is such an interest being aroused in these vital problems that the outlook is encouraging. There is no labor that gives more satisfaction than laboring for the moral advancement of self and others.

The Character Builder will continue to be devoted to the establishment of truth and purity. We shall be pleased to aid persons who desire to study the questions considered in this or in the other departments of the Character Builder by helping them to select the best books on these subjects.

We know the need for a more earnest effort on the part of parents and teachers for the moral advancement of our youth and are desirous of giving any aid within our power for the advancement of the work.

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Let not present physical gratifications rob you of future happiness.

## RESPONSIBILITY OF PARENTS.

BY HATTIE DICKSON.

It is well known that one of the crying sins of America today is the treatment of all questions concerning the reproductive nature as impure and unworthy of serious consideration. This makes the intelligent discussion of the father nature and the mother nature almost an impossibility. The reproductive instinct, when unperverted, is pure and holy—is God-given.

The first right of every child is to be well born; and the day is near at hand when that right will be recognized and respected, and the world will then demand a better fatherhood, and these defectives will demand the reason for their diseases and deformity—physical, mental and moral—and why this life of hopeless suffering has been thrust upon them.

Our physicians and best thinkers give us but one verdict on the sacred responsibility of fatherhood. If, then, it involves so much, can we begin too soon to teach young men its importance and sacredness? Can we afford to have one more generation ignorantly thrust upon us?

Nothing, in my judgment, has contributed so materially toward the present moral dyspepsia, which is one of the most ominous signs of our times, as the false theory of many sincere but short-sighted people, who, for generations, have pursued the fatal policy of hiding from their children the great and all-important truths which would have prevented the pollution of boyhood and the ruin of girlhood. Why there should be such reserve in speaking of the reproductive organs, when all others are freely discussed, is a mystery, and can only be explained on the theory that the great majority of people are guilty of excesses and do not like to discuss their own sins.—B. O. Flower.

## NEGLECT OF MORAL TRAINING.

BY E. P. MILLER, M. D.

A medical experience, extending thru

several years, has convinced me that people of all ages and both sexes are suffering from abuses of the sexual function. In a majority of instances, these abuses were begun and continued in ignorance of the results which were to follow.

Children inherit strong sexual desires, and, receiving no instruction with regard to these desires, they either fall spontaneously into evil practices or learn from impure associates habits which eventually prove their ruin. Young men and women, controlled by passion, rush into vices which finally destroy both body and soul. Married people, without a thought of sin, commit excesses which induce disease, destroy happiness and entail weakness and deformity upon their children.

These facts have been so frequently and so forcibly thrust upon me that I feel constrained to bring before the people a consideration of the sexual nature of mankind. I am aware of the prejudices which exist against a discussion of these subjects, and of the difficulties to be met in attempting to bring a work like this before the public. Parents shrink from instructing their children with regard to their sexual nature; teachers dislike to talk of such private matters to their pupils; ministers fail to denounce these evils from the pulpit; doctors are backward about referring to sexual vices amongst their patients; and newspapers are, many of them, so fearful of offending the public taste.

How men can be Christians and yet be sensualists, in either single or married life, is beyond my comprehension! How people can be preachers and promulgators of Christianity, and refuse to aid in the suppression of "this most widespread and terrible evil," is for other consciences than mine to determine! To make the best of Christians we must have pure souls and healthy bodies, and these we cannot have so long as a fundamental vital law is constantly being violated. If we would have God's "kingdom come" and his "will be done in earth as it is in heaven" then must all who love him fight manfully for the destruction of evil in whatever form, nor shrink because of

false delicacy from any opportunity of doing good.

(Extracts From Vital Science.)

### THE CURE OF IMMORALITY.

(By Mary Wood-Allen, M. D.)

The existence of immorality is recognized by all teachers of morality, by all philanthropists, and many have been the proposed methods of treatment. Why should we not begin to apply the scientific methods to this dread disease of immorality? We have learned that in the physical world the infectious diseases are the results of unsanitary conditions, and we know how, in a great measure, to stamp them out and prevent widespread infection. In immorality we have a disease both infectious and contagious, and it is the result of unsanitary moral conditions. It is as truly a filth disease as yellow fever or cholera. The only way of curing it is to recognize the causes that produce it, and to them apply the remedy.

What we as soul's physicians need is pure, true literature, which we can put into the hands of the eager youths, which will teach them a reverent regard for all life processes and stimulate in them a desire to be worthy of God's great gift of life-power. This is not experimental, empirical. The experience of a great many years has proven beyond doubt that a good book, one that uplifts and ennobles in both its origin and maintenance, put into the hands of the growing boy or girl, has not only kept from physical ills, but has saved the soul.

Such literature exists. The only query is how can we put it in the hands of the young? Evil literature is being scattered broadcast over all the land. Without money the boy finds no trouble in procuring the bad book, but the good book costs too much to be given away, and so it does not come into his possession. There are hundreds of pounds (thousands of dollars) put into the books and leaflets sent out to poison the juvenile mind, but there are few philanthropists making a business of offsetting

this by good books and leaflets. Most of them are busy building asylums and hospitals, and homes of refuge for those who through evil teaching have been led into evil and destroyed.

### TO THE CHARACTER BUILDER.

BY HELEN MATHEWSEN.

"The public schools of this state shall be taught in the English language, and the school board shall provide to have taught in such schools the branches specified in section 15 of said chapter, and such other branches of learning in other languages as they may deem expedient, including hygiene, with special reference to the effect of alcoholic stimulants and narcotics upon the human body; and shall cause to be given in each school week two lessons of not less than ten minutes' duration each on the subject of humane treatment to animals."

Section 78, page 63, School Law, as amended 1901.—Laws of Colorado.

The above is a bill passed by the legislature of Colorado two years ago.

Humane education is the foundation of all reform and if it were universally adopted today, poverty, crime and war would be greatly diminished. We also agree that the chief object of school education is good morals. Then let us reach out and take in humane education. Too many of us are buried in text books; too many are mechanical hearers of lessons; are mere word jugglers, in fact, peddlers, mind stuffers. I believe there is a great defect in our system of education. In our public schools today it is quite as possible to develop the heart as the intellect. Where so much attention is paid to the cultivation of the intellect and so little to the cultivation of the heart. That our system of public instruction has failed in this is proven by the fact that for years we have been spending thousands upon thousands of dollars on our public schools, yet crime has been continually on the increase until today statistics show that its increase is more than twice as rapid as the increase in our popula-



tion, and our prisons today are filled with educated, intelligent skilled criminals, and it would seem the more highly educated the more flagrant and atrocious the crime. We have for example of this such cases as Durant in California, a few years ago. In our public schools today are the men and women of our future, perhaps side by side may sit the future criminal and judge.

The importance of sowing the seed of mercy and justice, of touching the heart while tender, make the young have pity for the beasts that suffer and are dumb, and later he will reach a higher work, the moral obligation of man, as the superior to protect the weak and defenseless, and so will proceed until the highest sphere is reached, man's duty unto man. A child who has learned to protect and love dumb animals will never be cruel to his fellow creatures. When a child is speaking or acting kindly, whether to a playmate or an animal, he is developing and strengthening the tender and noble side of his character. When thoughtless and cruel the lower and brutal elements of his character. An eminent French teacher says: "Every patriotic citizen should give careful consideration to humane education as a remedy for national deterioration. Kindness to animals is not a mere sentiment, but a requisite to even a very ordinary education. Nothing in any study is so important for a child to learn as humaneness. It develops consideration, kindness and self-control, and it makes pupils more thoughtful and kind to one another."

In England, where humane education originated thirty years ago, in one of the public schools of London, where 7,000 pupils were carefully trained in kindness to animals, not one of them has ever been arrested for a criminal offense and with every European nation it has become a matter of statistics that humane education lowers the criminal records.

So let us put heart as well as brain in our work! Let us become character builders and send forth an army of girls and boys that have been carefully taught

that kindness is the highest attribute of man and sweet mercy is nobility's true badge.

J. W. Cottrall, general superintendent of the Detective Association of America, says: "Within 25 years' experience as an officer I know of but very few criminals who were taught to love animals, and searching for the cause of crime we always find that the lack of humane education is the principal one. A cruel disposition, unchecked, will always lead to crime."

Years ago it was the effects of humane education that made it possible for a little Quaker colony in Pennsylvania to live 75 years among savages with no other protection than a few constables.

Humanity means civilization. Cruelty is barbarous. As the world advances this fact is more and more realized. And, fellow teachers, as the public school is the cradle of the American nation, let us make our teaching stronger and richer. Let us reach out more. Let us reach out and take in humane education.

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I am the voice of the voiceless,  
Through me the dumb shall speak,  
Till the deaf world's ear be made to hear  
The wrongs of the wordless weak  
From street, from cage and from kennel,  
From stable and zoo the wall  
Of my tortured kin, proclaims the sin  
Of the mighty against the frail.

Oh, shame on the praying churchman  
While his unstabled steed at the door,  
Where the winter's beat with snow and sleet  
Or the summer sun rays pour,  
And shame on the mothers of mortals  
Who have not stooped to teach  
Of the sorrow that lies in the dear, dumb  
eyes,  
The sorrow that has no speech.

The same force formed the sparrow,  
That fashioned man the king,  
The God of the whole gave a spark of soul  
To furred and to feathered thing,  
And I am my brother's keeper,  
And I will fight his fight and speak the word  
for beast and bird,  
Till the world shall set things right.

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We learn wisdom from failure more than from success; we often discover what will do by finding out what will not do.—Dr. Smiles.

## EDUCATIONAL NOTES.

### UTAH TEACHERS' ASSOCIATION.

The next session of the Utah Teachers' Association will be held in Salt Lake City, Oct. 6th, 7th, and 8th. Mr. H. R. Pattengill of Michigan will deliver a series of interesting lectures, and very interesting department meetings will be held. The Primray department will have children present to help in giving a practical demonstration of the work. Principal Cross of the Wasatch school in this city, will present the "Spiral method" of teaching arithmetic. All the sections will have something profitable for those interested in the special lines of work.

The State University, by unanimous vote of the faculty, recommended that all work be suspended that all might participate in the meetings.

The indications are that there will be an unprecedented attendance at the convention.

### YALE OUT OF THE RUT.

The Yale corporation has made the entire four years of the college course elective by allowing freshmen in the future to pick five courses annually out of a set of eight, dropping any three of the eight they wish. The vote makes it possible for the ~~freshmen~~ to drop Greek, Latin and mathematics if he wishes.

Greek as a required subject for entrance examination was abolished, the change taking effect in June, 1904. Advanced mathematics and modern languages will be accepted as a substitute for Greek hereafter. The change will make a large difference in the preparatory schools of the country.

Yale professors will be retired at the age of 68 years, except when specially requested by the corporation to continue in active service, according to a vote passed by the corporation. This rule will take effect three years from date and will ap-

ply to all officers of the university who hold permanent appointments. Several years ago the corporation voted to allow professors to retire voluntarily at 65 years old.

At the convention of the American Medical association at New Orleans Dr. Billings made strong objection to the oversupply of doctors. He argued that the number of medical colleges should be cut down. The country needed about 2,500 medical graduates a year, but it was getting 10,000 or more.

The London school board has voted to appoint six expert oculists to make regular examinations of the eyes of pupils in the city schools and treat them if necessary. It is found by investigation that 10 per cent of all the pupils need eye treatment. The percentage of defective eyes increases with each grade, until in Standard VII. it is 80 per cent.

Count Tolstoi intends to devote the remainder of his days to compiling a series of graded school reading books. From these books he will exclude everything of worldly success or ambition to make a fortune. There are higher ideals than these, he thinks, and his purpose will be to exalt unselfishness, justice, sincerity and kindred traits.

### SPENT ON SCHOOLS.

The United States bureau of education has been making some comparisons of the amounts spent by different cities on their educational and their police systems. It is hard to arrive at any satisfactory conclusion from these statistics, however. Minneapolis and St. Louis are two cities which have recently been conspicuous for municipal corruption, yet the policies that have produced these like results are very much alike. Minneapolis spends only \$1 per capita on po-

lice and \$3.60 on education, while St. Louis spends \$3 per capita on police and only \$2.70 on her schools.

Philadelphia devotes only \$2.50 per capita a year to education; Chicago, \$4.80; Boston, \$5.40, and New York, \$5.80. These figures are no index of school efficacy, however. New York unfortunately has thousands of immigrant children thrust on her hands every year and must educate them, while in Philadelphia, for instance, there is far less of this crude foreign element to deal with. New York spends \$3 per capita on her police, while Philadelphia economizes teachers with only \$1.80.—Pathfinder.

It is a miserably false liberality that expends large sums for commodious school buildings and costly educational apparatus and then half starves the teachers. Nothing short of \$50 a month for teachers comes within a fair minimum salary, and this would not amount to more than the earnings of unskilled labor thruout the year.—Philadelphia Record.

### PRACTICAL VALUE OF MANUAL TRAINING.

(Extract from address by Calvin N. Kendall, superintendent of schools, Indianapolis, at the meeting of the National Educational association, Boston.)

"Manual training improves conditions in homes and raises the standard of home life. The boy who knows how to use tools is more likely to make himself useful about the house as a boy, and later as a man, than the boy who is without such skill. This has been in the theory of manual training. What has been the actual result of fact? Boys have repaired furniture which otherwise would have been thrown out as rubbish. The creative and constructive power of the boy has been turned to account in making for use hat racks, clothes hangers, clock shelves, picture frames, cupboards, mail boxes, ironing boards, knife and fork boxes, small tables, handkerchief boxes, etc.

"Girls from the cooking school have in more than one instance taken a burden off the mother's shoulders by preparing meals. I happen to know of the girls in limited circumstances, who, because of skill gained in the cooking school, have remunerative employment during this summer vacation. I know of another, the daughter of a rich man, and now the wife of a wealthy physician, who can and does look, and look with intelligence, after the details of her home because her liberal education included a course in the cooking school. How many girls have made themselves handy in the home because they have learned to sew, to darn and to patch in the sewing school? The mothers have in numerous cases not taught these homely household virtues because they haven't the time or they do not know how themselves. Boys in some classes have made checker boards, sleds, wagons, doll houses and other articles for home amusement.

"Lessons in grammar and geography are not so irksome in a school with manual training as in one without it. It adds interest to the other studies in the school. In one school in correlation with measurements in arithmetic, the pupils made a miniature house, building it to a scale; they reckoned the cost of the siding, plastering, shingling, carpeting and painting. While studying United States history a model of a lock on the Erie canal was made, and also a model of the log cabin in which Lincoln lived. The creative faculties are brought into action, the history and arithmetic re-enforced and the life of the school made of greater interest. Moreover, boys have made many articles for the equipment of schools, as dumb-bell racks, wands, bulletin boards, cabinets, mouldings for hanging pictures, shelving, etc. All of this tends to keep the boy in school, because he feels that after all there is some practical good in going to school."

Mrs. Jane Stanford has been elected president of the board of trustees of Leland Stanford University.

## Social Progress,

### A MODEL TOWN.

Under this title a description of an Idaho town was given in the last number of the Character Builder. By mistake the article referred to did not follow. We give the article now and ask our readers to pardon the omission.

"No intoxicating liquors shall ever be sold or otherwise disposed of, nor shall gambling or prostitution ever be permitted, on the aforesaid townsite; and the board of directors is hereby required to provide in every conveyance or lease of any part thereof, for the perpetual prohibition of the evils mentioned, upon such covenants as the board may deem essential to secure the objects mentioned."

### THE METHODISTS LEAD.

A. E. Dunn, who has charge of the department of advertising of the official Methodist papers, has taken a positive stand against patent medicine advertising. In answer to a letter of inquiry sent him by the editor of the Medical World, the following statement was made by Manager Dunn: "I sent out a circular stating that in the future I should eliminate patent medicine advertising. Since that time I have declined many requests for the insertion of medical advertisements in our publications. This will mean the loss of many thousands of dollars.

"I believe that the advertising columns of the official Methodist press will soon become as interesting to our readers as the text-pages—a directory to many of the best things manufactured for household use. I am convinced that no religious paper should accept advertisements of a medical nature of which the publishers and editor have little or no knowledge, and many of which claim to cure diseases that baffle the skill of experienced physicians. The publisher of

a paper is in no position to diagnose the case of any patient, or to prescribe the remedy for it.

"Speaking of undesirable advertising, I might go still further and say that I also believe that religious publications should exclude advertisements of mining and other investment schemes, many of which impose upon the confidence of their readers.

"It is my purpose, as manager of the department of advertising of the official Methodist publications, to edit the advertising columns as carefully as we edit the text pages."

Our advice to other official religious organs is to follow the good example of Mr. Dunn. Such a course would do more to purify and build up society than flowery discourses, or the theological controversies that are so conspicuous in the various seats of Christendom, even in this enlightened age. In justice to the Seventh Day Adventists it should be stated that their publications have been kept free from these objectionable advertisements.

The Frances E. Willard National Temperance hospital is being erected in Chicago.

The thirty-fifth annual co-operative congress of Great Britain was recently held at Doncaster. The report showed that there are now in Great Britain 1,671 co-operative societies, with a total membership of 2,022,208. In 1902 the value of their property was 25,904,113 pounds sterling, or five times as many dollars. The sales for 1902 amounted to 85,586,708 pounds sterling. Profits were 9,594,353 pounds sterling. There are two wholesale societies, 1,476 retail societies, 139 productive societies, seven supply associations, thirty-six agricultural societies and eleven special societies.

The Milwaukee Co-operative Mercantile Department Store company has been organized with a capital of \$1,500,000, all of which is common stock. The amount of stock which each person can

purchase is limited. Every subscriber of stock receives a certificate of membership and is entitled to a discount on all purchases made in the store of the company.

All the principal stores of Torreon, Mexico, have consolidated under the name of the Torreon Mercantile company. Its capital stock is \$150,000. The new organization will be enabled to sell goods at a much lower price than the smaller concerns could and proposes to give the people the benefit of these profits. The stockholders are among the customers. Every employee of the concern must be a stockholder.

The Burlington railroad has begun pensioning off old, retired employees.

Compulsory vaccination has been abolished by the state board of health of Iowa, in conformance with the decision of the courts. Vaccination may be made compulsory in case of a smallpox epidemic, but at no other time.

At the Bremen International Anti-Alcohol congress, recently held, 500 members were present. These represented fifteen nations. Five days were devoted to the discussion of every phase of the alcohol evil. The papers and discussions were mainly by men from the universities of Europe.

An effort is being made by the citizens of Thatcher, Arizona, to rid that city and county of saloons. A local option law, championed by Hon. Andrew Kimball, was passed by the Arizona legislature in 1901. The citizens are now determined to prohibit the sale of intoxicants there. Some of the most prominent saloon men are in sympathy with the effort. "The saloons must go," they say.

The presidency of the Relief society in Cedar, Utah, recently headed a petition signed by about 350 of the citizens, asking the city government to restrict or prohibit the sale of intoxicants. It has

been stated that if the present city officers will not act in the matter the question will be made an issue at the next election.

### CO-OPERATIVE FREIGHT HANDLING.

The most advanced attempt to expedite and economize in the handling and trans-shipment of freight is illustrated in an institution in St. Louis called Cupples Station. This is a group of great seven-story warehouses covering thirty acres of ground. A large number of big wholesale merchants and other extensive handlers of incoming and outgoing freight rent storage room in these buildings and do their receiving and shipping there instead of at their stores in the city.

All the railroads have switches coming directly to the buildings. When a train of freight comes in the cars are quickly unloaded by the 2,000 employees and the freight is whisked off by means of great trucks and elevators to its various destinations within the buildings. When the tenants desire to make shipments they simply leave their freight in a corridor properly packed and directed, and the employees of the station dispatch it by an outgoing train.

In this way all drayage is avoided, and goods are handled with much less delay and expense than can be done in New York for instance, where nearly 40,000 drays are engaged constantly in this work of transferring goods.

### CO-OPERATION.

Citizens of Salt Lake City and of Granite Stake are establishing a co-operative bakery, laundry and supply store. The patrons will be the stockholders. The company will not offer for sale nor encourage the use of tea, coffee, tobacco or any other stimulants or narcotics. Persons in this district who are interested in such an enterprise can get further information by addressing the Character Builder or calling at the office.

## YOUTH'S DEPARTMENT.

### THINGS YOU LEAVE UNDONE.

It isn't the thing you do, dear;  
It's the thing you leave undone,  
Which gives you a bit of heartache  
At the setting of the sun.  
The tender word forgotten,  
The letted you did not write,  
The flower you might have sent, dear,  
Are your haunting ghosts tonight.

The stone you might have lifted  
Out of a brother's way,  
The bit of heartsome counsel  
You were hurried too much to say;  
The loving touch of the hand, dear,  
The gentle and winsome tone,  
That you had no time nor thought for,  
With troubles enough of your own.

The little acts of kindness,  
So easy out of mind;  
Those chances to be angels  
Which everyone may find—  
They come in night and silence—  
Each chill, reproachful wraith—  
When hope is faint and flagging  
And a blight has dropped on faith.

For life is all too short, dear,  
And sorrow is all too great;  
So suffer our great compassion  
That tarries until too late;  
And it's not the thing you do, dear,  
It's the thing you leave undone,  
Which gives you the bit of heartache  
At the setting of the sun.  
—Margaret Sangster, in Philadelphia  
Inquirer.

### DOES IT PAY TO BE AN ATHLETE?

For the past few years athletic exercises have been running wild in our educational institutions. From the common school to the university the athlete is worshiped and many a man in later life will pay the penalty for over-stimulation,

over-exertion and over-development. Here is what the Medical Brief has to say:

"A certain amount of general, all-round exercise, taken regularly—enough to develop the bodily framework and keep it supple with use, is a good thing. It gives vigor, tone, resisting power, but the extremes to which it has been pushed in the present athletic craze defeat the aims and objects which a rational system of exercise has in view.

"Athletes are not long-lived, nor are they particularly healthy men. Their vitality is low, having been sacrificed in arduous struggles to build up unnecessary muscle; as a rule they have less wit and spirit than ordinary men, are fine specimens of mechanism, but easy to get out of order.

"The time comes when every athlete must resign his activities, and then he finds himself with a great, over-developed body, which, like a locomotive, all polished and oiled, with steam up, a boiler full of water, and a big fire under it, is likely to do all kinds of damage if the engineer ignores the conditions of safety.

"Enough exercise for grace, ease, enough to prevent obstructions accumulating in the system, to aid secretion, oxidation, circulation, to take the tension off the nerves and keep up the supply of animal heat, is essential to health. More than this is unnecessary and a source of peril.

"Disease of the heart, lungs and liver are especially apt to overtake athletes who are out of training. The organs have become accustomed to and dependent on the stimulus of unusual activity, and refuse to do their duty satisfactorily without it.

"Moderation is the only safe rule of life. The avoidance of extremes and regularity of habit means comfort, health and long life. The man who gov-

erns himself by this rule in all things will get the most out of life and experience the least friction and disturbance."—N. Dak. Farmer.

### OUR HEART GARDEN.

Our hearts are little garden spots,  
And filled with blossoms fair,  
Or filled with ugly, hateful weeds  
Which spoil the flowers rare;

For weeds and flowers can never grow  
Together in the heart;  
If only flowers we want to bloom,  
We must with evil part.

Then let us pull the weeds all out  
And tend the flowers with care,  
And shed, in loving deeds and acts,  
Aboard their perfume rare.  
—Kathrina Blossom Wilcox.

### RHYMING PRESIDENTS.

The first of our presidents every one knows,  
For yearly the fame of George Washington grows.  
When eight years he'd served, John Adams served four;  
Thomas Jefferson follows for eight years more.  
James Madison next, and then James Monroe,  
Each sat for two terms; next, for one term, you know,  
Came an Adams again, John Quincy by name.  
Andrew Jackson for two terms as president came.  
Then Martin Van Buren four years held sway,  
But William H. Harrison in a month passed away,  
Giving place to John Tyler, who next took the seat,  
And became president, the full term to complete.  
James K. Polk, for one term, came from old Tennessee;  
Then Zachary Taylor, the next one we see,  
But death, ere two years, called him from the race,  
Millard Fillmore completing the term in his place.  
Franklin Pierce, his successor, the next four years;  
Then, for one term, James Buchanan appears.  
Then Abraham Lincoln, whose first term was passed

In guiding our country through war's fierce blast;  
But his second term hardly begins when it ends,  
And his murder brings grief to his millions of friends.  
Andrew Johnson completed the unexpired space;  
Then Ulysses S. Grant for eight years held the place.  
Rutherford B. Hayes for one term held the chair,  
Though democrats held his election unfair.  
James A. Garfield the people next chose as their chief,  
But tho mourned by the country his time was but brief;  
For a murderer's hand shot the president dead,  
And Chester A. Arthur was chief in his stead.  
Grover Cleveland for four years next sat in the chair,  
When Benjamin Harrison succeeded him there.  
Four years, in his turn, in the seat to remain.  
For when his term ended came Cleveland again.  
For William McKinley, one term's barely o'er,  
When the people have given him four years more.  
Once more in our nation comes sorrow and grief,  
Again an assassin strikes down our chief;  
And Theodore Roosevelt assumes the command,  
The latest executive here in our land.  
—New York Sun.

### ALPHABET OF SUCCESS.

Attend carefully to details.  
Be prompt in all things.  
Consider well; then decide positively.  
Dare to do right; fear to do wrong.  
Endure trials patiently.  
Fight life's battles bravely.  
Go not into the society of the vicious.  
Hold integrity sacred.  
Injure not another's reputation.  
Join hands only with the virtuous.  
Keep your mind free from evil thoughts.  
Lie not for any consideration.  
Make few special acquaintances.  
Never try to appear what you are not.  
Observe good manners.  
Pay your debts promptly.  
Question not the veracity of a friend.  
Respect the counsel of your parents.  
Sacrifice money rather than principle.  
Touch not, taste not, handle not intoxicating drinks.  
Use your leisure for improvement.  
Venture not upon the threshold of wrong.

Watch carefully over your passions.  
 Extend to every one a kindly greeting.  
 Yield not to discouragement.  
 Zealously labor for right, and success is  
 certain.—Ex.

### LEARN TO THINK.

Time's great chain is made of links;  
 Just the present one is ours.  
 Make it strong. The one who thinks  
 Most and best, will use his powers.

Be not indolent, I pray,  
 Drifting like a wave at sea,  
 Master self while yet you may;  
 Daily ask, What shall I be?

Now's the time for sober thought—  
 Truth and error make the fight—  
 Shall I drift along or not?  
 All is well that endeth right.

### A CRAFTY OLD THIEF.

There's a crafty old thief, of nuisances chief,  
 Who goes prowling around day by day,  
 She subsists on the hours which she slyly  
 devours—  
 Look out! for she's coming your way.

This crafty old thief may bring you to grief;  
 She's robbing you more than you think.  
 If you say, "Wait a minute," she's sure to  
 fit in it  
 An hour or more yet in a wink.

Just say, "By and by that problem I'll try,"  
 And she comes with her trap slyly set,  
 To grapple your hours, which by mites she  
 devours,  
 And not one word of thanks will you get.

When I hear a boy whine, "I haven't had  
 time  
 To do this hard lesson," I've found  
 That this crafty old thief, with her well-  
 sharpened teeth,  
 Has always been prowling around.

What! asking her name? Have you not  
 guessed the same  
 Ere this from the tile I have told?  
 This thief of low station is Procrasti-Nation,  
 A sinner the universe old.  
 —Letta Sterling Lewis.

### DON'T FORGET THE OLD FOLKS.

Nay, don't forget the old folks, boys—  
 they've not forgotten you;  
 Though years have passed since you were

home, the old hearts still are true;  
 And not an evening passes by they haven't  
 the desire  
 To see your faces once again and hear your  
 footsteps nigher.  
 You're young and buoyant, and for you  
 Hope beckons with her hands,  
 And life spreads out a waveless set that  
 laps but tropic strands;  
 The world is all before your face, but let  
 your memories turn  
 To where fond hearts still cherish you and  
 loving bosoms yearn.  
 No matter what your duties are nor what  
 your place in life,  
 There's never been a time they'd not as-  
 sume your load of strife;  
 And shrunken shoulders, trembling hands,  
 and forms racked by disease,  
 Would bravely dare the grave to bring to  
 you the pearl of peace.  
 So don't forget the old folks, boys—they've  
 not forgotten you;  
 Though years have passed since you were  
 home, the old hearts still are true;  
 And write them now and then to bring the  
 light into their eyes,  
 And make the world glow once again and  
 bluer gleam the skies.  
 —Will T. Hale, in Tennessee Farmer.

### CHARACTER BUILDING.

Beautiful thoughts make beautiful lives,  
 For every word and deed  
 Lies in the thought that prompted it,  
 As the flower lies in the seed.

Back of each action lay the thought  
 We nourished until it grew  
 Into a word, or into a deed,  
 That marked out life-work thru.

Gracious words and kindly ways,  
 Deeds that are high and true;  
 Slanderous words, and hasty words,  
 And deeds we bitterly rue.  
 The Garden of Life, it beareth well,  
 It will repay our care.  
 But the blossom must always and ever be  
 Like the seed we're planting there.

"Keep thine heart," the Life Guide saith,  
 "With daily, diligent care.  
 For out of it are the issues of life,"  
 Be they foul or be they fair.

On things that are pure and of good report  
 Our hearts must daily dwell,  
 If we would see Life's garden full  
 Of blossoms that please us well.

For beautiful thoughts make beautiful lives,  
 And every word and deed,  
 Lies in the thought that prompted it,  
 As the flower lies in the seed.  
 —A. E. Godfrey.



## OUR BOYS AND GIRLS.

### THE QUEST OF LAZY-LAD.

Have you heard the tale of Lazy-Lad,  
Who dearly loved to shirk,  
For he "hated" his lessons, and "hated"  
his tasks,

And he "hated" to have to work?  
So he sailed away on a summer day  
Over the ocean blue;  
Said Lazy-Lad, "I will seek till I find  
The land of Nothing-to-Do."

So Lazy-Lad sailed to the west,  
And then to the east sailed he,  
And he sailed north, and he sailed south  
Over many a league of sea;  
And many a country fair and bright  
And busy came into view,  
But never, alas! could he find the coast  
Of the land of Nothing-to-Do.

Then Lazy-Lad sailed back again,  
And a wiser lad was he,  
For he said: "I've wandered to every  
land

That is in the geography;  
And in each and all I've found that folks  
Are busy the whole year through,  
And everybody in every place  
Seemed to have something to do.

"So it must be the best way, after all;  
And I mean to stay on shore,  
And learn my lessons, and do my tasks,  
And be Lazy-Lad no more.  
The busiest folks are the happiest,  
And what mother said was true;  
For I've found out there is no such place  
As the land of Nothing-to-Do."

—L. M. Montgomery.

### TWO OLD BROOMS.

As I passed two worn-out brooms  
lying in the alley I thought I heard one  
of them talking. Wondering, I stood  
still to listen, and this is what I heard:

"Well, well, old friend! So we've met

again! I remember we stood side by  
side in the grocery on the corner."

"So we did. But I would not have  
recognized you, your appearance is so  
changed. Where have you been, any-  
way?"

"O, just over in that little white house  
on the east side of the alley, with a little  
girl named Dolly."

"Well, I lived in that little white house  
on the west side of the alley, with a little  
girl named Polly."

"I don't see why we should look so dif-  
ferent now, when we looked so much  
alike as two peas to begin with, and lived  
in houses so much alike, with little girls  
whose names are so much alike."

"Maybe they're only alike in name.  
How did Dolly use you?"

"Why, she used me to sweep with, of  
course."

"O, I know that, but—well, I'll tell you  
how I was used. I belonged just in  
Polly's room—"

"And I in Dolly's."

"Don't interrupt, please. After Polly  
had made up her bed in the morning she  
rolled it out from the wall, and she and I  
went behind it, and swept the place where  
it had stood. Then it was pushed back  
in place and the rest of the floor was  
gently and carefully swept, especially the  
corners."

"Corners! Dear me, I never bothered  
the corners! And as for under the bed—  
well, I guess we wouldn't meddle with  
that, either, if Dolly's mamma didn't look  
after us. But we had a lively time in the  
middle of the floor every day, and made  
the dust fly. But that didn't matter; for  
Dolly brushed around with a feather  
duster—"

"Feather duster! Oh, dear! Polly  
never used such a thing; she always  
wiped the dust carefully from the bed-  
stead, table and chairs with a soft cloth,  
which she shook out of doors every min-  
ute or two. But that isn't about me.  
When she had finished sweeping she

hung me in her closet by this string you see in the end of my handle."

"Well, I wondered what that string was for. That must be the reason you are worn so square off. Look at me! My brush leans all to one side. When Dolly was done with me she just stood me against the wall, with my brush well out, and the top of my handle leaned up in the corner. But what is the reason you are so bright and yellow and I am so dirty looking?"

"Once every week Polly dipped me in hot water, and hung me on the south side of the shed in the sun to dry; this kept me soft as well as bright and clean."

"Dear me! What a difference there is in brooms—and the little girls who use them!"

AUNT BETTY.

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### LITTLE BY LITTLE.

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"Little by little," an acorn said,  
As it slowly sank in its mossy bed,  
"I am improving every day,  
Hidden up in the earth away."  
Little by little each day it grew,  
Little by little it sipped the dew;  
Downward it sent a threadlike root,  
Up in the air sprang a tiny shoot.  
Day after day, and year after year,  
Little by little the leaves appear.  
And the slender branches spread far and  
wide,  
Till the mighty oak is the forest's pride.

"Little by little," said a thoughtful boy,  
"Moment by moment I'll well employ,  
Learning a little every day,  
And not spending all my time in play;  
And still this rule in mind shall dwell,  
Whatever I do I will do well.  
Little by little I'll learn to know  
The treasured wisdom of long ago.  
And one of these days, perhaps, I'll see  
That the world will be better for me."

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### HOW WE SHOULD TAKE CARE OF THE BODY.

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When Harold had had his goats six months Uncle Theo came again one day.

Harold took him out to the barn the first thing to see them.

Uncle Theo was delighted. They look better than they did when I first gave them to you," he said. "You must take pretty good care of them."

"Oh, I do," said Harold. "They have a clean bed of straw to sleep on every night and three good meals every day. In the morning I give their coats a thorough brushing before I hitch them up."

"I hope you don't forget to water them often."

"No, indeed! They have a drink every morning and night, and whenever they are thirsty during the day. They have lots of work to do, you know, and father says they can't do it unless they are well taken care of."

"How is it that you think a goat's work is more important than a boy's?" asked Uncle Theo.

"I don't," said Harold. "I don't know what you mean."

"Why, you have been showing me what good care you take of your goats, how clean and well brushed they are, but your hair doesn't look as if it had been combed this morning, and I'm sure you didn't take a bath all over. I can see the very place on your neck where you stopped washing."

"Harold grew very red. "I was in a hurry this morning," he stammered.

"But you don't start off with your goats in the morning till they have been well taken care of, do you? And isn't it more necessary to take good care of yourself?"

"Yes it is," said Harold, "and I'm not going to be careless again."

"You don't have to do it all," went on Uncle Theo. "You have a mother to get you good things to eat, make your clothes and keep them mended, and see that you have a good bed to sleep on at night. But there are many ways in which you can take care of your own body and help it to grow stronger and larger every day.

"One way is to keep it clean. You can't play or do any kind of work without getting some dirt on you, but every

boy and girl ought to start in the day by being clean all over.

"It isn't enough to give your face and hands a good washing in soap and water. You need to take a bath all over, just as soon as you are out of bed in the morning.

"Your hair needs a good brushing, too, and of course you wouldn't think of going to the breakfast table without brushing your teeth and cleaning your finger nails.

"Boys and girls are a great deal more valuable than any animal, and have a much more important work to do, so they can't afford to take any but the best care of themselves."

#### THINGS TO REMEMBER.

Nobody can do good work with his body unless he takes good care of it.

Our parents are helping us take care of our bodies when they get us food to eat and clothes to wear.

We are taking care of our bodies when we keep them clean.—School Physiology Journal.

#### HINTS FOR CONDUCT.

Writhe not your limbs in every shape  
Of awkward gesture like an ape.

Twirl not your toes, nor lolling stand,  
Nor in your pockets place your hands.  
All whispering, giggling, winking, shun,  
Turn not your back to anyone,  
When you blow your nose be brief,  
And neatly use a handkerchief.

Do not allow yourselves to look  
In letters, papers, or a book  
(Till you have leave).

Set not your knife or fork up straight,  
Gaze not upon another's plate.

Dip not a dirty knife in salt,  
But carefully avoid the fault  
Of blowing while at meals, your nose,  
Unless necessity impose,  
When drinking do not stare around,  
Nor make a harsh or gurgling sound.  
Turn not your meat nor view it close;  
Nor ever hold it to your nose,  
Stuff not your mouth, nor blow your  
meat,

Wait till it's cool enough to eat.

If in your food should chance to be  
What you can't eat conveniently,  
Remove it from your mouth with care,  
But don't throw it under your chair.  
If you think of right in all you do,  
This world will carry you safely thru.  
—Good Manners Book.

#### THE REALLY REASON WHY.

Mamma, why is it that the sun  
Shines only in the day?

Why does he shine so nice and warm  
When he's so far away?

Why are the stars so very large?  
Each one looks like a spark.

Why does the moon shine when it's  
light,

And never when it's dark?

Why are the summers always warm,  
The winters always cold?

Why is it that each year must die  
When only one year old?

And why can't little children be  
As big as their papas?

And when I ask you questions, ma,  
Why do you say, "Because?"

Why is it, mamma, when it rains,  
So cloudy in the sky?

I'd like to know about lots of things,  
The really reason why,

And there's some other sorts of things  
I'd like to ask about,

Only you always say, "Hush, hush!"  
And so I can't find out.

The boys at school tell me tales  
Of things I've never seen,

I wish you'd tell me, so I'd know  
What these things really mean;

Because, you see, I know, mamma,  
You never, never lie,

So if you explained it, 'twould be  
The really reason why.

—Mary Wood-Allen, M. D.

A German philanthropist bequeathed \$125,000 for an orphan asylum on condition that the children should be brought up on a vegetarian diet. The city of Berlin refused to accept the bequest on that condition, but Breslau has accepted it.—Pathfinder.

### WISDOM IN WIT.

Wickwire—You ought to be ashamed of the way you encourage that Mrs. Gossip to call here. Do you really enjoy hearing your neighbors talked about?

Mrs. Wickwire—No, I can't say that I do. But as long as I keep her here I know she is not talking about me.—London Tit-Bits.

### HIS TURN.

A minister passing along the road one day, observed a number of boys in a circle with a small dog in the center. He inquired what they were doing, when one said they were telling lies, and he who told the biggest lie got the dog.

"Dear me," said the minister, "I am ashamed to hear of you telling lies. When I was a boy like you I never told a lie."

"Hand him de dog," said one of the boys. "He's won the prize."—Ex.

A man advertises for "competent persons to undertake the sale of a new medicine," and adds that "it will be profitable for the undertaker."

### THEY PAY THE FREIGHT.

Two old pals met on the street.

"I saw you in the liquor men's parade Tuesday," one of them said.

"Oh, yes."

"Now, you tell me about it. Who were those fellows in front on horses?"

"Those? Why, those were the wholesalers."

"Well, who were those fellows in carriages?"

"Those fellows in plug hats, smoking the big black cigars?"

"Yes."

"They are the distillers and brewers."

"Who were those fellows walking there with the white plug hats, white coats and gold-head canes?"

"They were the retailers."

"Who were the fellows that brought up the rear?"

Fellows with cauliflower noses and fringes on their pants—the crowd I was with?"

"Yes."

"Oh, they were the consumers."—Ex.

### AN INFORMAL PRAYER.

"The proper way for man to pray,"

Said Deacon Lemuel Keys,

"And the only proper attitude,  
Is down upon his knees."

"No; I should say the way to pray,"

Said Reverend Doctor Wise,

"Is standing straight, with outstretched arms,  
And rapt and upturned eyes."

"Oh, no, no, no," said Elder Slow;

"Such posture is too proud."

"A man should pray with eyes fast closed  
And head contritely bowed."

"It seems to me his hands should be

Austerely clasped in front,  
With both thumbs pointed towards the ground,"

Said Reverend Doctor Hunt.

Last year I fell in Hodgkin's well

Head first," said Cyrus Brown,

"With both my heels a-sticking up,

My head a pintin' down;

And I made a prayer right then and there—

Best prayer I ever said—

The prayinest prayer I ever prayed,

A-standin' on my head."

—Anon.

### GO THE WHOLE HOG.

A little stealing is a dangerous part,

But stealing largely is a noble art;

'Tis mean to rob a henroost or a hen,

But stealing thousands makes us gentlemen.

—The Clarion.

### THE RUMSELLER'S ADDRESS TO THE PRINCE OF EVIL.

Dear Sir:—

I've opened by liquor hall fresh and fine,  
And stocked up my cellar with drugs and  
with wine;

I've rum, gin and brandy, both deadly and strong,

I've games that are pleasant and music and song;

But I need a good partner my objects to aid,  
And if you'll take that part, my business is made.

Our objects, thou different, we best may attain

By working in union for souls and for gain.

All I want of men is their money, you see;

All else that remains I'll give gladly to thee.

Bring me the industrious, sober and wise,

And the God that they honor I'll make them despise;

I'll turn them to loafers and beggars for bread,

Ragged, penniless paupers, no home for their head.  
 Bring me sweet children from the knee of their mother,  
 And their hope for the future in darkness I'll smother;  
 Bring the father and mother, and the discord I'll sow  
 Shall heap on their children the direst of woe.  
 Bring me the sailor, warm-hearted and true,  
 And I'll wreck his fond hopes and send him to you.  
 Bring me the lawmaker, working for state;  
 I'll ruin his career, turn honor to hate,  
 And the law's very name a hissing shall be,  
 And riot and bloodshed send more souls to thee.  
 Bring the respectable, moral man,  
 The moderate temperance man, if you can;  
 And tho they don't drink much, their presence, you see,  
 Will countenance the business and help you and me.  
 Their wealth will be mine, their souls go to you,  
 And I'll be your partner most faithful and true.

Respectfully, RUMSELLER.  
 —Selected.

## Books Received.

From the Child's Standpoint, Views of Child Life and Nature, A Book for Parents and Teachers, by Florence Hull Winterburn, 278 pages, \$1.25. The Baker and Taylor Co., 7th E. 16th St., New York.

The thirty-nine chapters of this book are devoted to most practical suggestions. Among the topics discussed are: The Real Home, Natural Religion, Honesty and Politeness, A View of School Life, When Character is Forming, Cheerfulness, The Moral Sense, An Office of Motherhood, Dialect in the Nursery, The Passing of Childhood and Planning for Our Children. While we do not agree with the author on all points we recommend the book to all who have the responsibility of training children.

The Gazette Pocket Speller and Definer, English and Medical, by J. Clark Slay, M. D., 216 pages. Price 50 cents. Gazette Pub. Co., 508 Fifth Avenue, New York.

This is a convenient, up-to-date pocket dictionary, has 100 pages devoted to medical terms besides giving a complete list of English terms usually found in pocket dictionaries. It is a convenient companion for anyone who desires to improve in the use of the English language.

The following have been received from the English Anti-Vaccination League, 50 Parliament St., London, S. W.:

Royal Commission on Vaccination, Report of the Dissentient Commissioners, 152 pages, 25 cents. The Vaccination Inquirer and Health Review, monthly, price 50c per year. Smallpox at Gloucester, by W. R. Hardwen, M. D., L. R. C. P. Price one penny. An Italian Indictment of Vaccination, by Carlo Ruata, M. D., Professor of Materia Medica in the University of Perugia. Price, one penny. The Vaccination Act of 1898, by Mrs. Henry Fawcett, LL. D. Price two pence. Seventh Annal Report of the National Anti-Vaccination League, Herbert Spencer on Vaccination, The New Lymph Made in Germany, Pock-marked Faces, a Curious Illusion, the Jenner Relics, Cow-Pox and Other Effects of Vaccination, Vaccination and Smallpox, Authoritative Opinions Adverse to Vaccination or its Compulsory Enforcement, Smallpox at Middlesbrough.

Persons desiring to learn the truth about vaccination should send to the above League and get works by scientists who have made a most careful study of this vital question.

### A CONDUCTORS' TRAINING COURSE.

In the organization, training and leading of choirs, in the teaching of singing to juvenile and adult classes, and in vocal music generally will be given by the

Latter-day Saints' University, Salt Lake City, Utah, from Wednesday, October 7th, 1903, to Friday, April 1st, 1904. The training will all be given by and all the work done under the personal direction of

Prof. Evan Stephens B. D., the successful leader, composer, and trainer, in order that a practical knowledge of his methods may become, as far as possible, the common property of the younger singers and directors throughout this State.

### The Work to be Given.

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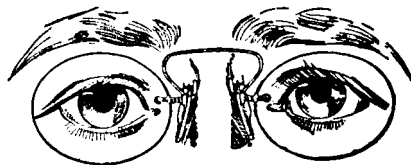
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