

# THE CHARACTER BUILDER

VOL. IV

NOVEMBER, 1903.

NO 7.

## Human Nature Department

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

### HOW LITTLE.

How little would be written,  
And how little would be said,  
If only what we know we know  
Was published ever, or read!

Writers would not multiply,  
Books would not accumulate,  
Nor would newspapers supply  
So much for the grate!

Readers would twice over read  
What they knew was truly true,  
And would they not pay greater heed  
To understand it, too?

To the world 'twould be a gain—  
Yes, a gain unparalleled,  
If all writers in the main  
To the strictest truth were held!  
—Mrs. C. K. Smith.

San Diego, Cal.

Study your boy. Nine-tenth of the men in this world know more about the farm, the stock and the trees than they do about their own children, and yet the children are the greatest problems they will ever be called upon to consider.

F. W. OPENSHAW, LECTURER AND CHARACTER READER.

We are pleased to introduce and recommend to readers of the Character Builder Professor Frank W. Openshaw, whose photograph and sketch appear herewith.

Mr. Openshaw is now out in the lecture field traveling in various parts of Utah and adjoining states as a representative of the Human Culture Publishing Co. of this city, of which the Character Builder is the official organ.

Besides giving lectures on Phrenology and other educational subjects, he will give private examinations, take subscriptions for this magazine in the different towns and settlements, and will also have for sale a few

special and very select books that are greatly needed and which have a strictly moral and intellectual aim.

We hope the many friends the Character Builder has made in Utah and elsewhere will avail themselves of the opportunity to invite Prof. Openshaw to address them and feel confident in saying they will be amply repaid.

Mr. Openshaw is not a "Bump-Reader" or fakir, and needs only an opportunity to explain his business to convince the people he understands it.

Seven years ago the writer met him for the first time in New York, where he was one of a very large class attending the American Institute of Phrenology at Fowler & Wells Co.

It was at this time and place he received the practical instruction from competent teachers that fitted him to effectively apply the principles of Phrenology which he had been gathering by years of close study before that time.

His desire to learn and qualify himself for usefulness to others in his chosen profession may be inferred from the fact that he traveled from his home in Arizona to New York alone—and blind.

When about 20 years old and while working near an engine that ran a thrashing machine, the boiler exploded and shut out the sun from his eyes for ever.

Though physically blind however, he can see much more than many men whose sight is unimpaired.

His knowledge of human nature is especially keen and doubtless many people will be surprised at the accuracy and pleased with the value of his delineations given to people he has never known and cannot see.

Tho fate certainly dealt a sudden and severe blow to our friend in early manhood, he is thoroly resigned to his condition, is in need of no help that is tinged with charity, and does not solicit any sympathy beyond that which we give to the physician or lawyer, viz—our support.

Being amply prepared by many years'

preparation to speak with authority and clearness upon those matters that pertain to character Building, he will therefore give good value in return for all he receives, and we bespeak for him a friendly hand in his laudable effort to earn a livelihood along those lines that have for their ultimate aim the social, moral and intellectual improvement of mankind.

#### DELINEATION.

In delineating the delineator, thus turning the tables upon our friend, it will be well perhaps by way of change to adopt in this instance the usual method of speaking directly to the one examined instead of addressing our remarks to the reader.

Suppose him seated in our office for the purpose indicated, we should proceed as follows:

You have a good "quality" of organization, making you fine-grained, sensitive and clean. This fact is shown in many ways that are difficult to describe, but which will be very apparent to those with whom you are closely associated. You are naturally refined in your tastes, desires and habits of life; will blush like a girl if accused of improper motives, and will take no pleasure whatever in the small talk, common place or vulgar conversation too frequently indulged by the class who constitute the street corner loafer.

Your thoughts and ambition run in a different groove.

There is very much of the effeminate in your nature, being tender, sympathetic, gentle, spiritually minded, modest and proud-spirited.

Tho the back head indicates you have inherited considerably of the loving, friendly and warm nature of your mother, there is also a good development of the executive forces which is distinctly masculine, and from which we infer your parents, especially on the male side, have, either from choice or necessity, been engaged in some position requiring unusual energy, industry and physical exertion.

Temperamentally you are fairly well balanced, which fact secures harmony of action between mind and body, tho of course the latter is measurably restrained in its activity by the loss of sight. Otherwise you possess the intellectual machinery and physical strength to make a useful and active life.

The mental temperament, already strong, is likely to become still more pronounced for the reason stated. Tho there is an absence of that loose, flabby and superfluous flesh which frequently accompanies the vital temperament, and tho the neck in size and thickness does not indicate it, yet the excellent condition of the lungs and stomach and the evident strength of these organs in the brain that correspond to the vital

temperament, leave no room to doubt that, constitutionally, the vitality is good. From this you derive your recuperative power and tenacity to life, and so far as health is concerned, need have no serious fears for the future. As you do not indulge in any of those vicious habits that tend to sap the vitality, and as you are naturally careful, methodical and precise in your mode of life, you may therefore reasonably expect to escape many of those ills that are brought on by intemperance, ignorance, or carelessness.

The measurements of your head show the brain to be slightly above the average in size, and considerably above the average in quality.

The intellectual and moral group of organs being unquestionably very strong will work together and form the leading, dominant motives in your character. It is a matter of sincere regret that you have not more self-esteem. This is one of the weak links in what is otherwise a strong chain.

It is absolutely essential for your success in life and your peace of mind that you should cultivate more self-esteem, restrain your cautiousness and blunt the edge of your sensitive nature.

It is not the absence of reasoning power, intuitive knowledge or practical talent that will ever interfere with your progress or retard success, but rather the action of the organs above named. While your self-esteem is not weak to the point of wanting dignity, yet you have no superabundance of confidence; are inclined to discount your ability; to follow rather than lead, and are far too susceptible to external influences. You lack in that quiet, serene assurance and self-satisfied faith in your own powers that seeks, rather than shuns, responsibility, and which give, but seldom takes, advice. Your approbateness keeps the fire of ambition constantly burning. You will always be full of zeal and desire for the future, but cautiousness is ever present with warning finger, bidding you take care,—take care; and, fearful of a wrong step, you hesitate, and rarely feel satisfied with your own efforts.

With your knowledge and training, if you had more self-esteem and less cautiousness, you would say things emphatically, leaving no room to doubt or argue the point, because there is no appeal from large self-esteem and firmness. Such men are positive characters. If they say a thing is so, they expect you to understand it is so—"even if it isn't so." There is a ring of assurance and conviction in their statements that has considerable weight with others, and tho objectionable when carried to extreme, yet there is equal danger in leaning too far the other way. If you can glean the lesson intended to be conveyed by reference to this part of your mental organization, it would more than pay for any incidental trouble or reasonable ex-

pense, because nearly everything that can be said outside of this is merely complementary and almost superfluous.

You are not wanting in combativeness, energy, hope, perseverance or skill. The reflective faculties are well developed and you should give them more scope. Break away from conventional methods, trust more in your individual judgment and tact, and do not allow mere opinions, adverse criticism, agreeableness or even friendship to sway you from a line that your own practical judgment and reasoning power marks out. This advice does not apply and is not given to those who have an extra amount of assurance with only average intelligence, but where the conditions are reversed, as in your case. You must remember that at least one-half of your fears and doubts are imaginary, and that you are inclined to worry more than the real facts would warrant. You must also curb your benevolence, or at least keep it in check, for while you are naturally saving, frugal, thrifty and economical, yet you value friendship more than you do money, and under some impulse to which you are subject, are liable to make concessions that you would afterwards feel were unwise. The artistic, refining elements of your nature are strongly marked, which manifests itself in your desire for cleanliness, neatness and order.

The latter will be a very conspicuous trait of your character. There will be order, system, method and precision in all you do. You are wise in looking ahead, will never forget a promise or appointment or the time it comes due. You are punctual, prudent, calculating, conscientious and honest; may be absolutely relied upon to fulfill every obligation if due allowance is made for the dependent circumstances under which you are forced to labor.

As before stated, your moral endowments are sound, healthy and active. You will leave a good impression wherever you go, and will have an influence of sincerity, purity and genuineness that will make other feel better for having met you and ashamed to discover they are so carnal minded.

---

#### MY WEALTH.

---

Mr. Morgan has his millions—  
 I haven't got a cent.  
 He has mansions built of marble—  
 I toil to pay my rent.  
 But I've more than Mr. Morgan.  
 When the day of toil is o'er,  
 For I know true love is waiting  
 Just inside my cottage door.  
 I then hear what never greets him  
 Underneath his marble dome;  
 'Tis a baby's happy greeting:  
 "Hello, papa! Have you come home?"

Rockefeller has full coffers—

But mine are empty quite.  
 He has private yachts and such things,  
 All mine are "out of sight."  
 But I've more than Rockefeller's  
 Wondrous wealth of gold commands;  
 I have dainty, wee caresses  
 From a baby's loving hands.  
 And when evening stars are peeping  
 Overhead in heaven's dome,  
 I can hear a childish welcome:  
 "Hello, papa! Have you come home?"

Let them have their untold millions,  
 I envy not their store.  
 They are worth colossal fortunes—  
 I am worth a whole lot more.  
 For I have a grander treasure  
 Than their hoarded wealth can buy;  
 'Tis the love light I see glisten  
 In my little darling's eye.  
 They can ride in private coaches  
 And can plow the ocean's foam—  
 But they never hear the welcome:  
 "Hello, papa! Have you come home?"

---

T. V. GIFFORD, M. D.

---

After more than three score and ten years of usefulness, Dr. Gifford has passed from this life to the great beyond. His entire life was devoted to preventing and relieving suffering. His soul was as sympathetic as a child's. He was a student and great admirer of the distinguished medical philosopher, Dr. Trall. Early in life Dr. Gifford was required to give special attention to his physical development because of his invalid conditions. He always attributed his measurably long life to the careful observance of the principles of health. He was a vigorous opponent of drug medication and of all forms of quackery. Many years ago he and Mrs. Gifford established the Invalids' Home at Kokomo, Indiana; where they taught the principles of correct living and aided invalids on their journey toward health. They used the various physiological remedies. For a number of years Dr. Rose B. Jackson has been associated with Dr. and Mrs. Gifford in the work. The surroundings of the Invalids' Home are beautiful and health inspiring. The birds and animals that inhabited the surrounding forest were always protected from hunters and other persons who sought their lives. All

who visited the home were delighted by the unmolested songsters. Dr. Gifford was especially fond of fine horses. The cut accompanying this article shows the Doctor mounted upon his favorite horse "Dollie."

During the summer of 1900 the writer had the pleasure of spending a few months at the Invalids' Home. He did not go there for the purpose of regaining health, but in order to study health principles and the laws of human culture and cure in general. The simple unconven-

strated their correctness and they are rapidly becoming popular among thinking people.

For sixteen years the Journal of Hygeio-Therapy and Anti-Vaccination has been published at the Invalids' Home and edited by Dr. Gifford. This monthly magazine has been devoted to the principles of correct living and has been a source of inspiration to all who read it. Dr. Gifford's greatest aim in life was to benefit his fellow beings. He was sincerely devoted to humanity's cause. His



tional life that prevailed was admirable. The food was plain, wholesome and abundant; stimulants and narcotics of all kinds were excluded. As in the menus of some of the larger sanitariums, flesh of animals was excluded. There was a disposition to investigate every new truth that had been discovered, but there was no tendency to follow fads. They had reached fundamental principles. Altho their principles were not popular when they began, half a century ago, later scientific investigations have demon-

sympathetic nature would not permit him injure anybody intentionally. He had faults and in his opposition to tyranny and evil often made enemies, but he was full of sympathy and tolerance for his fellow creatures. He labored for the establishment of the Brotherhood of Man and the Fatherhood of God. May his spirit go on progressing in his present sphere of action.

A handful of good life is worth a bushel of learning.—George Herbert.

## EDITORIAL.

**THE STRENUOUS LIFE.**—Everywhere the strenuous life is being urged. There is need for this doctrine among loafers and the "leisure class" but most people need to practice relaxation much more than they need the more strenuous life. They are working at too high a tension already.

**FROM DRUGS TO CRUTCHES.**—A leading drug store recently had its large show window decorated with crutches. The sight called forth the thought that such a decoration is very appropriate for a drug store. There are few causes that produce more death and cripples than do the drugs that are dispensed in drugstores. The eminent Dr. John Mason Good said, "Drugs have destroyed more life than wars, pestilence and famines combined." Occasionally we find a real fitness of things even in drugstores.

**ELECTION.**—Some wit recently said that if Marconi could now invent wireless politics, he would do a great service to humanity. This statement strikes us with double force about election time. The dishonesty is not limited to any party. There are demagogues in every party. It pays to vote for the man. An honorable man often rises above his party. The person who rates party above principle is an unworthy citizen. Honorable men and women must attend primaries and see that character is a qualification in persons who are chosen to fill responsible positions if they desire to improve social conditions.

**THANKSGIVING.**—How are you going to spend Thanksgiving day? It is customary to devote that day to feasting and drinking. It is certainly a savage way to show our gratitude, by filling our stomachs with an extra quantity of indigestible foods and intoxicating drinks. The following from the Pathfinder deserves consideration:

"Did you eat a great dinner on Thanksgiving? Rather a strange way, that, to impress on yourself the spirit of thankfulness and of sympathy for those in want, isn't it? A more rational way would be to eat frugally yourself, and share your store with some less fortunate brother, wouldn't it? Which would have the stronger and truer influence on you for your own betterment? Think this over, and ask yourself what justification there is for abnormal feeding on such days as Thanksgiving, Christmas and Sundays."

**LOAFING.**—In a short time the rush of work will be over and large crowds of men will congregate in every town and village for the purpose of "killing time." Persons who thus idle away their time during the entire winter lack the ideals that lead to true happiness. To them life means getting a living or providing for the physical wants. Such men do not read anything during the summer and when winter comes they have no inclination to read. They are not aware that the best thought of the greatest men and women in the world is theirs and may be obtained at a very small cost. Something should be done to call into action the brain cells of such individuals and thus help them to get more real happiness and pleasure out of life. Self-effort has helped many persons to overcome the defects of a lack of education in early life. Nothing good is gained by loafing. It is a bad habit and an effort should be made in every town to convert loafers from the habit of idling away their time. Idle minds originate and perpetuate evil. Loafing places are often the breeding ground of vice and crime.

**THE SCIENCE OF MEDICINE.**—Medical sects will soon become a thing of the past. During the nineteenth century there was a most bitter controversy between the Allopathic, Homeopathic, Eclectic, and Physio-

Medical Schools or sects. There is still discord among the members of the medical profession, but so many drugless methods of treating disease have been brought into prominence during recent years that in the profession as well as among the laity there is a rapidly growing tendency to discard drug medication and depend upon more rational measures; such as massage, hydrotherapy, proper diet, electricity, osteopathy, and other hygienic treatments. All of these are required to constitute a complete system for the treatment of acute and chronic diseases. Under the direction of a trained physician these measures are very effective, but in the hands of an ignorant person they may become harmful.

In our opinion the editor of the Dietetic and Hygienic Gazette correctly states present conditions when he says, "Medical pathies are dying because medical men are broadening their field of vision. No school or schism has all the truth; all the schools have some truth." When the truths of all these schools can be brought under one standard more will be done for suffering humanity than is being accomplished at present.

In this connection it gives us great pleasure to quote the following from such an authoritative work as "Merck's Archives." "Taken per se, some of the medical branches are of no value to mankind. They are neither useful nor ornamental; they are not even interesting. But it is not so long since this truth began to be apparent." The Medical Gleaner for October, 1903, has a long quotation from the above quoted work giving the reason why it has been discovered that some of the branches in a regular medical course are worthless. The flourishing condition of the various forms of quackery was given as the principal cause. The patent medicine evil has recently been recognized by the medical profession as one of the greatest enemies of scientific medical treatment. A vigorous attack is being made upon the patent medicine evil by the profession; the final outcome will no doubt be a great gain for non-drug therapeutics.

The difficulty is that the regular profession has been so very conservative as to oppose every innovation until it was compelled to yield when it could no longer successfully compete with its opponents. This criticism is offered by members of their own profession. One of them recently appeared in print with this statement, "Of all the learned professions, that of medicine is the most conservative and at the same time most amenable to the spirit of progress. It clings to precedent and the past with a tenacity that is well-nigh fatal to intelligent evolution and advance, yet constantly advances because it must, because stagnation means death, and science cannot die."

The war will go on between the conservatives and the radicals until all that is useless in medical practice will be rejected and the sick will be treated by rational methods. There is at present as great a confusion in medicine as in theology, but the indications are that medical quackery within and outside of the profession must soon give way to scientific principles of preventing and curing disease. Then and not before will there be a science of medicine. When that time comes, the present curriculum of the regular medical college will be somewhat modified.

#### WAR OR MURDER.

(Written for The People's Press.)  
Is it war, or is it murder,  
That we perpetrate today?  
Is it passion, greed and vengeance,  
Or God's voice that we obey?  
If it were one individual,  
And a man should kill his foe.  
Loudly would we call it murder,  
And but little mercy show.

Why should we then call it righteous  
When the soldiers kill their foes—  
And they count them by the thousands?  
Tell me, anyone who knows;  
For to my poor mind it seems like  
Highway robbery and greed,  
Where men kill their foes to rob them  
Of the country that they need.

More for greed than love, it seemeth,  
And it does not seem to me  
Anything but wholesale murder—  
Which can never righteous be;  
For our souls should be above it,  
Living in a spiritual sphere,  
Where the Father's love should guide  
us—  
In our actions e'er appear.  
—Martha Shepard Lippincott.  
Moorestown, N. J.

The worst cases of poisoning, and the so-called tobacco hearts, occur among tenement-house girls in this city who make cigars or cigarettes, or strip tobacco, as it is called. Especially in the winter does this occur, when they work with the windows closed and are inhaling the dust and fumes of tobacco. Irregular rhythm, palpitation and anaemia are common among those girls.—Page's Physical Diagnosis, page 266.

The rich will do anything for the poor except get off their backs.—Tolstoi.

## SUGGESTIONS ON HOME MAKING.

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

### NATURE'S TEACHINGS.

Deeper than the sense of seeing  
Lies the secret source of being;  
And the soul with truth agreeing  
Learns to live in thoughts and deeds;  
For the life is more than raiment,  
And the earth is pledged for payment  
Unto man for all his needs.

Nature is our common mother,  
Every living man our brother,  
Therefore let us serve each other;  
Not to meet the laws' behests,  
But because, thru cheerful giving,  
We shall learn the art of living,  
And to live and serve is best.

Life is more than what man fancies;  
Not a game of idle chances,  
But it steadily advances  
Up the rugged heights of time,  
Till each complex web of trouble,  
Every sad hope's broken bubble,  
Hath a meaning most sublime.

More of practice, less profession;  
More of firmness, less concession;  
More of freedom, less oppression,  
In the Church and in the State.  
More of life, and less of fashion;  
More of love and less of passion—  
That will make us good and great.

When true hearts, divinely gifted,  
From the chaff of error sifted,  
On their crosses are uplifted,  
Shall the world most clearly see  
That earth's greatest time of trial  
Calls for holy self-denial—  
Calls on men to do and be.

But forever and forever  
Let it be the soul's endeavor  
Love from hatred to dis sever;  
And in whatsoe'er we do,  
Won by truth's eternal beauty  
To our highest sense of duty  
Evermore be firm and true.  
—Philosophical Journal.

### HELPFUL CHILDREN.

"She's the most thoughtful, considerate little tot that ever breathed," exclaimed a young mother enthusiastically, in describing a neighbor's child who seemed to have developed to a remarkable degree this habit of helpfulness. It did not take long to discover how this habit had been formed. The little one had been taught from mere babyhood to wait upon itself and upon its parents. To bring father his slippers, cane, hat and gloves, and mother her workbasket, thimble or book.

She was encouraged to perform any little office that came within her childish powers, and when only a baby was proud to execute these small commissions, and as she grew older she formed a fixed habit of considering the wants of others.

It is sometimes claimed that while some mothers are not thoughtful enough in training the children to be helpful, others overdo it, and make perfect little slaves of their children, especially of the oldest daughter, who is compelled to wait upon herself and numerous small brothers and sisters as well. But this is quite another matter. This is want of consideration on the part of mother. It is not only willing but anxious to perform little helpful offices for various members of the family, the one who is thanked for these small commissions, whose every impulse springs from the thoughtfulness and courtesy that so quickly shows the proper home training, who will be the truly helpful child, and the one most loved in her home and among her play-mates.

The mother whose interests in this topic is most keen will study the tendencies of her children, and take time to teach them to be orderly and polite and helpful, while their natures are pliable.

Said an experienced mother recently: "Children are too often left totally unin-

structed in those small courtesies of everyday life, which go so far toward making our domestic and social relations harmonious. They should be taught, almost from infancy, to be polite, to enter and leave a room properly, to respect their elders, to remove their hat when they enter a house, to seat themselves quietly, instead of throwing themselves boisterously upon chairs or lounges, to close doors gently, and to do many other things naturally and politely which they now do awkwardly and rudely, simply because they have never been instructed otherwise.

A little time devoted each day to this good work will surely bring an ample return in the end; will, in fact, bear good fruit from the beginning, since a child who is being taught to be polite is at the same time learning consideration for others, and so is cultivating unselfishness of character. In the same way, a child who is encouraged to be orderly, to do little offices for itself, such as folding up his clothes, or putting a hat or top in its proper place, is not only mastering one of the most valuable of lessons, but is also saving the mother many weary steps in the present and heartaches in after years.

A little watchfulness on the part of the mother, a few timely words from day to day, from babyhood until maturity is reached, is the only cost of such training, and the gain is out of all proportion to the cost, since this simple attention will produce a generation of polished, graceful-mannered young people, who hold elders in respect and consideration, and are a joy to their parents and friends.

The mother who walks after her children, picking up their clothes and toys, hanging up their hats, folding their napkins, performing other little duties for which they should attend to themselves, does them a grievous wrong, for she is sowing the seeds of selfishness which can never be wholly eradicated.

The mother should take a stand between these two extremes: carelessness in allowing the children to become selfish and dependent, and that of forcing them to be responsible for the care of certain

members of the family until they are imposed upon by smaller brothers and sisters.

It is helpfulness and courtesy that springs from right motives, from a real desire to help others, the consideration for others which has become a habit because it has been constantly encouraged by the proper appreciation on the part of the mother, that it is to be of real worth in later life.

It may seem a little thing to pass unnoticed a baby's petulant selfishness that demands others to wait on it and "humor" it. It may seem a little thing to pause and encourage a child by a loving word of appreciation, when some little act of helpfulness has been performed, but it may be these little things that will make the great difference in the future between the child of high aspiration, noble impulses, and useful character, and the one who is shunned because of the inherited selfishness that is constantly showing itself in home and business and social life.

P. W. HUMPHREYS.

#### CHILD'S IDEA OF HOME.

A child when one day speaking of his home to a friend, was asked, "Where is your home." Looking with loving eyes at his mother, he replied, "Where mother is!" Was ever a question more truthfully answered?

Preparation for parenthood is, we believe, at the bottom of all true reform. When fathers and mothers see that in the bearing and rearing of children, failures or successes are within their choice, then shall the day of purity dawn.

Train your daughters months, yes, years before they are begotten, in the culture you shall give yourself, while looking toward fatherhood and motherhood. Then it need not be true that "every child is but an experiment." It shall be a direct outcome from strong, noble lives, and hence strong.

EMMET F. DRAKE, M. D.

Ignorance was never bliss nor wisdom folly.  
M. B. E.



### NOTHING TO EAT IF I GIVE UP MY MEAT.

"But I shall have nothing to eat  
If I give up my meat!"

So said a friend the other day,

When I begged him to eat in wisdom's  
way.

Nothing to eat if you give up your meat?

Did you never hear of barley or rye or  
wheat.

Of bread, of rusks, of scones?

All of them good for muscles and bones?

Did you never hear of wheaten grits,

And how they sharpen up your wits?

Did you never hear of meal of "maize,"

And the johnny cakes it will raise?

Did you never think that out of the earth

A thousand good things to eat have  
birth?

Think of Indian corn, fresh from the ear,

And Lima beans from the poles so near.

Why, one could live on succotash

So long as he has his teeth to gnash!

Then think of the soup of the lentils,

Fit for Jews as well as for Gentiles;

Think of the pease so green and beets so  
red,

And parsley and kale with curly head;

Of string and shell and harvest beans,

They'll put the flesh on puny weans;

Summer and winter squashes in yellow,

And marrows with pulp so rich and mel-  
low;

Celery, good for unsteady nerve;

Okra, in stew and soup to serve.

Asparagus fit for king or queen,

With bits of toast served in between;

Spinnach, with sauce of tiny capers,

And lettuce crisp as the fairies' papers;

Sweet potatoes from sunny south,

Melting in richness in your mouth;

And yams that are sweeter and bigger still.

Each one serving a platter to fill.

And think of the things that grow on trees,

And sun themselves softly in every  
breeze—

Apples green, yellow, russet and red,

(What a thought they put in old Newton's  
head);

And peaches, plums, cherries and pears,

Nectarines, apricots, pine-apples rare;

Oranges, lemons, limes, figs, quinces and  
dates,

Green gages, egg-plums, and damsons  
late;

Prunes, pomegranates, bananas, olives  
green,

With shaddocks and bread-fruit mixed  
between.

Surely one could live a week,

And never forbidden fruit need seek.

Think, too, of strawberries, raspberries,

Blackberries, gooseberries, barberries,

And cranberries lifting their ruby heads

From their damp and quivering beds.

Think of the melons, so many kinds,

And the richness hid beneath their rinds.

Think of the grapes—white, green, purple  
and red,

They'll never make you feel queer in the  
head;

Think of grapes fresh and dried.

But for them old Crusoe might have  
died.

And think of currants—red, white and black,  
And tamarinds a nice drink will make,

If feverish you should chance to wake.

Then think of the nuts, so many and fine,

To serve for dessert whenever you dine;

And more than these I might write down

If I gazed at shops within the town.

I use just now familiar names,

Passing those of higher fame;

I only want to show you that

Be you lean or be you fat,

If you consent to give up meat,

You'll find enough that's good to eat;

With fresh eggs, cream, cheese and butter,

I'm sure I see no need that you mutter.

Out of the ground you can raise your food,

And you'll find it healthy, nutritious and  
good.

Then give up your measly meat;

We'll find you enough that is good to eat.

### THANKSGIVING MENU.

Potato and Rice Soup.

Macaroni and Eggs. Mashed Potatoes.

Nut Loaf with Tomato Sauce.

Stewed Cauliflower.

Cabbage and Celery Salad.

Graham Bread. Fruit Rolls.

Steamed Fruit Pudding or

Date Cream Pie.

### POTATO AND RICE SOUP.

Cook a quart of sliced potatoes, two stalks of celery, and one small onion in as little water as possible. When done, rub thru a colander. Add salt, one quart of milk, and a cup of steamed rice, and reheat. Just before serving, add a half cup of good cream. Stir gently and serve.

### MACARONI AND EGGS.

Break macaroni into inch lengths, enough to make one and one-fourth cups, and cook in boiling water. Boil four

eggs hard, then chop them fine. When the macaroni is done, drain and put a layer of macaroni in a pudding dish. Then a layer of chopped egg. Fill the dish with alternate layers of macaroni and egg, taking care to have the top layer of macaroni. Pour over the whole a cream sauce, and bake for ten or fifteen minutes.

#### CABBAGE AND CELERY SALAD.

One cup of chopped celery, three cups of chopped cabbage, one-half teaspoonful salt, mix all together, and pour over a dressing made of the juice of one lemon, one cup of hot water, teaspoonful each of salt and sugar, and small piece of butter, let come to a boil, and thicken with one teaspoonful of flour.

#### NUT LOAF.

One cup of chopped walnuts.  
Two cups of stale bread crumbs.  
One teaspoonful each of salt and powdered sage.  
One egg.  
Mix nuts, crumbs, salt, sage and the egg well beaten together. Now take enough tomato sauce to moisten. Put in a close fitting dish and steam one-half hour. Serve with tomato sauce.

#### TOMATO SAUCE.

One quart of tomatoes, one large onion, one teaspoonful each of salt, powdered sage and half teaspoonful celery salt or two stalks of celery. Cook until thoroly done, put all thru a sieve, When cold, add the juice of one large lemon.

#### STEAMER PUDDING.

One cup of sour cream, two cups of sifted flour, one cup of raisins seeded and chopped, one-half cup of currants, one-third cup of pure molasses, two eggs well beaten, two-thirds teaspoonful soda, dissolved in boiling water. Time, two hours.

After dredging the fruit with a little flour, stir together the milk, flour and molasses, add the whipped eggs and dissolved soda, and beat hard; then stir the fruit in lightly. Pour the batter into a pan well oiled, cover, and set in the steamer; keep the latter tightly closed, and steam two hours. Serve with lemon sauce.—Mrs. S. W. Dodds.

#### DATE CREAM PIE.

Bake the crust in a deep pie tin, pricking with a fork to prevent blistering. Take a cup and a half of finely chopped dates, mix with enough whipped cream, that is sweetened slightly and flavored with rose water, or vanilla, to fill the pie plate, cover the top with the beaten white of one egg and brown slightly.—Sel.

#### CARE OF THE MOUTH.

Perhaps no part of the body is so often neglected as the mouth; especially is this noticeable in the case of children. A mother who will religiously bathe her child and keep its body sweet and clean will often fail to clean its mouth. A newborn infant should have its mouth washed after each feeding; a soft cloth wet in a weak solution of boracic acid should be used for this purpose. If this were always done, we should rarely find a case of infantile sore mouth.

After the teeth come and the mouth is large enough, a small, soft brush should be used; the teeth and mouth should be thoroughly cleansed at least twice daily.

In illness, where sordes and mucus accumulate rapidly, and where the tongue and lips are parched and stiff attention is needed every hour. The mouth should be kept moist, and the same treatment carried out through the night as through the day. Boracic acid solution, listerine, lemon juice, glycerine and distilled water are all refreshing and soften the tissues. Where the lips are chapped or fissures appear, a lubricant of cold cream or sterilized vaseline should be applied. Where the gums are spongy or soft and bleed rapidly a few drops of tincture of myrrh

added to pure water will help to harden them. Small squares of old linen or soft gauze should be used instead of a brush where one is ill or weak. These should be immediately burned after use.

Every part of the mouth should be cleansed; behind the wisdom teeth, the roof of the mouth and under the tongue. Lemon juice and water will remove the fur from a thickly coated tongue. Where the teeth are sensitive, the water should be slightly warm.—Southern California Practitioner.

### CONSUMPTION.

It cannot be too strongly insisted upon that all who are prone to this disease must be kept as much as possible in the open air. Even at home this may be done by keeping all windows of sleeping rooms open to their fullest extent, using proper clothing to preserve heat, and during the day time by keeping the patient out of doors, protected from the weather, no matter what the circumstances of the patient are. Constantly we find such people confined to a close room, as if the pure air were dangerous to breathe. Added to this the want of abundance of nourishing food, and it is not to be wondered at that the disease rapidly carries off the patient. In many instances, the moment the patient shows what is the nature of the ailment, we find him scrupulously secluded to his room. The air, already foul, made more so by the presence of visitors, filth, tobacco, etc., thus preventing the lungs from being aided in their efforts to throw off the disease, in fact, increasing the power of the poison by furnishing it a soil to grow in. Disinfection, cleanliness, fresh air—all aid in preventing the progress of the disease and prolonging life, if not curing the case.—Public Health.

### THE FOLLY OF OVEREATING.

It is the child who pokes the fire from the top to break the coal and make it burn faster; the wise man pokes it from below, so as to rake out the ashes and allow free access of oxygen.

And so it is with the functions of life, only that these things, being less understood, many a man acts in regard to them as a child does to the fire. The man who thinks that his brain is not acting, because he has not supplied it with sufficient food, takes meat three times a day and beef tea to supply his wants, as he thinks, and puts in a poker to stir it up in the shape of a glass of sherry or a nip from a brandy bottle.

And yet all the time what his brain is suffering from is not lack of fuel but the accumulation of ashes, and the more he continues to cram himself with food and to supply himself with stimulants, the worse he does ultimately become, just as the child's breaking the coal may cause a temporary blaze, but allows the fire all the more quickly to be smothered in ashes.

It would seem that the vital processes are much more readily arrested by the accumulation of waste products within the organs of the body than by the want of nutriment to the organs themselves.—Pacific Health Journal.

The raspberry and blackberry have long been recognized for their medical qualities, says Health Culture. In France huckleberry juice is used for drink in fevers. Indeed, there seems to be some medicinal quality ascribed to every herb, tree and fruit the earth produces, and if people ate a little fruit for breakfast and nothing else the doctor signs would diminish.—Ex.

Strength of character consists of two things—power of will and power of self-restraint. It requires two things, therefore, for its existence—strong feelings and strong command over them.—F. W. Robertson.

### LEMON A PREVENTIVE.

The Chicago Health Department is experimenting with the action of lemon juice on typhoid fever germs, and is advising the people to use lemon juice in suspected water, one teaspoonful to a half glass of water. Experiments showed that lemon juice causes the bacilli to shrivel thru the experiments of Dr. Asa Fergu-juice killed the bacilli of typhoid.

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

### **The CHARACTER BUILDER**

**FOR HOME AND SCHOOL.**

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

**50 CENTS A YEAR, IN ADVANCE.**

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

JOHN T. MILLER, D. Sc. .... Editor  
N. Y. SCHOFIELD, F. A. I. P. } Associate Editors  
MRS. M. K. MILLER  
J. STOKES, JR. .... Business Manager

Entered November 29th, 1902, at Salt Lake City,  
Utah, as second-class matter under Act of Congress  
of March 3rd, 1879.

#### RATES FOR ADVERTISING.

One inch, per issue, \$1. Per year, \$10. Rates for  
larger space furnished on application. We accept no  
advertisements of liquors, tobacco, tea, coffee, patent  
medicines, drugs, quack doctors, or fakirs of any  
description.

Business communications should be sent to No.  
205 Templeton Building. All letters to the editorial  
department should be addressed to No. 334 South  
Ninth East Street.

Subscribers desiring address changed, should send  
the old as well as the new address.

Watch the figures after your name, they tell when  
your subscription expires.

### **WANTED.**

An active agent in every city, town and  
village to work for the Character Builder.  
We pay a liberal cash commission. Those  
who desire for their commission the best  
books and magazines on self-culture, may  
send us 50 cents for every subscription  
and receive the following:

For two subscriptions,  
Human Nature, one year, 50c.

For three subscriptions,  
The Pioneer Route Map, price \$1.00.

For four subscriptions any one of these:  
Pathfinder, weekly, \$1.00; Motherhood,  
\$1.00; Health, \$1.00; Human Culture,  
\$1.00; Health Culture, \$1.00.

For five subscriptions, either True  
Manhood, \$1.00; For Girls, \$1.00.

For seven new subscriptions, Maeser's  
School and Fireside, cloth.

For eight new subscriptions, a copy of  
Riddell's Human Nature Explained.

For ten, Riddell's Child of Light, \$2.00,  
or Maeser's School and Fireside, mor-  
rocco.

For fourteen subscriptions, the Liter-  
ary Digest, one year, \$3.00.

We will make you liberal rates on any  
other Human Culture books you desire.

**RENEWALS.**—Last month we notified all  
whose subscriptions to the Character  
Builder had expired. We trust that all will  
be prompt in renewing your subscriptions.  
Fifty cents is a small sum for each sub-  
scriber, but if we get that amount promptly  
from each subscriber, we can meet our ob-  
ligations each month. We aim to give our  
subscribers full value for their money. If  
the Character Builder is not worth fifty  
cents a year, or five cents a month to you,  
notify us as soon as your subscription ex-  
pires and we will take your name off the  
list. We desire to remind our subscribers  
that the subscription should be paid in ad-  
vance. As soon as volume four is com-  
pleted, we shall strictly enforce that rule,  
and shall charge double price for back num-  
bers where people renew and desire back  
copies. We appreciate the prompt renewal  
of many of our subscribers. Some have re-  
newed before their subscriptions had ex-  
pired. After this you will be notified each  
month when your subscription expires, and  
it will not be necessary to send a special  
reminder.

**AGENTS WANTED.**—We desire active  
agents everywhere. If there is no live agent  
in your town and you desire to canvass for  
the Character Builder and human culture  
books, write us immediately for terms and  
instructions. This is an opportunity to make  
money and at the same time benefit human-  
ity.

Now is the time to think about suitable  
Christmas presents. Why not give your  
friends a good book on human nature,  
health culture or some other subject per-  
taining to self-improvement. We can get  
you the best. Write for prices.

It is impossible to make people under-  
stand their ignorance, for it requires  
knowledge to perceive it; and, therefore,  
he that can perceive it, hath it not.—Jer-  
emy Taylor.

## Physical and Moral Education.

### DRUGS VS. EXERCISE.

The first physicians by debauch were made  
 Excess began and sloth sustains the trade,  
 By chase our long-lived fathers earned their food;  
 Toil strung the nerves and purified the blood;  
 But we, their sons, a pampered race of men,  
 Are dwindled down to three-score years and ten.  
 Better to hunt in fields for health unbought  
 Than fee the doctor for a nauseous draught.  
 The wise, for cure, an exercise depend;  
 God never made his works for man to mend.

—DRYDEN.

### THE ATHLETIC MANIA.

Everywhere the need of "Physical Culture" is being recognized, but some people do not seem to be able to distinguish between educational physical training and athletics. For the benefit of such, we give here a brief explanation of both.

Physical training is for the purpose of developing weak organs of the body and causing a harmonious and healthy functioning of all the organs. In order to obtain this, every person should receive a certain amount of properly directed exercise daily. The prime object of physical training is health.

In athletics, health is not the chief object. They are for the purpose of accomplishing some great feat. They give training to the few who least need it. They over-develop certain organs and muscles and cause premature decay of the body. When given at institutions of learning, they are usually used for advertising purposes. This has been especially true of football during recent years. The president of one of the leading American universities said recently that the captains of football teams are better known thruout the land than are the presidents of the universities to which they belong. Many defend athletics on the argument that they develop self-control. The

facts in the case do not bear out the statement. Among the athletes connected with some institutions of learning are the most worthless students, some who would not be tolerated if it were not for their service in athletics. And it is safe to say that athletics would not be tolerated in some of our higher institutions of learning if the advertising feature were cut out. From the viewpoint of health, physical harmony and gracefulness there are other methods of physical training that are far superior to the popular athletics that are often permitted to become a nuisance in institutions of learning. Popular athletics are being condemned by those who are most familiar with their effects upon the human body. We need more physical culture, but it should be a kind that is in harmony with advancing civilization. Concerning the popular game of football, we take the following quotations from the Medical World of New York.

In commenting on the report of Committee on the Regulation of Athletic Sports for Harvard College, President Eliot says:

A quarter part of all who take part in this sport are injured enuf to lay them up for ten days on the average, and a much larger proportion of those who really play the game for the season are thus injured. The changes in the rules during the past ten years have tended to increase the number of injuries, rather than to diminish it. The temporary injuries are so numerous, that it is impossible to count on putting any particular eleven men into an important game on a given day. In order to provide the necessary number of substitutes for each place, the football squad often numbers sixty men. Hence large expenditures. The outfit for candidates grows more expensive, because they wear about fourteen pounds' weight of padding and armor. On the whole the game, under existing rules, tends to become slower and less visible in its details, and therefore less interesting. Moreover, the ethics of the game, which are the imperfect ethics of war, do not improve. The martial axiom—attack the enemy's weakest point—inevitably leads to the deliberate onslaught on the cripple, or the convalescent, in the opposing line, and the habitual violation of the rules, if penalties be escaped, is regarded by many as merely amusing. Of all the competitive games in which the students are interested, football is the only one against which any serious objection can be raised; but there is an increasing to the great exaggeration of all athletic sports. There is now a series of competitive

games which covers the entire academic year; and the distraction of large bodies of students from the proper work of a university grows more intense and continuous, year after year. This unreasonable exaggeration of sport and exercise has become a serious drawback also in the secondary schools. Thus many of the schools fortunately situated in the country permit their pupils to be diverted almost entirely from the study of natural history by their devotion to a series of competitive sports which covers the entire school year. In the College and the Scientific School, the afternoons of many students, during far the greater part of the year, are devoted to play, or to looking at the games which the most expert athletes are playing. The range of elective selection among the studies of the College is seriously limited, because of the desire of students, and therefore of teachers, to avoid appointments in the afternoons. Such are some of the evils which attend the prevailing exaggeration of athletic sports, but whenever the evils consequent upon the exaggerations are continued, it should also be mentioned that the outdoor sports, on the average, and in the mass, do more good than harm; for they promote vigorous physical development, and provide invaluable safeguards against effeminacy and vice.

The following editorial comment appeared in the *Medical Dial* for January, 1903:

The glorious season of football has come and gone, battles have been fought and won, the dead have been buried and the wounded are in hospitals; some of these are slowly recovering, some are raving maniacs, others are maimed for life. Under the guise of athletic training our colleges are yearly providing a pastime as barbarous as the bullfight, and educating the public in brutality as demoralizing as the prize ring.

The latest returns at our disposal sum up a total of twelve deaths, more than eighty serious injuries, including fracture skulls, injured spines, brain injuries resulting in insanity, broken legs, arms and collar bones, with sprains, bruises and minor injuries without number. This is a terrible price to pay for the benefit which a few students have gained in the way of physical development. That college makes a poor showing which turns out fifty athletes and five hundred gamblers, not to speak of the killed and maimed.

We cannot shut our eyes to the fact that the game is year by year becoming more brutal. One account describes a player as injured by a "kick on the head"; another as "stabbed in the back." There may be some truth in the old saying that "all is fair in love and war," but how much further could these kicks on the head or stabs in the back be carried before they constituted the crime of murder?

If the game is to continue as the leading form of college athletics, for the sake of humanity and common decency let these brutal features be eliminated, let the side which wins by such "dirty work" be ruled out of the game, and let the slugger who kicks or stabs be tried in the criminal court like other ruffians.

But it would be still better if we could replace the game by one free from danger and at the same time secure the physical development of a much larger number. We once witnessed an international game of lacrosse, and a study of that contest impressed us with the idea that for a training in agility and rapidity of action, eye and muscle, it is an ideal pastime. In the first place, the costume of the players is graceful and pleasing to the eye of the onlooker—the football player is clothed for wallowing in the mud. The lacrosse players display the fleetness of the deer, the football player the brute strength of the ox. Let us have more lacrosse and less football.

Last, but certainly not the least vigorous, is the following from an editorial reply to a correspondent in *Medical Talk*:

We have had opportunity to know the facts. We have been allowed the privilege of talking to and examining the football players during the interval which is allowed them for rest. We have always found them bruised, perspiring like stokers, panting like lizards and in every way undergoing a physical ordeal absolutely useless and almost sure to do injury.

The list of fatalities is growing larger every year in spirit of good training. It is a brutal game. It is a cruel game. It is a foolish game. It is a worthless game. It is an unsightly game. It trains no one for any useful vocation in life. It brutalizes the player and the audience. It converts students who ought to be gentlemen into barbarians. The girls, who ought to be ladies, it converts into shrieking, howling, gum-chewing football fanatics.

Whenever a football game is on, the whole campus—spectators, professors, and players—are temporarily demoralized. Everything is sacrificed to the maniacal desire to win at any cost. Books are forgotten, proprieties laid aside, all the graces of body and mind disregarded, and for the time being utter moral and social chaos prevails.

The reference made to President Roosevelt playing football, and of his son following in his footsteps, was rather unfortunate as an argument in favor of football. It has been reported again and again thru the newspapers that President Roosevelt's son was obliged to return home a physical wreck on account of his strenuous athletics at college. We doubt not that football contributed in a large measure to his breakdown.

## HEREDITY.

BY C. L. REDFIELD, CHICAGO, ILL.

(Written for the Character Builder.)

Each persons character is a composite of that which he built for himself and that which he inherited from and thru his parents. We all know quite well how we build our own characters, but it is not so well known how we build the characters of our children before they are born. That we do build it years before our children are born is quite generally conceded, but how and to what extent have been matters of conjecture.

The world is full of characters of all kinds and descriptions, and some light may be thrown upon their origin by examining their ancestry. For example, Benjamin Franklin was a wise man, a good man, a man of remarkable intelligence, and in every way an admirable character. He rose by his own exertions from humble circumstances to be one of the most venerated men that America has produced. How did it happen?

The father of Franklin was a soap boiler, industrious, conscientious and a self-educated thinker and philosopher. While these characteristics were partly inherited by the father from the grandfather, they were very largely built by the father himself in the hard school of experience. And now we come to an important point. The father of Franklin was 51 years of age when his illustrious son was born, and as a consequence the character of the father was built and thoroly established before the son was conceived.

Here is the key to the character building processes extending from generation. If the father wishes to have his son endowed with a fine character and a fine intelligence, he must first build that character and that intelligence in himself, and after it has been built, and thoroly established in himself he may give it to his son.

When the responsibility of parenthood is understood as it should be greater care will be exercised in the formation of

character because of its influence on future generations. Young, ignorant parents who do not know the first principles of heredity and pre-natal culture cannot hope to raise superior children. Character and power are the result of obedience to law, and when the laws of human procreation are as carefully studied and observed as the laws underlying the development of the lower animals and plant life have been it will become evident to all that our life is governed by exact law and that the character developed in the parents is transmitted to our posterity.

---

 CRIME AND EDUCATION.

By George Reynolds.

The zealous advocates of the increase of education among the masses, in their arguments in its favor as a preventive of crime, are apt to confound knowledge with wisdom; wisdom, if we mistake not, being the right use of knowledge. Many of the ideas these persons advance apply more directly to the moral powers of mankind than to their intellectuality; and the true reason why certain crimes are less frequent among some classes of society than among others, is to be attributed more to the fact that their moral training has not been neglected, than that they are learned in letters or in art.

There are certain crimes upon which the education of the common school, under the systems now most popular, has no apparent, and to the mind of the writer, can have no conceivable effect. For instance, crimes against chastity. No one who has any regard for the truth will argue that in the midst of the nations where grades of education exist, or, in other words, where the people are not all barbarous and totally uneducated, that adultery and its kindred infamies are especially and distinctively the signs of the uneducated. Rather, as it is generally admitted, these are the crimes of the rich, and, consequently, of the better educated. We here use the word education in its common acceptance, as the knowledge acquired at school, and in this sense

desire it to be understood when hereafter used in this article.

Again, there are crimes wholly impossible to the utterly uneducated, forgery, speculation in office, falsification of accounts, and in a less degree, coming and counterfeiting. These evils will never be eradicated by simply filling the minds of men with book knowledge. The religious and moral nature of men must be trained, and the heart attuned to the love of truth and righteousness, before we may expect perceptible changes in society in this direction. On the other hand, the wider spread of intellectuality and scholastic attainments, intermingled with religious skepticism and lax ideas regarding morality, the more prevalent will crimes of this class become, and the more difficult of detection; because, in the first place, of the artistic manner in which they will be conceived and carried out, and because of the apathetic and lukewarm moral sentiment of the community, which condones and partly encourages such wrongs, especially when committed by men of wealth, former social standing, or of influential connections.

What, then, are the crimes which it is asserted that education will lessen, if not obliterate? Crime against property— theft, burglary, arson, etc., and those of violence against person—murder, manslaughter and other brutalities. Undoubtedly these crimes are more prevalent among the uneducated than the educated, but it is an open question whether primarily and originally education has anything to do with the matter. Is it not rather the state of society in which the uneducated, as a rule, are born and reared, and of which the absence of education is only one phase, which is responsible for this fact? These evils are manifested most largely amongst the poverty stricken; and it is their poverty that causes them to be uneducated, not their lack of education which causes them to be poor, only, as often happens, evils of this kind re-act and inter-act upon each other, the child of the poor is untaught, and, because he is untaught, when he grows up to manhood, he remains poor;

he is at a disadvantage thru the whole struggle of life.

Crimes against property can be traced to many causes which bear far more heavily upon the poor than upon the rich; and as the great bulk of the uneducated are found in the ranks of the poor, the fault is improperly laid mainly to the want of education, while in truth that unfortunate fact should bear an inconsiderable portion of the burden; we will notice a few of these causes.

Idleness—The poor man has to work, beg, or steal for a living; no such alternatives are presented to the rich. The lazy poor man, whether learned or untaught, has to beg, steal, or starve; as a rule he prefers to beg or steal, whilst the indolent rich man, be he fool or philosopher, can live without work or without stealing. Thus laziness, the fruitful mother of a thousand evils, is really the primary cause of many crimes which are popularly and thoughtlessly ascribed to ignorance, that is, to scholastic ignorance, for, to ignorance, in its widest meaning, must be ascribed nine-tenths of the sins of mankind.

Poverty—The poor man is tempted by want, want of the necessities of life, of which the rich man experimentally knows nothing. The hungry and naked commit many crimes against property, which are simply the results of their condition. Let the positions of the classes be changed, the rich be made poor and the poor rich, we should then find that the previous scholastic, or literary training of the former (if without natural moral stamina), would have little effect upon their actions when in want of bread. It would perhaps occasionally alter the description of the crime, the forger and his ilk would probably take the place of the burglar and the footpad.

Revenge—Many crimes against property, such as arson, willful destruction of property, maiming of animals, etc., are attributable to the feeling of revenge, or the antagonism of classes. This feeling is engendered and nurtured amongst the poor (and consequently the uneducated), because the wealthy have little or no



cause, only in exceptional cases, for this feeling, and they know that their wrongs, if any, cannot be redressed in such ways; when the rich desire to exercise this feeling they call for the aid of the government, and accomplish their object by the power of the military; but when this is done it has little relation to the subject under consideration, and arises more from political or social upheavals than law. We have no doubt that more ignorant than educated men are charged with arson and the like, but if the crime be ascribed to lack of education it is not that education which the common school supplies. We are of the opinion that it more probably arises from too much of another kind of education, which confounds the rights of men, and teaches that one class of wrongs can be righted by the committal of other wrongs, and that those who esteem themselves oppressed are justified in injuring those whom they consider their oppressors. We maintain that individual crimes of this kind are not, as a rule, attributable to any influences or causes connected with the lack of education. We are not now considering the actions of men when aggregated as mobs, or as forces in rebellion against their governments—and even such require educated leaders. In such conditions of society, when the passions of men are violently inflamed, the education of the intellect has but little restraining force.

Squalor—Dirt, misery, degradation, and the other concomitants of poverty have much to do with these kinds of crime. The more men and women are huddled together like beasts in a corral, without any regard for the decencies of life the less respect they will have for right as an abstract idea. They will be kept in action, by the fear of the rigors of the law; such honesty is, of course, only superficial, and breaks down under a very slight pressure, or whenever the chances of being detected are sensibly diminished. The low lodging houses and tenements of the large cities are hotbeds of vice, because they degrade man's moral nature, lessen his self-respect, and teach

a disregard for the proprieties and decencies of life, which is particularly injurious to the habits of the young, and render them peculiarly unfitted to resist temptation. But this is the misfortune, not the fault of the poor; the wrong lies in the deficiencies and weaknesses of modern civilization.

Familiarity With Crime—It is well said, "Familiarity breeds contempt," and in nothing more so than in regard to crime and its apparent consequences—the punishment which the law inflicts. Associations with the habitual criminal, which is the lot of some of the very poor, has a manifest effect in the increase of crime. There is a remarkable characteristic apparent amongst many transgressors against the laws—the idea that they are too smart to be found out, or if found out, to be convicted. But few would deliberately commit offenses if they imagined they would be punished. Criminals of this class are generally very hopeful individuals, and the frequent miscarriages of justice give them good reason for being so. As these characters are generally gathered from the lower strata of society, they naturally swell the number of criminals therein, and become another cause of the increase of crime in those classes, wrongfully attributed to lack of schooling.

Severe sentences for minor offenses are a fruitful source of greater crimes. The period when the misery and degradation of the prison house is most keenly felt is during the first few months of confinement. During that time the punishment is most intense. After this, the feelings of strangeness and humiliation work off, the longing for friends and home wears away, and the prison becomes in part a home, poor though it be; at any rate, a place less to be dreaded; and the faces of the officers and fellow prisoners grow familiar, and to an extent take the place of former friends and acquaintances. Habit is well said to be second nature, and as soon as a man becomes reconciled to prison life, the less worth will he be to society, and the less likelihood there is of his reformation when set free. Again,

the longer he is kept confined the more unprepared will he be when at liberty to battle with the world or to "rustle for his grub," to use a prison phrase. Long confinement has made him enervated in body, and robbed him of manly ambition and independence. On the other hand, if he considers his sentence has been unjustly severe, and pronounced in the spirit of revenge, he broods over his supposed wrongs, and when his time is out he re-enters the world with the idea that he and society are at war, and that it is his business, if possible, to get the best of the conflict.

The rich man coming out of prison after a long sentence has no necessity to go to work, the poor man has but little inclination, and consequently, as a rule, falls back into evil ways. To this must be added the consideration of how difficult it is, in many communities, for a man once convicted of crime to obtain employment; he is a pariah, and an outcast, on whom his fellows frown, one who is almost compelled, for dear life's sake, thru man's inhumanity to man, to resume the path of the transgressor. Thus again swelling the multitude in the criminal classes, the majority of whom, for the reason above given, being the uneducated.

Bribery—There is yet another reason why often the poor are convicted, and the rich escape. It is that the latter are enabled to purchase a higher order of legal talent in their defense, and thus increase the chances of acquittal; while if this fail, it is notorious, that in many countries the rich can buy the officers of the law, if not by direct bribery, by the many little artifices known to those who dabble in such unclean waters. In fact, bribery has grown to be one of the fine arts of the nineteenth century.

These are some of the reasons why the uneducated, or poorly educated, make so large a showing in our criminal calendar. The causes are not directly traceable to the want of the education of the common school, but to the entire environment of the classes in which the uneducated are most largely found. We have

no fault to find with the training of the mind, but do not think it should stop there. To make men intellectual, and intellectual only, without the corresponding balances of religion and morality, will not decrease the criminal classes. The whole man must be educated, and the foundation laid in the love of truth and virtue. The wise man of old said, "The fear of the Lord is the beginning of wisdom," and we hold that his proposition is as true in the midst of the civilization of this age as it was in the earlier epochs of human history.

---

### PEACE.

---

(Written for the Character Builder.)

We are talking of peace and of brotherly love,

But the stern fact is facing us still  
That manna is falling not now from above  
And the killer stands ready to kill.

All around there is evil that like a disease  
Is waiting its victim to fell;  
Thus white wings of peace cannot compass  
the seas  
As long as Earth harbors Hell.

We will welcome the day when war is no more,  
But should we disarm we should feel  
The hot breath of battle against our own shore,  
And the cut of an alien steel.

We must prove that the progress we make  
we can hold;

We must prove that our virtue and law  
Both rest on foundations as enduring as gold,  
And as dogged as Demons of War.

Then Peace shall be glorious, fearless and great;

Not the weakling's retreat from the squal;  
A condition that labor and love shall create  
When Justice is monarch of all.

—Dr. C. E. Boynton, Smithfield, Utah.

---

### THE GERM THEORY.

---

There is, perhaps, no scientific question upon which there is so general a misconception as exists regarding the so-called "germ theory." And it is lamentably true that this ignorance and confusion are not confined to the laity. Few, even among the medical profession, have any clear knowledge upon the subject.

Nevertheless, many among the profession feel it incumbent upon themselves to make ill-advised and sensational statements regarding "microbes" and "germs," and these statements, further embellished by the fervid imagination of some reporter of the "yellow" fraternity, furnish the basis of the popular ideas on the subject.

The popular notions of the "germ theory" are something to the following effect: "Microbes," "germs" or micro-organisms, are found everywhere. Houses, theatres, churches, contain them. They have been found on our clothing, in our food, even on the money that passes from hand to hand. The air we breathe, the water we drink, is teeming with them. Now, some of these germs cause disease, and when they come in contact with a person they set up that disease in him. Some people have an idea that there is such a thing as predisposition—that certain people are more prone than others to the attacks of this ravaging microbe; but, as no one can be wise as to whether he is or is not susceptible, there is only one safe course. That is to avoid the microbe. Now, this utterly absurd misconception, or some similar notion, of the ideas of scientists, is held by the vast majority of the reading public. The result is that, it is safe to say, there are today millions of people who live in more or less continuous fear of microbes, and this fear is based upon an entirely incorrect interpretation of scientific experiments and of the utterances of scientific men.

Such being the case, it might well be asked: What is a "disease germ?" What is a microbe? What, in a word, is known regarding the nature and operations of micro-organisms?

These are pertinent questions. To answer them is not easy, for the confusion among the laity regarding this subject is merely a reflection of the confusion which reigns in the ranks of the medical profession.

Now, what is known regarding the nature and functions of the micro-organism and of its relation to disease?

Men of science are always cautious with regard to what they claim to know. It is quite safe, however, to enumerate the things that they do not know. And in this connection we may state at once that while micro-organisms are probably present in every case of disease, there is no positive evidence to the effect that they are the cause of disease. For microbes are also found where there is no disease. In the words of the great Dr. Rudolph Virchow of Vienna, in an address delivered before the thirteenth Biennial Medical Congress, recently held in Paris: "Too much stress is being laid upon the 'germ theory.' Micro-organisms are always found where there is disease. They are also found where there is no appreciable disease. Microbes may be the result, and not the cause of disease."

That these microscopic bodies have an intimate relation to the various pathological processes which constitute what is popularly called disease—that their presence may be associated as a contributing or secondary cause, or as a resultant of certain abnormal processes—this cannot be denied. But that the microbe, in itself, can be dangerous—that it can under any circumstances be the "germ of disease"—such a claim is not only quite unwarranted by the published researches of any reputable scientist, but is quite incompatible with what all medical men know of the working of the human body.

In concluding this brief attempt to clarify a much-befogged subject, we can do no better than to reproduce a paragraph which appeared in these columns several years ago:

"Man will, in time, learn to conquer, not disease, for disease is the saving process of ejection of accumulated poisons—to conquer, not disease, but his own ignorance and weakness, which lead to disease. He will learn to escape disease thru avoiding those actions which produce disease. All over the world doctors, teachers, philosophers, laymen, are studying the problem, and the world is learning rapidly, more rapidly than can be imagined by one not in close touch

with such researches.

"We are strongly of the opinion that within the century man will have practically banished disease, not by antiseptics or by inoculation, not by fads or phantasms, but by knowledge—that knowledge which is power.

"When the child at home and in the school is taught, first of all, the laws of his own being; when in seeking to apply those laws to **higher**, better living, he meets with encouragement instead of opposition, praise instead of ridicule; when in diet, clothing, work, recreation, we practice that which has been proven best instead of that which grants us the greatest amount of animal enjoyment; when man shall seek in the activity of every day his highest development, without haste or fear, without envy, without worry; when these ideals, now the precarious possession of the few, become the sure possession of the many—then shall man be immunified against disease; then shall he consciously work out the fulfillment of the prophecy, 'All things work together for good to them that love God.'"—Editorial in Health-Culture.

#### ANOTHER PERUNA TIP.

One of the worst quack nostrums at present debauching and inebriating the American public, especially the feminine part of it, is Peruna. Many dainty and prim young ladies, who would feel insulted if asked to take a drink of whiskey, consume large quantities of that humbug catarrh nostrum, which has been found on analysis to contain over 25 per cent. of alcohol (by volume), thus gradually becoming slaves of the alcohol habit. When will the sale of those vile concoctions, that depend for continued popularity on their alcohol and morphine contents, be prohibited in this country? The time is nearer than my readers may believe. The manufacturers are powerful and have a tremendous pull and influence, but the intelligent conscience of this country is awakening, and once fully awake, it will, in characteristic American fashion, take the bull by the horns and

make short work of the entire patent medicine swindle. One thing seems very near at hand—a law demanding the statement of the composition of the patent nostrums, especially when the latter contain poisonous ingredients. Let us keep at it, and our work will be crowned with success.—*Med.-Pharm. Critic and Guide.*

#### VACCINATION FAILED.

A girl by the name of Lillian Zimmerman, aged 12, residing at No. 31 East Clinton avenue, Columbus, Ohio, is suffering from smallpox. It is not known when or where the girl was exposed to the disease. Dr. Moccabee, the smallpox physician, said the girl had been vaccinated at the opening of school, and her people claimed the vaccine virus took. Of course, this will not disturb those who believe in vaccination. They will keep saying that vaccination prevents smallpox. Facts like this have no weight with such people.

#### FREEDOM.

Men whose boast it is that ye  
Come of fathers brave and free,  
If there breathe on earth a slave—  
Are ye truly free and brave?  
If ye do not feel the chain  
When it works a brother's pain,  
Are ye not base slaves indeed—  
Slaves unworthy to be freed?

Is true freedom but to break  
Fetters for our own dear sake,  
And with leathern hearts forget  
That we owe mankind a debt?  
No, true freedom is to share  
All the chains our brothers wear,  
And with heart and hand to be  
Earnest to make others free.

They are slaves who fear to speak  
For the fallen and the weak;  
They are slaves who will not choose  
Hatred, scoffing, and abuse  
Rather than in silence shrink  
From the truth they needs must think;  
They are slaves who dare not be  
In the right with two or three.

—James Russell Lowell.

They are never alone that are accompanied by noble thoughts.—Sir Phillip Sidney.

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

### THE NEGATIVE INFLUENCE OF NEWSPAPERS.

Every well-informed person knows that the press is one of the greatest educational factors. It would be difficult to overestimate the good that has come to humanity from the printer's art. But there is a negative power in the press which is often as strong as the positive. This negative influence is especially conspicuous in newspapers. In order to estimate the negative influence of daily papers, one needs only to observe the space devoted to sensational accounts of vice and crime. The space devoted to items of an elevating nature is often limited. If the daily paper is an index to the moral standard of the people, there is great need of a transformation in civilized countries. The desires of the morally depraved are gratified by presenting detailed accounts of the most abnormal and degrading in human nature; while the wishes of those who desire the progress and welfare of humanity are entirely ignored. There is abundant evidence that vice and crime are perpetuated and increased by the advertising they receive in newspapers. The only excuse publishers offer for thus perpetuating vice and crime is that people want it. Some people may be sufficiently depraved in their natures to demand such mental food; but we have sufficient confidence in human nature to believe that the majority of those who read newspapers are sufficiently developed morally to appreciate something better than the sensational accounts of vice and crime that occupy so much space in the average daily, semi-weekly or weekly newspaper. There may be a few who would like to read in our local dailies a detailed account of what transpires among the denizens of Commercial street and Victoria alley. We are occasionally treated to a dose of such news; but no sane person would assert

that such news has an elevating tendency.

There is not a daily paper in the land that is fit for young people to read. Not only is the reading matter objectionable, but all contain advertisements that no intelligent parent would place within the reach of his son or daughter.

The Peruna mania could never have become so common in our communities without the aid of newspapers. Fake doctors (so-called specialists) have been aided in robbing the credulous of their money and their vitality by base falsehoods, which have been constantly held before the people by the publishers of newspapers. The patent medicine evil has no more faithful supporters than newspapers. But the advertisements that have been most harmful are those claiming to "restore lost manhood" by the use of some chemical compound or by means of an electric (?) belt. Our most reliable papers have aided these quacks and fakers in working their graft upon the young men of our communities. These grafters offer to send the belts free; but persons who are informed state that with the belt comes a little bottle of drugs and the price of the drugs is from \$5 to \$35. Of course they could well afford to send a worthless belt free with them. Does any intelligent person believe that the manufacturers of these belts will spend thousands of dollars advertising them in newspapers and then send out the belts free? That is a kind of philanthropy that one would not find among that class of people. Few parents and teachers are aware how many young people become the victims of these charlatans. I am convinced, after a careful investigation, that every possible effort should be made to warn young people against these medical sharks. Those who have early in life been guilty of secret vice easily become the victims of these medical fakirs, who have no character

and could not work their graft without the assistance of reputable newspapers which accept their advertisements. Such unfortunate young men, in most instances, would not ask the advice of a reputable physician in their own community; but place confidence in these disreputable pretenders. My labors during recent years have brought me in contact with honorable young men who have been unfortunate enough to become the victims of these medical sharks greatly to their injury and sorrow.

Parents and teachers have in the past neglected to give boys and girls the positive training in sexual purity that would guard them from the vices of youth; as a result, many have fallen into the vices and when they see an advertisement in a paper, in which the impossible is promised, they easily become victims of the quackery. It is most essential that the youth be properly taught by word and example to think the pure thought and live a clean, pure life; but we are even today not giving sufficient attention to such instruction, and inasmuch as the evil exists, it is the duty of every parent and teacher to protest against the publishing of advertisements that are positively harmful to the youth. Every youth should be taught that the only way to gain vitality that has been lost by abnormal living is to observe the principles of health that should be familiar to every child.

In thus writing of the negative influence of newspapers, there has been no intention to underestimate their power for good. It is to be regretted, however, that publishers may be so influenced by the mercenary spirit as to publish news and advertisements which they know to be harmful and degrading. The evils of competition are very evident in this matter. Several papers try to exist where there is need for only one, and in order to exist they resort to measures that they themselves condemn. We need a clean daily paper that informs us of the real progress which is being made thruout the world each day. Young people can read such a paper as the Pathfinder of

Washington, D. C., with profit; because it gives each week a summary of the world's progress and cuts out all sensationalism. Why cannot daily and semi-weekly papers be conducted on the same principles? As they are at present, they are not fit for boys or girls to read, and are often injurious to persons of older growth. This was brought very forcibly to my attention two years ago at the time of the murder of Mr. Hay at Forest Dale. From December until June that murder case was the principal theme of conversation in all the towns and villages of the Rocky Mountain region. The papers were full of the details of that horrible crime. I visited about one hundred and fifty towns and villages during the six months that the crime was the chief topic in the papers, and everywhere that was the topic for discussion; even on Sunday after worship people collected in groups to discuss the crime. The harm resulting from thus constantly discussing crime cannot be counted in dollars and cents; but it was a much greater loss to humanity than the \$10,000 that was expended in prosecuting the accused. After the papers eased up a little on the discussion of the above murder, the public was treated to the details of unmentionable crimes that finally led a boy to kill an old man. Hardly had this been well ventilated until the public was treated to the details of the escape of the multi-murderer Tracy. Day after day crime is given the most prominent place in our daily papers. That this should be so in the daily papers which have never had much of a reputation for a high standard of morality is not so remarkable, but it is astonishing that the most widely circulated paper in this region, which has been in existence for fifty-three years, should be degraded to such a low standard. On October 12, 1903, it devoted nearly two pages to a discussion of the criminals who escaped from the penitentiary. Every evening as one passes along the streets he hears newsboys cry, "All about the murder," "All about the suicide," "All about the train robbery." The only inducement

held out is the detailed account of some horrible crime. The only excuse offered is "People want it."

'As a parent and a citizen, I protest against this unnecessary perpetuation of crime and ask the parents and teachers, who have the welfare of humanity at heart, to protest against the sensational reading and deceptive advertisements appearing in the newspapers that come into our homes. If we insist on a higher standard, we shall be able to get papers that are safe to place into the hands of our boys and girls. This is a question that is worthy of the earnest effort of every parent and teacher.

JOHN T. MILLER.

#### AMONG SCHOOL CHILDREN.

(By Mrs. Mabel L. Conklin.)

There is an appalling amount of immorality among children, especially school children today and the great cry among teachers is "What can we do to stop it?" One teacher told me recently that last year the state of immorality in her school room was such that the authorities thought seriously of discontinuing school in that room for the rest of the year. Not only is moral disease showing itself by way of impure talk and notes among children everywhere, but by actual criminal deeds and an increasing prevalence of the solitary vice. The very walls, sidewalks and fences about school buildings bespeak the low moral tone of the children. While parents sleep or deliberately close their eyes to these conditions, teachers and purity workers are driven almost frantic by the many devices that the devil is putting forth for the destruction of our boys and girls, and the thought presents itself: Where are our morally, mentally and physically strong men and women of the future to come from if this thing goes on? The occasional teacher who buckles on the armor of courage and wades through prejudice and opposition to go to the rescue of her pupils with purity literature and personal effort is all too soon, in the majority of cases, confronted by the virtuous and

indignant parents who demand to know "by what authority she presumes to destroy the innocence" of their children? Ten chances to one those innocent children know more of sin and wickedness than their parents, who, because they "don't like to hear about such things," deliberately close their eyes and ears to the conditions about them. To ignore sin is not conquering sin by any means, and silence and false modesty on the part of parents is simply aiding and abetting the evil one in his work of destroying boys and girls.

Some people seem utterly devoid of the ability to recognize and appreciate purity when they see it, although intelligent and cultured in other ways. The result of this supersensitiveness on the part of such mothers concerning the sacred and beautiful relations and mysteries of life is to impress their children with the idea that these things are in themselves vulgar when they really mean that they are too sacred for careless converse. I have more than once gone into so-called Christian, intellectual homes and found the library table piled up with the several daily papers which are reeking with reports of murders, assaults and worse crimes, while our choicest literature in its periodical visits to those same homes will, as soon as it is delivered by the postman, be stuck behind the bookcase or locked in a drawer where "the children can't find it," and where it remains only to be brought out after the boys and girls have gone to bed.

In the name of struggling, sin-sick humanity, I implore the fathers, mothers, teachers and pastors of our land to pocket their embarrassment and fears and to unite with us in a mighty effort for the salvation of the children. Purity books for the boys and girls should be in all public and private libraries. The dissemination of knowledge thru purity literature is the surest and speediest way to lift the great burden of sin from our children.

Jealousy always works hard to find out what it does not want to know.—Farm Journal.

## PURITY KNOWLEDGE FOR GIRLS.

By Dr. J. A. Wheeler.

Girls have their temptations as much as boys.

If a girl steps aside from the path of virtue in the slightest degree, she is written down as bad and all the gossip hounds of society will chase her to ruin.

If she attempts to reform, the world stands back and cries, unclean! The census report of our government discovered in its recent canvass tens of thousands of fallen women, but nowhere in all the reports did a fallen man find place. Are there none? Can there be a fallen woman without a fallen man? We often forget there is never a bad woman without a worse man.

The first time I ever approached an unfortunate, to try and reach her heart for a better life, I asked: "Does your mother know where you are?" She looked at me a moment and then said: "I hate my mother." Those words went through me from scalp to heel. She continued: "If my mother had told me the truth I would not be here today. I was deceived and knew no better until it was too late."

Mothers of America! Ignorance is not innocence. Teach your girls the truth. Warn them faithfully. It is the only safeguard of the womanhood of the future. This suggestion does not arise from my question of mother-love, but many a mother neglects her daughter until after some one else has given her the first lessons, not always in the wisest or purest way. She intends to speak, but delays until too late.

Let us break at once this silence, and let every girl hear first of all from the pure lips of her mother words of wisdom and instruction that will make her the sweet, pure creature that God gave to earth when He created woman.—Purity Advocate.

If you desire to give your friend a useful Christmas present, send him the Character Builder for a year. It will cost you only 50 cents.

## PARENTAL NEGLECT.

By C. W. Fowler, Superintendent of Kentucky Military Institute, Lexington, Kentucky.

Every man ought to know that boys are exposed to certain forms of danger that can only be avoided by being forewarned, and no one so well as the father can give the boys this warning.

In an experience of twenty years we have found only three fathers that had warned their sons of the dangers they might inflict on themselves, and only one who had given the second warning.

Under these circumstances, is it any wonder that boys bring trouble and disease upon themselves? The only wonder is that more of it does not occur. Every state in the Union could dispense with one-half of its lunatic asylums if fathers did their duty to their sons. There are certain subjects that must be explained to boys before they are twelve years old, and there is no reason why they should not be told when they are five. The other warning should be given before the boy is fourteen years old; if you neglect it you may regret it all your life and your son all his life, and yet further generations to come.

## ADOLESCENCE.

By Mrs. T. D. Clark.

"To the pure all things are pure."

The time comes to all young lives when some knowledge is necessary. How shall this knowledge come?

The way in which any subject is first presented to the mind is very important, since first impressions are by far the most lasting. In my own personal experience the information came to me thru the medium of a schoolmate, who gave it to me in a most vulgar and distorted fashion.

"Here, let me say, lest an inference of negligence be drawn, that my mother was a most careful woman, but in common with many mothers of that period she shrank with a certain sense of mod-



esty from imparting such information until necessity compelled it.

The progress of development will demand information. I have known cases where ignorance was the source of great alarm and sometimes serious injury. Again, not only must knowledge be imparted, but it must be presented hourly and who so fitted to do this as the mother?

In a little pamphlet entitled "Child Confidence Rewarded," a young child comes to his mother with newly acquired information. The mother took two glasses of clear water; into one she put a little earth, thus producing a muddy appearance. "My son," she said, what you have heard is the truth, but the representation is evil.

"The truth is pure, like this clear water. But that which you have heard is so mixed with evil as to be robbed of its beauty, as this earth has robbed the water of its clearness."

The time to tell, serious question as it is, must be left to the wisdom of each mother. Only let us be sure it is so that such information reaches our children in the clear, sweet beauty of truth.

---

#### PURITY OF HEART.

(By Margaret Stewart Hormel.)

"Blessed are the pure in heart, for they shall see God." What is it to be pure in heart? What must we do to fulfill the conditions of "seeing God" right here in this material world? Long I pondered this question and searched through God's laws and man's experience for an answer. And it came with a joy and inspiration born of God. Purity of heart is not ignorance. Nay, the picture of the heathen world in the first chapter of Romans proves that ignorance is the very cesspool of uncleanness. Purity of heart is not mere innocence. No, for the purest-hearted men and women of all ages are those who have fought sin and impurity with full knowledge of its scope and power. Neither is purity of heart mere separation and non-participation in all that

God has ordained, as is the practice of the recluse and the celebrate. We find what we seek in this simple fact—purity of heart is seeing every part and function of God's creation just as God meant it.

---

#### "NO TIME."

How many mothers there are who have no time to read, or take the necessary recreation, yet whose cake box is never empty, nor the cupboard bare of pies. Such a mother can always find time for the boiled pudding, or fancy dessert, and all the accompaniments to a varied and elaborate bill of fare, but she has no time to take her little one on her knee, and smoothe out the "crumpled roseleaf" which has made its young life a burden for the last half hour. She has time to ponder over the selection and preparation of a large list of eatables, many of which are simply disease-breeders, but she has no time to get acquainted with the school life of her children, or, by quietly listening to their conversation, discover any dangerous element in the associations to which their daily life is subjected.

Let us stop and ask, is there any use of making a god of our stomach? It is all very well to study the very best methods of preparing the daily meals, and time spent in learning the food values and amount of nutrition contained in the various articles thus consumed, is not wasted, but one should remember that the life is more than meat. While "variety is the spice of life," too much spice is a disadvantage, and one or two well-cooked vegetables, with meat, good bread, butter and fruit is a sufficient variety for any common meal. Cakes, pies, puddings and fancy desserts are not necessary, or even advisable, for every day consumption, or even very often. Fresh, ripe, or even canned fruit can well take the place of so much indigestible cookery and thus leave time for the mothers of families to rest their aching muscles and get acquainted with their children.—Commoner.

## EDUCATIONAL NOTES.

On October 5-6-7 the Utah Teachers' Association held the eleventh annual session of the society. Lectures were delivered by Mr. Pattengill of Michigan, Dr. Boone of Cincinnati, Ohio, and Mrs. Treat of Michigan. The various sections of the society held department meetings. The following officers were elected for the ensuing year:

President—A. C. Nelson, State Superintendent of Public Instruction.

First Vice President—Miss L. M. Qualtrough, S. L. C.

Second Vice President—L. E. Eggertsen, Principal of the Springville Schools.

Secretary—Superintendent Wilson of the Weber County Schools.

Assistant Secretary—Principal J. M. Jensen, Provo.

Treasurer—Principal Wm. Bradford of the S. L. C. schools.

Executive Committee—President J. H. Paul, L. D. S. university; Superintendent J. L. Brown of Utah County Schools; Prof. Maud May Babcock, U. of U.

It was voted at the business meeting to hold the sessions of the Utah Teachers' Association before the opening of schools in the fall. Teachers will then be able too take the inspiration of the lectures into their work and the regular school work will not then be interrupted.

The annual session of the Utah Federation of Women's Clubs was held in Salt Lake City, October 1, 2 and 3. Although the attendance was not large, the questions considered in the various meetings were of vital importance to every citizen. The entire session was devoted to topics pertaining to the moral and social welfare of young and old. During the convention the National President of the Federation of Women's Clubs delivered an address. If women's clubs are constantly devoted to such vital questions pertaining to human progress, they ought to become a power for good.

**SCIENTIFIC TEMPERANCE LECTURES.**—During the first half of October Miss Phelps of Canada, one of the best-known temperance lecturers of America, delivered lectures in the largest cities and towns of Utah. She delivered a number of lectures during the W. C. T. U. convention, October 2nd and 3rd. Her lectures treated causes and appealed to the intellect rather than to the emotions. She showed the result of constantly advertising evil and clearly demonstrated the need of keeping the suggestion of good and true before the mind. If more lecturers such as she were devoted to the work, greater progress would be made in overcoming the liquor evil.

**MRS. TREAT'S KINDERGARTEN LECTURES.**—The Utah Kindergarten Association secured the services of Mrs. Treat of Michigan for a series of lectures in Salt Lake City and Provo, during the first two weeks in October. Mrs. Treat is a lecturer of national reputation. She gave very good suggestions to those who attended her lectures; but in Salt Lake the people had been entertained and instructed in so many different ways that her lectures did not have the patronage they deserved. From October 1 to 10, Salt Lake was like a big circus with several rings where performances were going on at the same time. The State Fair, Mormon Conference, Utah Teachers' Association, meetings of Federation of Women's Clubs, sessions of the W. C. T. U., and Kindergarten lectures by Mrs. Treat, besides other attractions. This may be an excuse for the poor attendance at some of the most valuable lectures; but there is a lack of interest, on the part of some, in the important questions pertaining to the training of children. Many mothers are so busy looking after the physical wants of their children that they think they have no time

to learn about their mental needs. The mother who devotes her entire time to cooking, baking, darning, mending, making frills and ruffles and doing other kinds of household drudgery has little time to awaken high ideals in her children. Lectures by one who has devoted a life to the work are full of inspiration and are invaluable to mothers.

#### A REACTION IN MIND STUDY.

For a number of years the old introspective psychology has not been in favor with up-to-date psychologists; their attention has been mainly given to experimental work. That which was rejected by the newer school is again coming into favor. Among the champions of introspective psychology is the well known author of psychological works, M. Alfred Binet; the Literary Digest for Aug. 22, 1903, devotes considerable space to a consideration of his latest work (Paris, 1903), "The Experimental Study of Intelligence," and comments on the reaction taking place in the methods of mind study.

Two years ago a professor from the University of Utah remarked before the State Teachers' convention that psychology is yet in a chaotic condition, and that it is a combination of physiology, mythology, and theology. He was not much mistaken.

There can be no scientific system of education without a correct analysis of the human mind. Our progress toward a scientific psychology has been slow, but when the true science of mind is found it will have a physical basis, and its principles will be so plain that the common mind can grasp them.

#### GRADUATES OF PROFESSIONS.

—From the professional schools of the United States there were graduated last year: In theology, 1,585; in law, 3,366; in medicine, 5,472; in dentistry, 2,311; in pharmacy, 1,373; in veterinary medicine, 109. The number of students in theology has remained practically stationary since 1890; medical students have in-

creased 73 per cent., and students of law 202 per cent. In this period the men attending colleges have increased 68 per cent., and the women 159 per cent.

#### MORAL EDUCATION IN PUBLIC SCHOOLS.

*Extracts From an Address Delivered Before the Twentieth Century Club, Boston, Mass., Jan. 31, 1903.*

Two convictions, firmly imbedded in the American mind, are today the source of our greatest strength and our deepest perplexity. Those convictions, which underlie and explain our history, are: the necessity of educating the entire people, and the necessity of the absolute independence of Church and state. If we could surrender either of these primary principles our path would be easy. But maintaining, as we do, that the state must superintend education in order to make it universal, maintaining at the same time that the state cannot hold, much less teach an official religion, we have allowed our schools to pay small attention to character and to devote themselves to purely mental development. We have shown a fairly idolatrous devotion to the three R's—the American educational trinity—and have passed over justice, mercy and truth. We have whetted the intelligence of our children, but have often ignored the affections, the conscience, the imagination, and the will. Now a wave of protest is sweeping over the country, a protest that is potent because it comes from those who accept and glory in the fundamental principles of our government. We must, then, in this matter of moral instruction, get together, Protestant, Catholic, Jew, and Agnostic much insist that what they all hold as fundamental shall not be ignored. The interests at stake in the Republic are too vast for us to stand asunder. Common sense demands that we shall not spend our strength in small disputes.

But above all we can insist that the home and the church shall not attempt

to shift upon the school their own responsibility for moral training. The school will surely break down if it is compelled to assume the work of the home and the church, and is held responsible for all the evil that afflicts society. The state, the home, the church, the school—this is the great quadrilateral of powers that can together give long life to humanity, and establish the kingdom of truth on earth. Each must co-operate with all the others in transmuting knowledge into character, in training men and women who shall be leaders of their generation in truth and righteousness.—Educational Review.

President Angell of Michigan university comes out strongly in favor of co-education, in his annual report to the regents of the institution, and just as strongly against the separation of the sexes as now practiced in the University of Chicago.

#### ATHLETIC GIRLS CRITICIZED.

—Mrs. Mariott-Watson declares in the London Daily Mail that fencing, bicycling, tennis, golf, gymnasium feats and the like severe athletic work are doing much to undo womanhood. Walking is the best exercise for women, says she, and this is no longer fashionable. She adds:

“The fact is that woman is not suited to the sports and exercises which she has adopted for many years past. The result is that our women have deteriorated physically. They tend to be asexual, and to conform to a standard which is not theirs, but man’s. We are rearing our daughters in a way that must incapacitate them largely for the positions for which nature designed them.”

**MORALS IN SCHOOLS.**—The W. C. T. U. Purity League is preparing to work for the introduction into the common school courses of training in social morals, particularly with reference to the relation of the sexes, etc., just as temperance instruction has been established.

“There is no doubt about the preva-

lence of immorality among our school children,” said Mrs. W. J. Allen, the superintendent of the League. “It is due largely to the fact that parents are remiss in their duty of instructing the children and the school must supplement the home in this regard. We cannot see the children of the country ruined through their ignorance, and if they are properly taught in their childhood to appreciate the beauty and sacredness of matters of which they have been kept in ignorance through mistaken notions of propriety, there will be fewer ruined girls and fewer mental and physical wrecks among young men.”

#### STRENUOUS IDEALS REBUKED.

Prof. Goldwin Smith in an article in the Independent raises a cry of protest against the “strenuous life” as championed in this country by President Roosevelt. Combateness as an ideal is a mistaken notion, he thinks. Jingoism is its international phase, and this breeds jealousies and wars.

“What affinity to the rough rider,” he asks, “have the leaders of science, literature and religion, who assuredly have done as much as the warrior to promote and direct the progress of mankind? Nay, the Founder of Christendom, who for so many years has been casting the world in his own mold—would He, to the outward observer, have appeared “strenuous”—would He not have appeared weak?”

At the recent State Teachers’ Convention the ladies’ hats were remarkably free from birds’ skeletons. This is one evidence that those ladies practice what they teach concerning kindness to animals. It is gratifying to see this excellent example set by teachers, at a time when bird skeletons are as popular for hat decorations as at present. We trust that the good example will continue and will be extended to other needed reforms.

Thoughtlessness is the curse of the age; once get people to thinking and the country is safe.—Wendell Phillips.

## Social Progress.

The city of Dresden, Germany, opened Oct. 1 the first institution for the cure of drunkenness on the continent. Patients must submit to a regimen of healthful living, such as farm work. They will have good, moral surroundings, and must pay 45 cents a day. Patients may stop three years in the institution.

Articles of incorporation of the Logan Rochdale Association, of Logan, were lately filed with the Secretary of State. The purpose of the company is to carry on a general wholesale and retail mercantile, manufacturing, commission, importing and exporting business. The company has a capital stock of \$10,000, divided into 4,000 shares at a par value of \$2.50 each. The officers are: John A. Crockett, president; C. C. Goodwin, vice president; Swan T. Olsen, secretary; H. E. Crockett, treasurer.—Co-operative Commonwealth.

The pros and cons of municipal ownership of electric and gas lighting plants, trolley and telephone lines, etc., were discussed at a national convention held in New York. Detroit has been operating a municipal electric plant for seven years, and with great economy, it was claimed. There are fifteen cities in this country that maintain municipal gas plants, and the census report shows that their charges for gas averaged 32 cents a thousand feet less than private plans.—Pathfinder.

**AN IDEAL DANCE.**—It is exceptional that parties are conducted where the odor of tobacco and intoxicating drinks are entirely excluded and where the dancing is done at a seasonable hour. A very commendable innovation has been made at the L. D. S. University of this city. After the hard work of the week, the students are given the hours from 5 to 8 p. m., on Fridays, for dancing and social chats in the gymnasium. Judging

from observation, the students have real social enjoyment. These parties are popular and students get the desired enjoyment at a seasonable hour. From the physiological viewpoint this is far better than dancing until the "wee hours" of the morning as is customary in most communities. This innovation might well become the general rule instead of the very rare exception.

**REBUKE TO COSTLY FUNERALS.**—Incased in a plain, unpainted box that did not cost more than \$2.50, Prof. Max Wright, recently instructor in modern languages at Stanford university, and the son of wealthy parents, was buried at Grand Rapids, Mich., the other day.

The simple burial was the result of the unusual philosophy of life cherished by Prof. Wright. He believed that the present custom of lavish funerals is barbarous and economically wrong, and he directed before death that the \$200 of his money that would be spent ordinarily for a funeral be used for a public fountain as a monument to his memory. His father did the work of the undertaker, there was no minister, and no religious service. The body was taken to the grave in a plain wagon, there was no expensive clothing on the corpse, and the mourners rode in open carriages.

Whatever action the endowed universities and colleges may take upon the question of separate education of the sexes, the women may have the assurance that the splendid state universities of the nation are open to them, and will undoubtedly remain so as long as the public school system endures.—Washington Post.

The fact that even the great Oxford university, England, has been seriously considering dropping Greek as a requirement shows the tendency toward utilitarian studies in affecting even the most conservative quarters. Oxford voted to stand by Greek, however.

What is the hardest task in the world? To think.—Emerson.

## YOUTH'S DEPARTMENT.

### KNOW THYSELF.

Search deep down into your soul  
And see what dwelleth there.  
If there are thoughts that are impure,  
Cast them out; no time to spare.

Hasten quickly to implant  
Thoughts that are good and true;  
That will land you in perfect bliss  
And lift your brother, too.

'Tis your thoughts that make your life  
Whatever it may be—  
One of Love, and Truth, and Light,  
Or one of bitter destiny.  
For, as you think, you surely are!  
The power within you lies  
To be a king or beggar,  
You will note this, if you're wise.

You must tune yourself to be  
In love and harmony,  
With all perfection that surrounds  
Your life and all you see.

You must wake in yourself  
Knowledge of the higher law—  
The Oneness with the Great Divine,  
The "Breath" from whom you draw.  
—By Maggie Olive Jordan.  
San Antonio, Texas.

### IDLENESS.

Laziness and lust are old friends.  
Indolence leaves the door wide open  
for the entrance of temptation.  
An idle mind is a work shop for evil.  
An indolent man draws his breath, but  
does not live—Cicero.

If you ask me which is the real hereditary sin of human nature, do you imagine I will answer pride or luxury or ambition or egotism? No; I shall say indolence. He who conquers indolence will conquer almost everything.—Lavater.

The rust of inactivity is more destructive than the sweat of exertion.—Adam Smith.

A thousand evils do not afflict that man which hath to himself an idle and unprofitable carcase.—Sallust.

Idleness wastes a man as insensibly as industry improves him.—Angelo Pandolfini.

If idleness does not produce vice or malevolence, it commonly produces melancholy.—Sydney Smith.

Idleness is as fatiguing as repose is sweet.—De Levis.

Idleness is the corrupter of youth and the bane and dishonor of middle age.—Hugh Glair.

What is idleness? A public mint, where various kinds of mischiefs are coined and extensively circulated among the most despicable of the human race.—Hamilton.

The want of occupation is no less the plague of society than of solitude. Nothing is so apt to narrow the mind; nothing produces more trifling, silly stories, mischief-making lies. When everybody is occupied we only speak when we have something to say, but when we are doing nothing, we are compelled to be always talking; and of all torments that is the most annoying and the most dangerous.—Rousseau.

I look upon indolence as a sort of suicide, for the man is efficiently destroyed, tho the appetite of the brute may survive.—Chesterfield.

If a man be indolent, the best discipline to which he can be subjected is—to suffer the evils of penury.—Wayland.

Avoid idleness and fill up all the spaces of thy time with severe and useful employment; for no easy, healthful, idle person was ever chaste if he could be tempted.—Jeremy Taylor.

It is a mistake to imagine that the violent passions only, such as ambition or love, can triumph over the rest. Idle-

ness, languid as it is, often masters them all; she indeed influences all our designs and actions, and insensibly consumes and destroys both passions and virtue—La Rochefoucauld.

It is idleness that creates impossibilities and where men care not to do a thing they shelter themselves under a persuasion that it cannot be done. The shortest and surest way to prove a work possible is to set about it; and no wonder if that proves it possible that for the most part makes it so.—South.

Idleness is the bane of body and mind, the nurse of naughtiness, the chief mother of all mischief. An idle dog will be naughty; and how shall an idle person escape? Idleness of the mind is much worse than that of the body; wit, without employment, is a disease, a plague. As in a standing pool worms and filthy creepers increase, so do evil and corrupt thoughts in an idle person; the soul is contaminated. He or she that is idle, be they of what condition they will—never so rich, well allied, fortunate, happy—let them have all things in abundance and felicity that heart can wish and desire, all contentment—so long as he, or she, or they, are idle they shall never be pleased, never well in body or mind, but weary still, sickly vexed, loathing still, weeping, sighing, grieving, suspecting, offended with the world, with every object, wishing themselves gone or dead, or else carried away with some foolish fantasy or other. Take this for thy corollary; as thou tendest thy welfare in all melancholy, thy good health of body and mind, observe this short precept—Give not away to solitariness and idleness. Be not solitary; be not idle.—Burton.

He is not only idle who does nothing, but he is idle who might be better employed.—Socrates.

Indolence must be shunned or we must be content to yield up whatever we have acquired by the noble exertions of our lives.—Horace.

Laziness travels so slowly that poverty soon overtakes him.—Franklin.

Beware of idleness—the listless idleness that lounges and reads without the

serenity of study; the active idleness forever busy about matters neither very difficult nor very valuable.—Beresford.

The idle man is a sponge upon the world, and a curse to his fellow-creatures. Every man that remains idle, or gets his living without work, is adding to the misery of the world, and is really injuring the morals and the happiness of the human family and should be held responsible for it. None can be happy without employment, mental and physical; the idler becomes a fit subject for the penitentiary or the gallows.—Karl Blind.

“Man of leisure” is the polite term for a genteel drone. We call this ragged, penniless fellow, sluggard; with unkempt hair and unwashed face, a “loafer.” But as the former manifests some respects for the decencies of life, and has the wherewithal to pay his way instead of begging it, we dignify him with the title of “man of leisure.” Morally, however, the pair are fellow-tribesmen. There is no essential difference between them, the only disparity being in their pecuniary circumstances and methods of wasting time.—Anon.

Whatever busies the mind without corrupting it, has at least this advantage—that it rescues the day from idleness; and he that is never idle will not often be vicious.—Dr. Johnson.

### INCONSISTENT SPELLING.

Referring to the arbitrary change of form taken on by some English words, a writer in the Commonwealth gives the following curious medley:

“We’ll begin with box, and the plural is boxes,  
But the plural of ox should be oxen, not oxes.  
One fowl is a goose, but two are called geese.  
You may find a lone mouse, or a whole nest of mice,  
But the plural of house is houses, not hices.  
If the plural of man is always called men,

Why shouldn' the plural of pan be called  
pen?

The cow in the plural may be cows or  
knee,

But a bow if repeated is never called  
bine,

And the plural of vow is vows, never  
vine.

If I speak of a foot and you show me  
your feet,

And I give you a boot, would a pair be  
called beet?

If one is a tooth, and a whole set are  
teeth,

Why shouldn't the plural of booth be  
called beeth?

If the singular's this, and the plural is  
these,

Should the plural of kiss ever be nick-  
named keese?

Then one may be that, and three would  
be those,

Yet hat in the plural would never be  
hose,

And the plural of cat is cats, not cose.

We speak of a brother, and also of breth-  
ren,

But tho we may say mother, we never  
say methren.

Then the masculine pronouns are he, his,  
and him,

But imagine the feminine she, shis, and  
shim.

So the English I think, as you all will  
agree,

Is the strangest language you ever did  
see." O. CORLISS.

Leicester, England.

### MAN AND HIS SHOES.

How much a man is like his shoes!  
For instance: both a sole may lose;

Both have been tanned; both are made  
tight

By cobblers; both get left and right;  
Both need a mate to be complete,

And both are made to go with feet.  
With shoes, the last is first; with man,

The first shall be the last; and when  
The shoes wear out they're mended new;

When men wear out they're men dead,  
too.

They both need heeling, oft are soled.

And both in time turn all to mould.

They both are trod upon, and both

Will tread on others, nothing loth.

Both have their ties, and both incline,

When polished, in the world to shine,

They both peg out. Now, would you

choose,

To be a man or be his shoes?

—Selected.

### A BOY WANTED.

Wanted—a boy—who is gentle and just:

A boy who is upright and true to his  
trust;

Who cares more for honor and love than  
for pelf,

And who holds his neighbor as dear as  
himself;

Who's sober and earnest, and merry and  
gay,

Who cheerfully shoulders the cares of the  
day;

Whose principle's high, whose integrity's  
strong;

Who'd rather do right any time than do  
wrong,

Yet who to a sinner shows mercy and  
pity,—

Do you think I might find such a boy  
in the city?

—Metaphysical Magazine.

### DOING SOMETHING.

If you're sick with something chronic

And you think you need a tonic,  
Do something.

There is life and health in doing,  
There is pleasure in pursuing:

Doing, then, is health accruing,  
Do something.

If you are fidgety and nervous,  
Think you need the doctor's service,

Do something.  
Doing something will relieve you

Of the symptoms that deceive you:  
Therefore, if these troubles grieve you,

Do something.

If you do not like the weather,



Don't condemn it altogether,  
 Do something.  
 It will make the weather clearer,  
 Life will sweeter be and dearer,  
 And the joys of heaven nearer:  
 Do something.

And if you're seeking pleasure  
 Or enjoyment in full measure,  
 Do something.  
 Idleness! There's nothing in it,  
 If you're busy, don't begin it,  
 'Twill not pay you for a minute:  
 Do something.

### GEOGRAPHICAL LOVESICKNESS.

Note—Mr. J. G. Ewert, Hillsboro, Kans., calls attention to the following verses, from the proceedings of the Royal Geographical Society.—Editors.

In the state of Mass.  
 There lives a lass  
 I love to go N. C.  
 No other Miss.  
 Can e'er, I Wiss.,  
 Be half so dear to Me.

R. I. is blue  
 And her cheeks the hue  
 Of shells where waters swash;  
 On her pink-white phiz  
 There Nev. Ariz.  
 The least complexion Wash.

La.! could I win  
 The heart of Minn.  
 I'd ask for nothing more;  
 But I only dream  
 Upon the theme  
 And Conn. it o'er and Ore.

I shun the task  
 'Twould be to ask  
 This gentle maid to wed;  
 And so, to press  
 My suit, I guess  
 Alaska, Pa. instead.

### GOOD BOY!

Two boys in a street on a crossing met,  
 They were playmates, Tim and Dean.  
 And many an hour at the store they'd spent;

With a "sig" and a "chew" were seen.  
 "Hello, old boy," said Tim to Dean,  
 "They say you've sworn off right."  
 "Yop, quit her cold, and glad I did,  
 Just stopt t'other night."  
 "How so, old pard, what made the change?  
 Is it something you've heard or read?"  
 "Yop, the Character Builder comes to our  
 home,  
 And I read that now, instead."

### OLD PETER TUMBLEDOWN. By Byron's Ghost.

Dear reader, you've heard of the man, no  
 doubt,  
 Who lives here and there and all round  
 about;  
 On the mountains above, the valleys below,  
 You are sure to meet him wherever you go.

His dwelling-house stands by the side of  
 the way,  
 The passer will notice its rapid decay;  
 The shingles that covered the roof one day  
 Have rotted and loosened and blown far  
 away.

Where lights have been broken in the win-  
 dows about,  
 Rags and old hats are now sticking out;  
 The barn and outbuildings are rickety, too.  
 The boards and the doors are hanging  
 askew.

The pigs and the poultry around the front  
 door,  
 Rooting and scratching forevermore;  
 Fences are down around field and yard,  
 And dogs are kept standing on picket-guard.

If a cow or a calf should perchance starve  
 to death,  
 Or lie down and die for the want of breath,  
 He makes it a point to sell the skin  
 And fill the old jug with whisky again.

Last season, one clear and sunshiny day,  
 He drove in the barn with the first load of  
 hay;  
 The corn-sheller lay on the floor of the mow,  
 But having no use for the thing just now,

And no disposition to move it away,  
 Covered it up with the new-mown hay;  
 Today he goes round to his neighbors to  
 borrow  
 A sheller to shell out some corn tomorrow.

This singular man, as I have been told,  
 Is not very young, not exceedingly old;  
 Sleeps soundly at nights, a right heavy  
 eater,  
 Is generally known as Tumbledown Peter.

## OUR BOYS AND GIRLS.

Somebody did a golden deed;  
 Somebody proved a friend in need;  
 Somebody sang a beautiful song;  
 Somebody smiled the whole day long;  
 Somebody fought a valiant fight;  
 Somebody lived to shield the right.  
 Was that somebody you?

### MADGE.

The little stream hurried over the pebbles and danced away to join the river. The trees were putting on their pretty holiday dresses of red and gold, and the few birds that remained were constantly chattering about the journey they were soon going to make.

As little Madge hurried home from school she watched the trees and the brook longingly. Oh, how pleasant it would be to sit by the pretty brook and rest for a little while and read from her book. But Madge could not do that, for her mamma was ill and she must hurry home and help her sister with the work. Supper had to be prepared and then there would be dishes to wash, bread to mix, and her little brothers to be put to bed. After that Madge would study her lessons for the next day and then she, too, could rest. She was somewhat sad and discouraged, but she tried to sing and look happy, for she did not want any one to know that she was sad.

A strange thing had happened in school that day and Madge kept thinking about it all the way home, and something seemed to be saying to her, over and over again, "Susy will get it, of course Susy will get it." Now this is what happened, and this is what made Madge feel lonely and discouraged.

An old man came to visit the school and the teacher asked him to speak. He talked to the children about their work and then he said the strangest thing; he said that he would be back to their school in just three weeks and when he came

again he was going to bring a prize to the prettiest pupil in school. And then the queer old man went away and all the children began to wonder what the prize would be and who would get it.

It did not take long for them to decide who would get the prize, for they all knew that Susy Gray was the prettiest girl in school. Poor Madge was not at all pretty, and when she looked in her mirror that night, just before going to bed, she felt sadder than ever before; for a plain little face looked back at her with two big gray eyes, a short little nose, dark brown hair somewhat tangled, and a little brown face covered with freckles. Oh, how she did wish to be pretty. If she could be only half as pretty as Susy, she would be glad. But when she knelt to say her prayers and thought of her sick mother and her dear little brothers and her kind sister Nellie, she forgot all about being pretty, and asked God to bless them, for they were dearer to her than all the beauty in the world.

Some mornings Madge would do her work quickly and then go and read the Bible to a dear old blind lady, until it was time to go to school. Other mornings she would bathe her mamma's aching head, or gently brush her hair. In the evening Madge would call her little brothers around her, after her work was done, and tell them pretty stories; then she would undress them, help them into their little bed, and kiss them good night.

Almost every one loved Madge; and I think it was because Madge loved everyone, and was always kind and good. But was not it a sad thing to think that so dear a little girl was not pretty?

Susy Gray had beautiful blue eyes and golden curls and a pretty white skin and rosy cheeks. One day Susy asked Madge if she was preparing to get the prize, and all the children laughed, and some of them said very unkind things about Madge being so ugly. She could hardly

keep from crying, she felt so bad. The children did not mean to be unkind, but they all knew that Susy would take the prize.

At last the long-looked-for day came and with it came the queer old man. He arose slowly, spoke a few words and then showed the children the beautiful book he had brought to give to the most beautiful child. He paused a moment and then spoke the name of Madge Spencer. At first the children thought he was only joking, but when they knew he was serious they began looking for Madge. There sat Susy Gray in a pretty white dress waiting for the prize, but Madge was not to be seen. Some one went to get her, and found her reading to the old blind lady.

When the prize was given to her she looked at the old man a moment and then said, "Please, sir, you have made a mistake. The prize belongs to Susy." Susy was so disappointed that she had been crying, but now she smiled sweetly.

"Oh, no," said the old man. "There is no mistake. The prettiest child is the one that acts the prettiest, and Madge Spencer is the one who should have the prize."

Little Madge thanked him and took her seat. Her heart was full of joy, for she knew that she had done right.

The other children did not understand what the old man meant at first. But they soon learned, and now they are all growing beautiful.

Don't you think the old man was wise in giving Madge the prize?

Are you beautiful as Madge was? If you are not, you should try to be, and God will help you.—Selected.

#### A GOOD DRUGGIST.

A man who kept a store  
Once wrote upon his door:  
"Oh, I can make a pill  
That shall ease every ill!  
I keep here a plaster,  
To prevent disaster;  
Also some good ointment,  
To soothe disappointment."

When customers applied,  
These words are what he cried:  
"Now, patience is the pill  
That eases every ill;  
Take-care is a plaster  
Which prevents disaster;  
Good-humor an ointment,  
Soothing disappointment."

—St. Nicholas.

Go to bed early—wake up with joy;  
Go to bed late—cross girl or boy.  
Go to bed early—ready for play;  
Go to bed late—moping all day.  
Go to bed early—no pains or ills;  
Go to bed late—doctors and pills.

St. Nicholas.

#### WISDOM IN WIT.

To have no food is a distress,  
But there's one woe will beat it:  
It is to have a lot of food  
And indigestion that is rude  
Enough to say: "Don't eat it."

Sad Discovery.—"How did your book sell?"  
"Well, you see, I thought all my friends  
would buy it, but—"  
"But what?"  
"If they did, I'm practically friendless."

A lazy farmer is like the the juice of an  
apple—he does not work until he is pressed.  
—Farm Journal.

"Women feel where men think," said  
the female with the square chin.

"Yes," sighed the man who had been  
married three times; "that's why men  
become bald."—Lyre.

Junior Partner—"I've been watching  
that new clerk today, and I counted at  
least five chances he had to work off  
those damaged goods on transient cus-  
tomers, but he didn't do it."

Senior Partner—"Yes; we'll have to  
do something about him. He looked  
after our interests very conscientiously  
at first, but he's getting more and more  
dishonest here of late."—Clipped.

"Oh, yes, I've opened an office," said the young lawyer. "You may remember that you saw me buying an alarm clock the other day."

"Yes," replied his friend. "You have to get up early these mornings, eh?"

"Oh, no. I use it to wake me up when it's time to go home."—Philadelphia Press.

There is nothing so absurd as not to have been said by some philosopher.—Cicero.

A colporteur was once conversing with a man on the religious duties. Said he—"Do you attend church regularly?" "Oh, no; I never go to church, but I allers make it a p'int to 'tend all the funerals. They be jest as solemn, and there hisn't no kerlections."

It was rather annoying, to say the least, when the new clerk of a Boston merchant, who had just been initiated into the mysteries of the trademark, inquired in a loud voice as a customer demurred to the price, "What shall I sell this for? It is marked four dollars and a half, and cost fifty cents."

### WOMAN.

The London Express prints this poem with a double reading. Read it as it stands and woman is highly flattered, but read alternate lines (one and three, two and four of each verse) and the sentiment is very much the reverse:

Happy a man may pass his life  
If he's directed by a wife;  
If free from matrimonial chains  
He's sure to suffer for his pains.

No tongue is able to unfold  
The virtues in woman you behold;  
The falsehoods that in woman dwell  
Are almost imperceptible.

In woman's heart you'll see appear  
Truth, darling of a heart, sincere;  
Hypocrisy, deceit and pride,  
In woman never can abide.  
—Toronto Truth.

David B. Hill's opinion that Holy Writ does not favor commercial monopolies will probably be set down as heresy by young Mr. Rockefeller's Bible class.—Pittsburg Dispatch.

### MICROBES ON THE BRAIN.

As he shaved himself he absolutely wondered what noxious disease germs lurked on the edge of his razor.

He looked suspiciously at his scarlet tie, and decided not to wear it, as the color might attract miscellaneous bacilli, who would otherwise pass him by.

He opened his breakfast eggs nervously. There was no knowing, should they be bad, what microbes would escape when the shell was removed.

He scanned his newspaper anxiously, wondering if printers' ink were a medium for transmitting disease germs. Books, he knew, were, and had long since given up reading them.

He cautiously scanned the appearance and clothes of the people next to him in the 'bus, an elderly city gentleman and a schoolmistress, and seeing that neither were marked with smallpox, nor appeared to have come from an infected area, felt reassured.

On entering a leading thoroughfare, which was near the infected area, he turned up his coat collar, rammed down his hat on his head, and furiously smoked his pipe. He did not know whether or not the street was teeming with smallpox microbes, but was determined if there were any about, they wouldn't stand much of a chance with him.

As he ate his meals, his mind wandered into the probable past history of the soup, fish, joints and sweets he devoured, wondering whether in their preparation care had been observed to keep the materials from the possibility of infection.

He perfumed his office with four distinct kinds of disinfectants, and dismissed two of his clerks on the grounds that their vaccination did not appear to be capable of taking.

He went to sleep at night and dreamt of germs, microbes, bacilli, which, in legions, swarmed round him, and finally carried him off through a score of different diseases, and at last had to be sent to an asylum under the delusion that he himself was a smallpox germ.

And all this was the fatal result of gaining a little knowledge of bacteria from people who had read all about them in the press.—Kansas City Medical Index and Lancet.

## Books Received.

**PHYSIOLOGY FOR HIGH SCHOOLS**, by M. L. Macy, 408 pages. Price \$1.10. American Book Co., New York.

This work emphasizes the nervous system. On the title-page the author quotes from Michael Foster, M. D., F. R. S., as follows, "The physiology of the nervous system is emphatically the physiology of the future." The book contains a chapter on "Public Hygiene, or General Sanitation." In treating the subject of "Brain Localization" the author comes much nearer the truth than some other recent authors. On the much-discussed question of vivisection, the author says, "Vivisection doubtless has its place, but not in the public schools. Ordinary dissections sensibly performed can be made a successful part of class work in most of our high schools, but occasionally deference to public opinion will require that the dissections be performed only by the teacher, or possibly not at all."

The special feature of the book is an unusual emphasis of the important functions of the nervous system.

**RETURN TO NATURE**, by Adolf Just, 309 pages. Price \$1.50. Translated from the German and published by Benedict Lust, 124 E. 59th St., New York.

This book is devoted to the drugless systems of treating disease that are becoming popular thruout the civilized world. The various topics of hygiene and sanitary science are fully considered.

In our opinion, the author strains a point when he argues in favor of eating raw fruits. The book is written in a very interesting style, but is not so scientifically accurate in some of the deductions as some hygienic physicians whose works we have read. He treats the questions of stimulants, narcotics, vaccination, anti-toxin, and similar subjects the same as all other hygienic physicians do.

A chapter is devoted to the "Cruelties and Horrors of Vivisection." A non-flesh diet is strongly advocated; nuts, fruits, legumes and vegetables are recommended. There is much in the book that convinces the intellect and that awakens interest in the vital questions of retaining and regaining health.

### YES OR NO?

Are you interested in the laws of health? Would you like to get the results of a life-time study in the field of social and personal purity by able and experienced workers? Are you interested in the training and culture of your children? Would you like to receive suggestions on home making? Would you like to place in the hands of your friends literature that will help them to grow and develop; help them to form a taste for pure reading, and encourage them in the study of the principles of correct living? Have you a warm spot in your heart for the commendable work of assisting to free the human family from the subtle vices that creep into the home, undermine the health of individuals and corrupt our society? If to all these questions you answer **YES** demonstrate your conviction by sending a subscription to the Character Builder.

### WHY SOME FARMERS FAIL.

They will not make compost.  
 They breed to and from scrubs.  
 They do not curry their horses.  
 They have no shelter for stock.  
 They put off greasing the wagon.  
 They are wedded to old methods.  
 They give no attention to details.  
 They have no method or system.  
 They see no good in a new thing.  
 They let their fowls roost in trees.  
 They weigh and measure stingily.  
 They leave their plows in the field.  
 They hang their harness in the dust.  
 They take no pleasure in their work.  
 They never use paint on their farm.  
 They prop the barn door with a nail.  
 They starve the calf and milk the cow.  
 They milk the cows late in the day.  
 They think small things are not important.  
 They let their gates sag and fall down.  
 They don't keep up with improvements.  
 They do not know the best is the cheapest.  
 They do not read the best books and newspapers.  
 They think the buyer of a successful neighbor's stock at good prices is a fool, and the seller is very "lucky."—North Dakota Farmer.

Marconi should next proceed to fill a long-felt want by inventing wireless politics.—Chicago News.

**ELBERT HUBBARD, AN INDIVIDUAL**, by Will A. Campbell, Editor of The Knocker.

Like Grover Cleveland, ex-Sheriff of Erie county, New York, Elbert Hubbard (divorced) is an Individual. Tho the author of "The Retired Farmer" does not think that the ex-sheriff can compare with the author of a Gassage to Messig, and funder of the Roycroft experiment, he has written a criticism of both immoralais. Mr. Hubbard is one of those envied by all broad-minded men, "whose ears long closed to earthly things catch heavenly sounds," and tho it is impossible for all men to be sane enough to approach the truth Hubbard teaches without endangering their souls, it is well to know of the men who transformed the actual with beautiful illusions.

On beautiful plate finish, deckel edge, book paper, we have printed 600 copies of the criticism and distributed the type. Each copy is signed and numbered by the author. It is printed on one side of the paper only and has red head bands. Withal, it is one of the finest specimens of printing ever done on paper with ink. It will be sold to anyone, but can be had with the Magazine, The Knocker, until January 1, 1905, for \$1.00, had and received.—The Knocker Shop, Blair, Neb.

We carry a full and complete line of  
Furniture, Carpets, Rugs, Matting  
Linolium, Curtains, Drap-  
eries, Stoves, Ranges,  
Etc., Etc.

**H. DINWOODEY  
FURNITURE CO.**

**EVERYTHING**

that makes the home comfortable and cheerful is, to be found in our store. We place the prices at the lowest notch.

Orders by mail have prompt attention. Address,

**H. DINWOODEY FURNITURE CO.,**  
Salt Lake City, Utah.

**GEORGE WASHINGTON**

NEEDS NO

**Stenographic  
Work**

MAY BE YOU DO.

WE MAKE A SPECIALTY OF THIS LINE

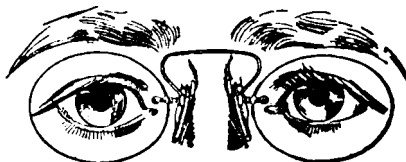
Articles of Incorporation,  
Business Correspondence,  
Circular Letters,  
Contracts, Etc.

Send Your Work or  
Let us Call.

**BUREAU OF STENOGRAPHY  
& TYPEWRITING**

J. STOKES, Jr., Mgr. PHONE 2157 k.  
Office of Character Builder.

Office  
205 Templeton Bldg. Salt Lake City.



**H. O. JENSEN, O. D., B. O.**

**EYESIGHT SPECIALIST.**

Examinations free. All fitting guaranteed accurate and satisfactory.

Hours. 9 to 12, 1:30 to 5:30. 49 MAIN STREET,  
SALT LAKE CITY, UTAH.

**VAUGHT'S  
PRACTICAL CHARACTER READER.**

READ Vaughts Practical Character Reader, a book that will teach you to read correctly the character of men, women and children.

PRICE \$1.00.

READ Human Culture, a monthly journal, devoted to the study of human nature and character. Price \$1.00 a Year; 10c a copy.

**A SPECIAL OFFER** ORDER both of the above together and get them for \$1.50.

The real value to you in knowledge and success will be inestimable. Now is the time.

L. A. VAUGHT, PUBLISHER,  
130 DEARBORN ST. CHICAGO, ILL.

# ...The Human Culture Subscription Agency...

This agency has been established for the purpose of increasing the circulation of good literature. We have not yet arranged with all the publishers whose magazines we desire to handle. If you desire any good magazine that is not on our list write us and we will arrange for rates. If several magazines are ordered at one time we can get them for you at greatly reduced rates. Cash must accompany every order. The prices on our list include postage on the magazines.

## THE CHARACTER BUILDER 50c a year.

	Publishers' Price.	With the Character Builder.
American Mother .....	\$1.00	\$1.10
American Education .....	1.00	1.10
Am. Journal of Sociology ....	2.00	2.10
Arena .....	2.50	2.00
Atlantic Monthly .....	4.00	4.00
Boston Cooking School Mag. .	1.00	1.10
Biblical World .....	2.00	2.10
Beobachter ...	2.00	2.00
Century ..	4.00	4.10
Chautauquan ...	2.00	2.10
Commons .....	.50	.85
Commoner ...	1.00	1.25
Common Sense Advocate .....	1.00	1.15
Dietetic and Hygienic Gazette.	1.00	1.10
Editor ..	1.00	1.25
Educational Foundations .....	1.50	1.60
Elementary School Teacher ..	1.50	1.65
Forum ...	2.00	2.10
Good Health .....	1.00	1.15
Good Health Clinic .....	.50	.80
Health-Culture ..	1.00	1.10
Health, N. Y. ....	1.00	1.10
Home and School Visitor .....	.75	1.00
Home Science Magazine .....	1.00	1.10
"Motherhood," and "Kitchen Magazine."		
Human Culture .....	1.00	1.10
Human Nature .....	.50	.65
International Socialist Rev. ...	1.00	1.10
Individual Child and His Ed. ...	.80	1.00
Journal of Geology .....	3.00	3.00
Journal of Am. Folk-Lore ...	3.00	3.00
Kindergarten Review .....	1.00	1.25
Ladies' Home Journal .....	1.00	
Literary Digest, new .....	3.00	3.00
Living Age .....	6.00	6.00
Liberator ...	.50	.90
Manual Training Magazine ...	1.00	1.25
Medical Talk for the Home ...	.50	.80
Medical Brief .....	1.00	1.25
New Voice .....	1.00	1.15
N. Dak. Farmer & San. Home .	.50	.80
Normal Instructor .....	.50	.80
North Am. Review .....	5.00	4.60
Pacific Health Journal .....	.50	.80
Pathfinder, weekly .....	1.00	1.00
Popular Science Monthly ....	3.00	3.25
Puck .....	5.00	4.60

Puck's Library .....	1.00	1.25
Primary Plans .....	1.00	1.10
Public Opinion .....	3.00	3.10
Primary Education .....	1.00	1.25
Phrenological Journal .....	1.00	1.15
Review of Reviews .....	2.50	2.60
Rotary ...	.50	.80
School and Home Ed. ....	1.00	1.35
School News .....	1.25	1.40
School Review .....	1.50	1.65
Success ...	1.00	1.15
St. Nicholas .....	3.00	3.10
Truth, S. L. C., weekly .....	2.00	2.00
Vanguard ...	.50	.85
Vegetarian Magazine .....	1.00	1.10
World's Events .....	.50	.80
Westland Educator .....	1.00	1.10
What to Eat .....	1.00	1.15
Youth's Companion .....	1.75	

## The Best Books on Human Culture.

Child Culture, N. N. Riddell, {	50c
Educational Problems, J. T. Miller, }	
School and Fireside, Maesser, \$1.50 \$2, \$2.50	
A Child of Light, Riddell, -	2.00
The New Man, Riddell, -	25c
Human Nature Explained, Riddell, -	1.50
Woman and Health, Dr. M. A. Fairchild	2.50
Health in The Household, Dr Dodds	2.00
Hygienic Medicine, Ross, -	1.00
Vital Science, Robt Walter, M. D. -	1.50
A Manual of Mental Science, Fowler, -	1.00
The Temperament, Jacques, -	1.50
New Physiognomy, Wells, -	3.00
Brain and Mind, Drayton & McNiell, -	1.50
The Constitution of Man, Geo. Combe	1.25
Choice of Pursuits, Nelson Sizer, -	2.00
Expression, Sir Chas. Bell, -	1.00
Life and Works of Horace Man, 5 vols.,	12.50
Hydropathic Encyclopedia, Trall, -	4.00
Human Science, Fowler, \$3, and -	3.75
Martels of Our Bodily Dwelling, Wood-Allen, -	1.00
The Diet Cure, Nichols, F A S., 25c and 50c.	
The Well Dressed Woman, Mrs Ecob, -	1.00
Womanly Beauty, twenty authors, -	1.00
Hygienic Treatment of Consumption, Holbrook, -	2.00
True Manhood, Shepherd, \$1 00. For Girls, Shepherd, -	1.00
A Plain Talk to Boys, Riddell, -	1.00

All persons interested in social purity and health culture should help to get the Character Builder into every home. We pay agents a liberal commission. We solicit your co-operation in this work for humanity.

## PUBLIC HEALTH JOURNAL.

Prevention of Disease and restoration of Health by rational methods should interest everyone. The State Health Service has no means for a campaign of education. But this Public Health Journal is the medium to reach the people to get them to realize the vital importance of Public Health teachings—the practical application of Hygiene and antiseptic treatment in disease. And the dangers that menace the life—the health of everyone at some time—some place—in air borne—water borne—and in dust and insect carriers of communicable diseases. Address for free copy of Journal. Columbia P. Wood, 108 Powell Avenue, Evanston, Ind.

### ABSOLUTE HEALTH.

Is thought of, dreamed of and occasionally enjoyed by the average individual. Is there any reason why you should not possess perfect health, abundant strength, together with beauty of form and feature? Some people insure for long life?

We are of great value to invalids, but we want everybody who "thinks" and who wishes to improve his mental and physical health to join us. Do you want to attain to the highest degree of manly or womanly perfection? If so, send us 50c and we will make you a member of the League one year, price, 50c, and will send you the thirty-six page magazine monthly, price, 50c, our official organ and a package of Teethine, the new antiseptic tooth powder, free. Understand, 50c pays the whole bill.

Do not get the idea into your head that we have some quack medicine to sell. We deal only in the Truths of Nature. Act on our motto and DO IT NOW. Address International Health League, 488 S. Salina St., Syracuse, N. Y.

## WATCH REPAIRING AND CLEANING

30 YEARS EXPERIENCE  
HERE.

A. HAVERBACH, 170 South State Street.

## SIGNS

OF EVERY DESCRIPTION,  
CANVAS, GLASS, TIN,  
or any kind.

THE MANUFACTURE OF

Quick Silver or Silver Nitrate Mirrors,

TAUGHT BY MAIL.

C. L. VESEBY, 66 MAIN ST., (Room 2.)  
SALT LAKE CITY.

## THE NEW ILLUSTRATED SELF-INSTRUCTOR,

In PHRENOLOGY,  
PHYSIOLOGY and  
PHYSIOGNOMY.

Over 500,000 copies of this book have  
been sold, and the last edition  
is better than ever.

A complete Handbook for the People, with  
over One-Hundred New Illustrations, including  
a Chart for the Use of Practical Phrenologists.  
Revised and Printed from new Plates.  
12mo., 192 pp.

BY THE RENOWNED PHRENOLOGISTS

PROFS. O. S. & L. N. FOWLER.

CLOTH, \$1.00. ENGLISH PRICE, 4s.

Send for a copy at once. Study the People you  
see, and also your own character.

New York:

FOWLER & WELLS CO.

London:

L. N. FOWLER & CO.

DEPT. O. B.

## F. I. CARTER,

80 WEST THIRD SOUTH ST.

Cor. West Temple.

DEALER IN



Densmore Typewriters.  
Edison Phonographs.  
Mitchell & Day Bicycles.  
Thomas Motor Cycles.  
And a full line of all  
Supplies,  
Carbons, Paper, etc.

WE SELL, RENT and EXCHANGE

TELEPHONE 1146 Z